

Youth Curriculum: Yellow to Orange

Personal Growth

Understand terms “Shoshin Ryu” and “Kazushi”
Explain why safety is important
Good attendance (as defined by Sensei)

Kokoro Series

- Pushing Buttons

Kihon

Blocks

Jodan Uke
Shuto Mawashi Uke

Kicks

Mawashi Geri
Mae Geri

Ne Waza

Solo Drills

Thread the Needle
Hip Switch (Kesa Gatame Kick)

Dachi
Kokutsu

Ukemi

Back Rolls
Assisted Falls (grab and jump)
Front Break Fall From Knees

Partner Drills

Position Drill 1a (scaled down)

Goshinjutsu

Bear Hugs

Front Over
Front Under
Side Bear Hug

Chokes

Front Choke
Rear Choke
Side Choke

Grabs / Attacks

Single Collar Grab

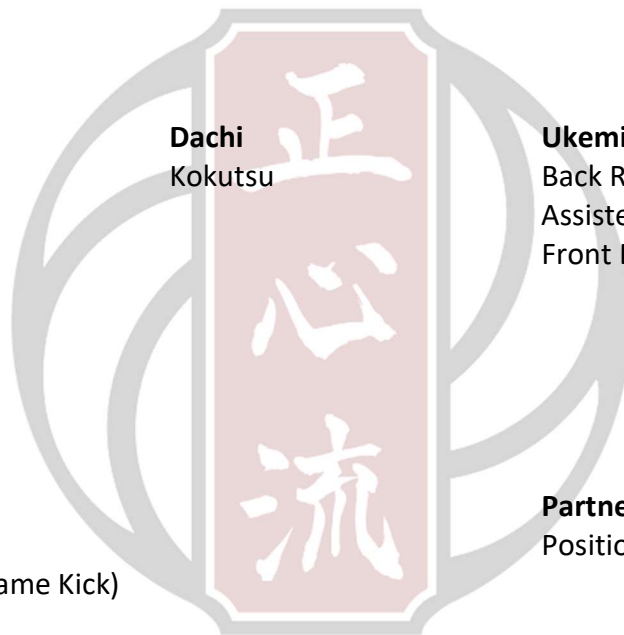
Nage Waza

Ouchi Gari (stagnant and retreating)
Kouchi Gari (stagnant and retreating)
Deashi Harai (retreating)

Ogoshi (stagnant)

Kata

Pinan Shodan



SHOSHIN RYU
— MARTIAL ARTS —