

Yellow to Blue Curriculum

3 Points

1) Stringing Basics Together and Personal Practice

2) Kokoro Series and Goshinjutsu Series

3) Adding Depth to Your Foundation

Kokoro Series

- Learn From Your Mistakes
- Take Responsibility
- Rank

- You Are Given One Body
- Repetition is the Mother of All Knowledge

Goshinjutsu *(Philosophy)*

Maslow Hierarchy

Kihon

Atemi

Nukite
Shuto Mae Uke
Metsubushi

Elbow (Empi)

Mae (Chudan)
Ago
Yoko
Oroshi
Empi Series

Drills

Gedan/Gyakute/Punch

Kicks (Geri)

Hiza Geri

Ukemi

Back Rolls
Side Rolls
Supported Assisted Falls

Ne Waza

Mount Escapes

Buck and Roll

Partner Drills

Position Drill (part b)
Combine Position Drills a and b

Mount Submissions

Cross Choke
Elbow Knee Escape to Base Drill to Standing

Situational Drilling From Mount

Goshinjutsu

Grabs / Attacks

Sleeve Grab (2)
Shoulder Grab (4)
Headlock
Guillotine

Roundhouse Punch(es)
Collar Grab and Punch

Bear Hugs

Front Over
Front Under
Side
Rear Over
Rear Under

Nage Waza *(Introduce as Linear and Circular)*

Tsurikomi Goshi

Ogoshi

Kata

Henka Nidan

Pinan Nidan