



## KID-JITSU SELF DEFENSE PROGRAM

White – White/Yellow

1. **Why do you bow?** *Sir/Ma'am, I bow to show respect!*
2. **When do you bow?** *Sir/Ma'am, I bow anytime I enter or leave the dojo, before I compete with another student, and before and after class.*
3. **When an Instructor speaks what do you do?** *Sir/Ma'am, when an instructor speaks I will stand at attention, eyes focused on the instructor, ready to learn!*
4. **What should your attention stance look like?** *Sir/Ma'am in my attention stance, my feet are together, with my arms at my side, and my eyes focused forward with a big smile!*
5. **How do you respond when an instructor, parent, or teacher asks or tells you to do something?** *Sir/Ma'am, when an instructor, parent, or teacher asks or tells me to do something, I will respond with "Yes Sir, Yes Ma'am!"*
6. **What is the definition of respect?** *Sir/Ma'am, the definition of respect is to "Treat others as I would like to be treated"*
7. **What is the "Friendly Handshake" used for?** *Sir/Ma'am, the friendly handshake is used to introduce myself to others who I do not know*

1. TIE YOUR BELT
2. WRIST GRAB/SHOULDER GRAB- GRIP BREAK W/POLITE BUT FIRM  
-VERBAL DE-ESCALATION
3. KNOCKDOWN TO JJSU STAGE 1
4. MOUNT BOTTOM - PUNCH DEFENSE