



# POOLE BUSHIDO JU JITSU CLUB

Est 1997



## 10<sup>th</sup> Kyu White belt

Criteria – 0 – 3-month continuous training, Valid insurance

1. Mat etiquette

2. Side breakfalls

3. Front breakfall

4. Rolling breakfall, back and front

5. Hip throw

6. Breaking back strangles (3)-junior (2)

7. Breaking front strangles (3)-junior (2)

8. Straight-arm lock

9. Shoulder lock

10. Recumbent ankle throw

11. Downward / inside forearm block, attacking

12. Upward and rising block, attacking with a Front kick

13. Kata of blocks

Kata – Basic blocking kata

