



# POOLE BUSHIDO JU JITSU CLUB

Est 1997



## 9<sup>th</sup> kyu Yellow belt

Criteria – 0 – 4-month continuous training, Valid insurance

- 1.Hip throw with shoulder arm lock
  - 2.Hip throw with crossover arm lock
  - 3.Defence against kicks to the head whilst on the ground
  - 4.Three arm lock from a standing position
  - 5.Shoulder arm lock
  - 6.Three wristlocks from a push
  - 7.Wrist throw with a lock from a push
  - 8.Reclining leg throw with strikes
  - 9.Roundhouse kick followed by front kick
  - 10.Cross block followed by side thrust kick
  - 11.Breaking ground strangles
- Kata – Basic blocking kata

