



POOLE BUSHIDO JU JITSU CLUB

Est 1997



7th kyu Green belt

Criteria – 0 – 6-month continuous training, Valid insurance

- 1.Body drop
- 2.Half shoulder
- 3.Leg throw with lock
- 4.Dropping version of full shoulder
- 5.Cross hock
- 6.Inside hock
- 7.Hold down with double arm lock
- 8.Rice bail
- 9.Back hammer lock, both sides
- 10.Crab claw scissors
- 11.Attacking and defending sweeping loin
- 12.Drawing ankle
- 13.Stamp throw
- 14.Two methods of escape when held over and Under the arms, back and front
- 15.Knee wheel
- 16.Variation of shoulder throws (3)
- 17.Escape from full nelson (2)
- 18.Escape from half nelson (2)
- 19.Front scissors
- 20.Bar choke, left and right
- 21.Variation on strangles holds (6)

Kata – Basic blocking kata + Yellow belt kata

