



# POOLE BUSHIDO JU JITSU CLUB

Est 1997



## 6<sup>th</sup> kyu Blue belt

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

1. Loin or hip wheel
  2. Three ways of escape from head chancery
  3. Variation on holding down (6) junior (3)
  4. Breaking ground strangles (4) junior (2)
  5. Counter measure against garrotting- 2 from front 2 from rear
  6. Dropping version of body drop
  7. Scissors and naked choke hold (senior only) both sides
  8. Spring hip
  9. Scooping throw, front and back
  10. Indian death lock
  11. Roundhouse kick to solar plexus whilst walking
  12. Sleeper hold from head chancery (senior only)
  13. Outside forearm block with elbow to ribs, both sides'
  14. Side snap kick from cross block
  15. Lunge punch, reverse punch to body and face
  16. Use 'x' block to stop punch to face, pull on to
  17. Four-wrist locks
  18. Four defence against knife attack
- Kata – Basic blocking kata + Yellow belt kata
- 10 X Sparring partners, 10 X Randori, 10 X Groundfighting

