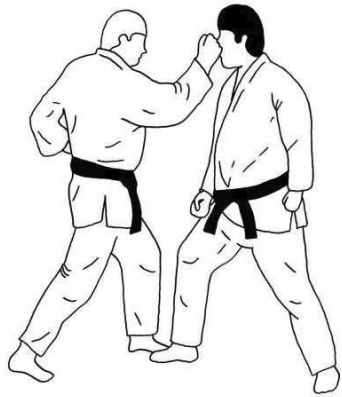




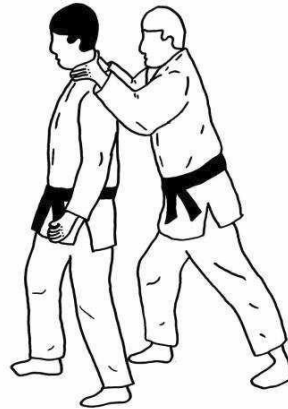
POOLE BUSHIDO JU JITSU RANDOM ATTACKS



1. RIGHT ROUNDHOUSE PUNCH TO THE HEAD



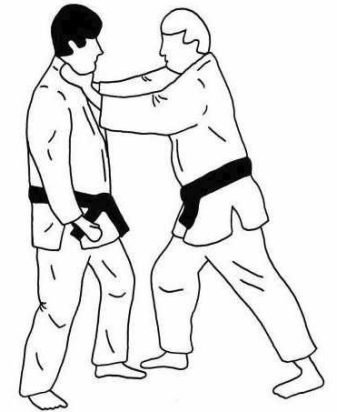
2. RIGHT DOWNWARD PUNCH TO MIDRIF / GROIN



3. DOUBLE HANDED REAR STRANGLE



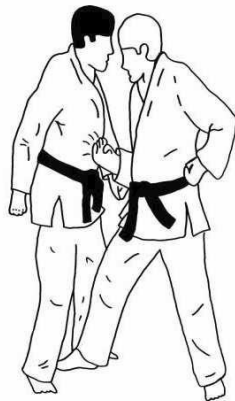
4. RIGHT STRAIGHT PUNCH TO THE HEAD



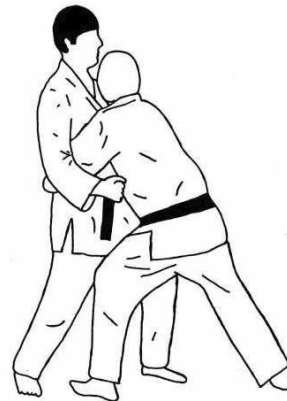
5. TWO HANDED FRONT STRANGLE



6. FRONT HAIR GRAB



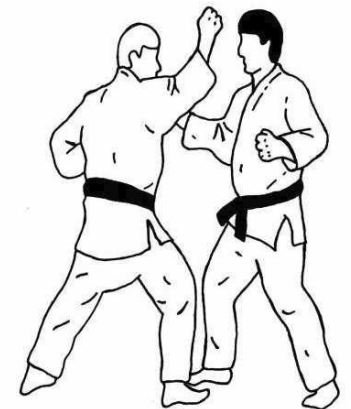
7. RIGHT UPPERCUT TO SOLAR PLEXUS



8. GRAB FROM FRONT - ARMS FREE



9. RIGHT TO RIGHT WRIST GRAB

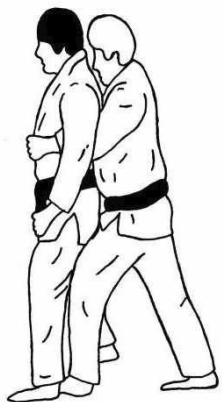


10. RIGHT DOWNWARD HAMMER BLOW TO HEAD

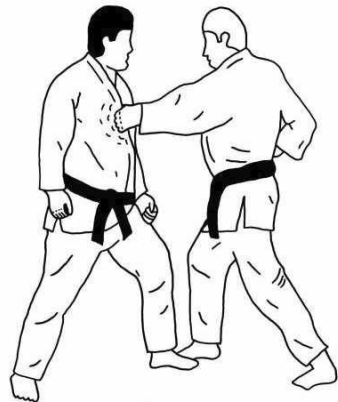


POOLE BUSHIDO JU JITSU

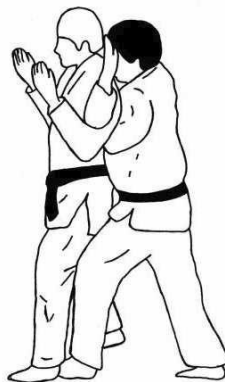
RANDOM ATTACKS



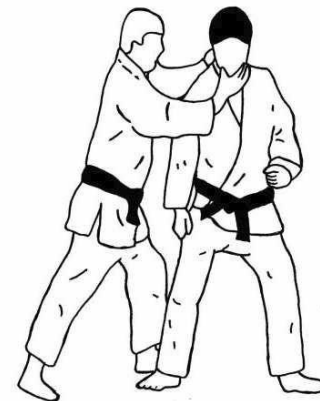
11. GRAB FROM REAR - ARMS FREE



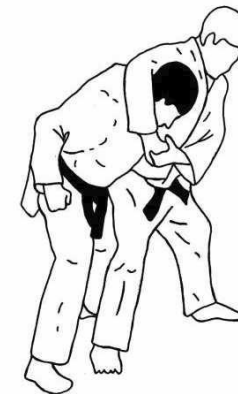
12. LEFT HAND LAPEL GRAB



13. FULL NELSON



14. TWO HANDED STRANGLE FROM THE RIGHT SIDE



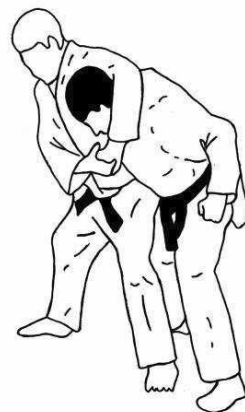
15. HEAD CHANCERY ON LEFT SIDE



16. RIGHT GRAB ON LEFT WRIST



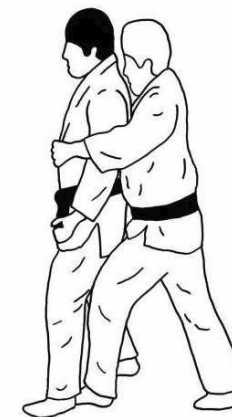
17. STRANGLE - BETWEEN THE LEGS



18. HEAD CHANCERY FROM RIGHT SIDE



19. ALL ROUND FROM FRONT - ARMS HELD



20. ALL ROUND REAR - ARMS TRAPPED



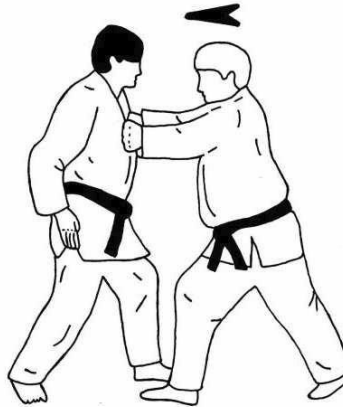
POOLE BUSHIDO JU JITSU RANDOM ATTACKS



21. STRANGLE OVER LEGS / BODY



22. DOUBLE WRIST GRAB FROM REAR



23. DOUBLE GRAB & HEAD BUTT



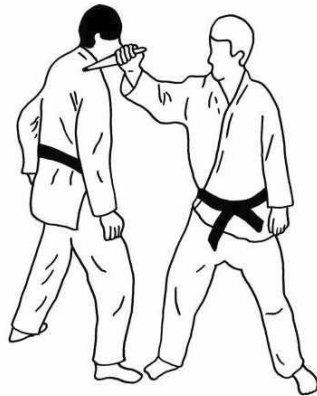
24. RIGHT KNIFE THRUST TO MIDRIFF



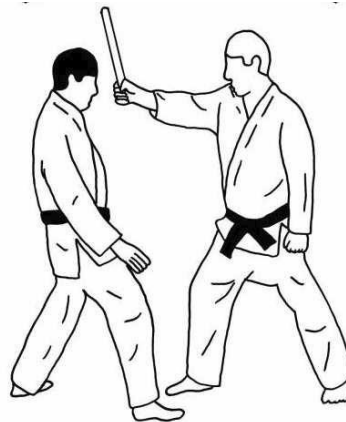
25. RIGHT KNIFE SLASH TO NECK



26. RIGHT DOWNWARD KNIFE ATTACK



27. RIGHT BACK SLASH WITH KNIFE
TO NECK



28. RIGHT DOWNWARD BATON TO
THE HEAD



29. RIGHT SIDE THRUST KICK

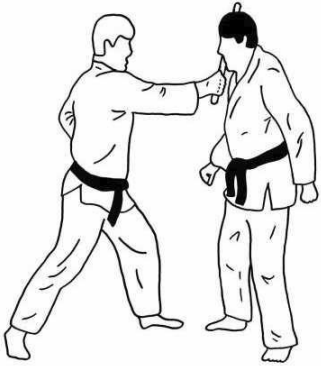


30. RIGHT FRONT KICK TO
GROIN / MIDRIFF

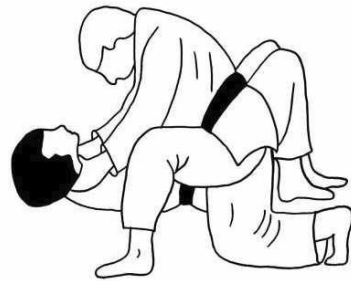


POOLE BUSHIDO JU JITSU

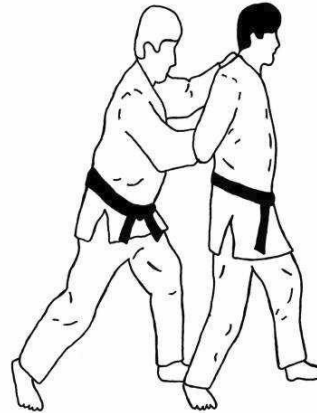
RANDOM ATTACKS



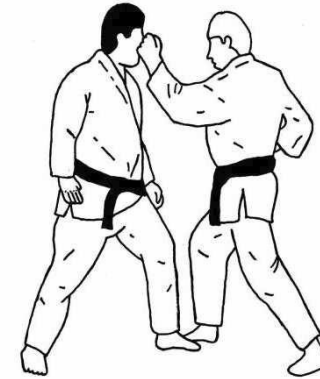
31. RIGHT BACKSLASH WITH BATON TO SIDE OF HEAD



32. GROUND STRANGLE FROM RIGHT SIDE



33. BACK ARM & COLLAR HOLD



34. LEFT ROUNDHOUSE PUNCH TO THE HEAD



35. RIGHT ROUNDHOUSE KICK TO THE SOLAR PLEXUS



36. RIGHT LAPTEL GRAB & LEFT PUNCH



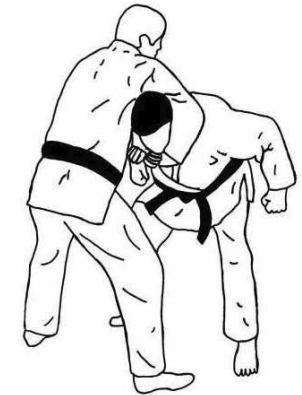
37. BOTH WRISTS HELD FROM THE FRONT



38. LEFT KICK TO GROIN / MIDRIFF



39. LEFT UPPERCUT TO SOLAR PLEXUS



40. REVERSE HEADLOCK