



SHUHO
JUJITSU & IAIDO

Blue Belt (4th Kyu)

Loin Throw

Escape from Head Chancery's

A - Front (3)

B - Rear (2)

Escape From Garrotting

A - Front (2)

B - Rear (2)

Breaking Strangles and Chokes (6)

Dropping Body Drop

Scissors and Naked Choke

Spring Hip Throws

A - One Leg Spring

B - Two Leg Spring

C - Knee Push

Scoop Throws (2)

Side Scoop with Leg Lock

Knife Defence (6)

Wrist Locks

A - Palm Up

B - Side with Elbow

C - Rear

Randori (Freestyle Jujitsu - punching only)

Kumite (Kick Boxing)

Ne Waza (Ground Fighting)

All Previous Techniques as Required

