

Lincolnshire Ju Jitsu/Self Defence Syllabus

Black Belt - all* techniques both sides

Before taking Black Belt Grading, candidate must be able to demonstrate all previous techniques. They must also be qualified to instruct and teach regularly (under supervision)

- 25 Throws (show all 30)
 - Body drop
 - Half shoulder
 - Leg throw
 - Inside hock
 - Drawing ankle
 - Sweeping hip
 - Knee wheel
 - Arm & shoulder
 - Front scissors
 - Left dropping body drop
 - Right dropping body drop
 - Scissors & naked choke
 - Outside hock
 - Front scoop
 - Rear scoop
 - Sweeping ankle
 - Double ankle shoulder thrust

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- Head hip & knee
 - Rear throw
 - Outer winding
 - Inner winding
 - Crab claw scissors
 - Corner throw
 - Rolling ankle
 - Spring hip
 - Hip throw
 - Reclining leg throw with strikes
 - Rice bale
 - Lapel shoulder
 - Reverse dropping body drop
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- The Elbow and its uses* (9)
 - Wedge Block
 - Holding & Locking whilst standing (2)*
 - Leg Sweeps (front, inside and rear)*(8)
 - Rear Throw (from behind)
 - Cross Ankle Throw (2)
 - Leg Wheel (2)
 - Outer Wheel (2)
 - Bottom Fist and Back Fist* (14)

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- Action Against 3 Attackers (5)
- Outer Hook*
- Stomach Throws (5)
- Throwing from Behind* (9)
- Shoulder Dislocations*
- Reverse dropping Body Drop (version 2)
- Palm Heel Knockouts* (5)
- Upward Block with Knife Hand to Neck*
- Knife Hand to Neck, Kick to Solar Plexus to 2 opponents* (2)
- Escape when held by both arms from behind*(4)
- Side Kick to Kneecap using Side of Foot*
- Upward Kick to Kneecap using Heel* (2)
- 3 Different Blocks using Same Arm*(3)
- Attacking Back of Legs*(2)
- Attacking Eyes & Ears (12)
- Roundhouse Kicks from ground
- Side Snap Kicks followed by Roundhouse Kicks*
- Side Thrust kick to Knee followed by Roundhouse kick to Ribs*
- Counters to Kicks (10)
- One-handed Throws* (5)
- 10 non-syllabus techniques of own choosing

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- Kubotan 7
- Nerve Point 7
- Light Contact Sparring (3x2 minutes, with protective gear)
- Random attacks (15)