

Lincolnshire Ju Jitsu/Self Defence Syllabus

Blue Belt – all * techniques to be performed both sides

- Drawing ankle throw
- Inside hock throw
- Stamp throw
- Knee wheel throw
- Bar Chokes – from Straight and Hook punches *
- Escapes when held under and over the arms
 - Under from Front 1 (zygomatic Twist) *
 - Under from Front 2 (thumb under nose)
 - Over from Front 1 (floating Hip Throw)
 - Over from Front 2 (crossed hands to throat)
 - Under from Rear 1 (wrist lock) *
 - Under from Rear 2 (leg locks) *
 - Over from Rear 1 (stamping rolling throw)
 - Over from Rear 2 (foot stamp) *
- Lapel shoulder throw
- Full shoulder throw (from coat grab & punch)
- Strangles & chokes kata *
- Hold down with double arm lock
- Rice bale throw (2 versions)
- Escapes from full nelson (2 versions)
- Escapes from half nelson (2 versions)
- Front scissors throw

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- Seated techniques
 - From Hammer blow * Block the blow as it comes down with left arm, grab their forearm with left hand, bend to left and push up their elbow with your right hand, keep a right angle between their fore arm and upper arm. When pushing their elbow dig fingers into the nerves near the elbow joint. Push the attacker hard to the floor.
 - Defence against Right punch * *Attacker comes in with a R-RH, cross block R-RH with R-arm, strike on their R-wrist. Put R-thumb in the web of attacker's R-web and turn out. As turning out, bring L-hand to help put on wrist lock: point attackers fingers down their R-arm, both of my thumbs on the back of their wrist.*
- Kubotan 4 (Straight punch, sub-clavian artery)*
- Nerve Point 4 (Li20)*
- Sparring (2 minutes, defence against punches and kicks with retaliation – hold your ground)
- Random attacks (6)