

Lincolnshire Ju Jitsu/Self Defence Syllabus

Brown Belt - all* techniques both sides

All brown belt candidates will be required to teach (under supervision) various techniques from the earlier parts of the syllabus. This will not be tested during the grading but no candidate shall attempt the brown belt grading unless he/she has satisfied this requirement.

- Indian Deathlock
 - From hook*
 - Leg throw*
- Downward Inside Forearm Block*
- Roundhouse kick to solar plexus whilst walking*
- Sleeper Hold from Head Chancery*
- Outside Forearm Block, Elbow to Ribs & Backfist*
- Defence Against Knife Attacks
 - Thrust to Face 1*
 - Thrust to Face 2*
 - Thrust to Stomach*
 - Thrust to Chest*
 - Overhead from Front*
- Counters Using Various Techniques
 - Left Wrist Held by Attacker's Right *

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- Roundhouse*
- Right Wrist Held by Attacker's Right*
- Front Strangle*
- Double Armwrap*
- Valley drop throw*
- Counters to Straight Armlock
 - Hip Wheel
 - Sweeping Leg*
- Counters to Back Arm & Collar Hold
 - Rice Bale*
 - Hip throw
 - Armlock Hip throw*
- Counters to Bar Choke
 - Left Arm on top*
 - Right Arm on top*
- Roundhouse Kick to Kidneys*
- Upward Rising Block*
- Upward Inside Forearm Block*
- Downward Inside Forearm Block*
- Kata of Blocks*
- Front Kick followed by Side Kick (2 versions)*
- Full Shoulder throw (2 versions)
- Head Hip & Knee Throw

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- Side Thrust Kick*
- Front Snap Kick*
- Kubotan 6 (cross block, strike carotid)*
- Nerve Point 6 (TW 17 from double lapel grab)
- Light Contact Sparring (2x2 minutes, with protective gear)
- Random attacks (10)