

# Lincolnshire Ju Jitsu/Self Defence Syllabus

Green Belt - all \* techniques to be performed both sides

- Wrist throw with lock \*
- Reclining leg throw with strikes \*
- 3 arm locks
  - From straight punch \*
  - From roundhouse/hook \*
  - Double arm wrap \*
- Breaking ground strangles
  - Above head
  - From the side \*
  - On shoulders
  - Over legs \*
  - Between legs \*
- Breaking hair grabs (front and rear, standing and seated) \*
- Body drop
- Half shoulder throw (versions 1 & 2)
- Leg throw with lock (attackers left then right foot forward)
- Dropping full shoulder throw \*
- Back hammer lock (versions 1 & 2) \*
- Crab claw scissors
- Cross hock throw (versions 1 & 2)

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## Green Belt - all \* techniques to be performed both sides

- Sweeping loin throw
  - Attacking
  - Defence against punch
  - Defence against head butt
- Kubotan 3 (bar choke from behind) \*
- Nerve Point 3 (deadleg - ST34) \*
- Sparring (1 minute, defence against punches and kicks with retaliation - hold your ground). NO COUNTER-ATTACKS.
- Random attacks (4)