

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)
- Random attacks (4)