

# Lincolnshire Ju Jitsu/Self Defence Syllabus

## Black Belt 2<sup>nd</sup> Dan - all\* techniques both sides

Candidates must be qualified to instruct and teach regularly

- counters to throws (27)
- inside leg sweep (2)
- combination throws (10)
- lunge punch, reverse punch to body & face\*
- inside forearm block followed by backfist & throw
- palm heel block with attack (3)
- palm heel strikes (8)
- one handed throat throw\*
- upward X block
- 3 reverse punches to 3 attackers\*
- Upward blocks with throws (2)
- Knife attacks (6)
- Defence against side snap kick (4)
- Baton defence (8)
- 10 non-syllabus techniques of own choosing
- Kubotan 8
- Nerve Point 8
- Light Contact Sparring (3x2 minutes, with protective gear)

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- Random attacks (20)