

Lincolnshire Ju Jitsu/Self Defence Syllabus

Orange Belt – all * techniques both sides

- Theory
- Breakfalls – Rolling (coming up, staying down, left shoulder, right shoulder and both shoulders)
- Escape from front strangle 2 *
- Escape from back strangle 2
- Escape front strangle 2 (seated) *
- Escape back strangle 2 (seated)
- Shoulder armlock (from 1 and 2 punches) *
- Hip throw with shoulder armlock
- Hip throw with cross over lock
- 3 wrist locks
 - Little finger high *
 - Wrist grabbed *
 - Push to chest *
- Defence against kicks to the head on the ground
 - Double leg takedown
 - Single leg takedown
 - Recumbent ankle
 - Rolling takedown
- Kubotan 2 (same wrist grabbed) *
- Nerve Point 2 (strike point above elbow-TW12) *

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- Sparring (1 minute, defence against punches and kicks, no retaliation)
- Random attacks (2)

Theory

Even slight scalp wounds bleed profusely

Stop your nose bleed by pinching bridge of nose and leaning forward

Stop other bleeds by applying pressure and elevating the wound, apply a dressing if necessary

Other people's blood is potentially dangerous – if you bleed you should clear it up yourself, but if you have to clear up another person's blood, you should ensure it does not come into contact with any open wound (cut, graze etc) – consider wearing gloves. If giving first aid, be sure you do not endanger yourself in this or any other way

If you are bleeding, do not allow your blood to get on another person

If you have blood on you, do not lick or suck it unless you KNOW ABSOLUTELY it is your own.