

Lincolnshire Ju Jitsu/Self Defence Syllabus

Purple Belt – all* techniques both sides

- Hip or Loin Wheel (2 versions)
- Escape from Head Chancery
 - On your right*
 - On your left
 - From front *
- Escapes from Garotting
 - Attacker's left on top
 - Attacker's right on top
 - From behind
- Variations on Holding Down
 - Hip throw
 - Drawing Ankle throw
- Breaking Strangles & Chokes on the Ground
 - Between legs 1
 - Between legs 2
 - Side of body
 - Around neck from behind (seated)*
 - Over legs 1*
 - Over legs 2*
- Dropping Version of Body Drop (2 versions)
- Scissors & Naked Choke (2 versions)
- Spring Hip throw
- Front scoop

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- Rear scoop
- Seated techniques
 - *Half Shoulder Throw*
 - *Version 1*
 - *AP - Attacker comes in with a R-RH, cross block with R-arm. My L-hand grabs attacker's R-wrist and strike at jaw with R-fist, then R-back fist into attacker's ribs. Then put on wrist lock: grabbing attacker's R-thumb (meat) and twisting to the left while pushing with L-hand on back of attacker's R-hand, keeping their elbow joint at 90° with body. (BoN, SC)*
 - *Version 2 (with elbow break)*
 - *AP – Attacker comes in with a R-RH, Same as above but after strike to attacker's floating ribs, put in elbow break, to attacker's R-elbow:grabing their R-wrist with L-hand, twist it upwards and then strike just above their elbow joint with R-fist. (BoN, SC)*
- Kubotan 5 (Parry straight punch, pressure to bridge of nose)*
- Nerve Point 5 (doorman's lock)
- Light Contact Sparring (2 minutes, protective gear)
- Random attacks (8)