

Lincolnshire Ju Jitsu/Self Defence Syllabus

Yellow Belt – all techniques to be performed both sides

- Dojo etiquette
- Theory
- Breakfalls – left and right sides, back, front, flip-flap
- Escape from front strangle
- Escape from back strangle
- Escape from front strangle (seated)
- Escape from back strangle (seated)
- Straight armlock
- Hip throw
- Shoulder lock
- Kubotan 1 (opposite wrist grabbed)
- Nerve Point 1 (rub point above elbow – TW10/11)
- Kata of basic blocks (1 side)
- Sparring (1 minute, defence against punches only, no retaliation)
- Random attack (1)

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Yellow Belt

Dojo etiquette - is all about respect for ju jitsu/self defence, yourself and others....Bow (rei) to the dojo when you enter or leave, to any sensei when addressing or acknowledging him/her, when instructed to, at the beginning and end of every session, onto and off the mat, to your partner ('uke') at the beginning and end of a training session. When training, you must be polite, respectful of others, restrained (that is, not rowdy), sober, clean (with clean and short finger and toe nails), dressed in a clean and pressed gi (at least from the time of your first grading onward). You are responsible for the safety of your uke, who will always land where you throw him. Apply locks with caution and release pressure as soon as uke taps out. When having locks applied to you, always tap out as soon as you feel any pain - do not wait until the pain is severe.

Theory - Self Defence Under the law you are entitled to use reasonable force to protect yourself, another person or your property, prevent crime or help to legally arrest a criminal. In court, it has been established that a claim of self-defence is allowed if you have done no more than you instinctively believe is necessary to protect yourself from attack (or to protect others or property); and in that situation you are not expected to judge precisely the measure of defensive force used.

The law recognises that in the heat of the moment, it may be hard for you to assess the level of danger you face and the amount of force necessary to protect yourself or other people. The courts take this into account. The police and prosecutors also take this into account when deciding whether to bring charges. They will take account of all the circumstances, including whether it is in the public interest to bring charges.

So, injuring a criminal while defending yourself or your property will not necessarily mean you will face criminal charges. But the police may have to investigate and may ask you for a statement. They may then send a report to the Crown Prosecution Service (CPS).

The law does not allow you to retaliate against a criminal. Punishing criminals is a matter for the police and the courts, and you must not take the law into your own hands by trying to punish an offender yourself.

There have been examples of cases when householders or occupiers of private property have been prosecuted for acts of violence committed on intruders. But these have been cases when the violence used was really extreme and excessive in the circumstances.

<http://www.crimereduction.homeoffice.gov.uk/burglary/burglaryminisite09.htm>

DO NOT HURT PEOPLE IF YOU DO NOT HAVE TO.