



SHUHO
JUJITSU & IAIDO

Orange Belt (7th Kyu)

Hip Throw with Shoulder Arm Lock

Hip Throw with Cross Over Arm Lock (2)

Defence Against Kicks to the Head Whilst on the Ground (4)

Basic Arm Locks (3)

Basic Wrist Locks (3)

Shoulder Arm Locks (2)

Wrist Throw with Lock from Knife Attack (2)

Reclining Leg Throw with Strikes

Breaking Ground Strangles (5)

- A - Above the Head
- B - At the Side
- C - Arms Pinned
- D - Sitting on the Stomach
- E - Between the Legs

Breaking Hair Grabs (2)

- A - Front
- B - Rear

Kicking Kata

Blocking and Striking Kata

All Previous Techniques as Required

