



SHUHO
JUJITSU & IAIDO

Purple Belt (3rd Kyu)

Valley Drop (2)

Counters to Straight Arm Lock (2)

Counters to Back Arm and Collar Hold (4)

Counters to Bar Chokes (3)

Head Hip Knee

Wedge Blocks (2)

Shoulder Wheels (2)

Locking Techniques Standing and on the Ground (15)

Freestyle Knife Blocking

Defence Against Kicking Techniques (8)

Randori (Freestyle Jujitsu - kicks and punches)

Kumite (Kick Boxing)

Ne Waza (Ground Fighting)

All Previous Techniques as Required

秀峰柔術道
連帯