



SHUHO
JUJITSU & IAIDO

Black Belt (1st Dan)

Continuous Throwing (25)

Counters to Major Throws

- A - Hip Throw (2)
- B - Drawing Ankle (2)
- C - Shoulder Wheel (2)
- D - Full Shoulder Throw (2)
- E - Body Drop (2)

Inside Leg Sweep

Combination Throw (4)

Lunge Punch Reverse Punch (Various Levels)

Inside Forearm Block Followed by Back Fist to Ear

Counters to Left and Right Kicks

- A - Crescent Kick (2)
- B - Back Kick (2)
- C - Front Kick (2)
- D - Round House Kick (2)
- E - Side Kick (2)

One Handed Throat Throws (2)

X Block Pulling onto Round House Kick

X Block Pulling onto Knee Strike and Strike to Head

Punching Combination - Body, Face, Body

Palm Heel Blocks with Counters from Attacks (Various)





SHUHO
JUJITSU & IAIDO

Black Belt (1st Dan)

Left and Right Upward Rising Blocks

Attacking Different Parts of the Body using Various Combinations of Open/Closed Hands/Bottom Fist & Elbow Strikes

Defence Against Set Attacks (Various)

Basic Anatomy of the Human Body

Randori (Freestyle Jujitsu - kicks and punches)

Kumite (Kick Boxing)

Ne Waza (Ground Fighting)

All Previous Techniques as Required

