



SHUHO
JUJITSU & IAIDO

Brown & White Belt (2nd Kyu)

Corner Throw

Rear Throw (2)

Cross Ankle Throw (2)

Defence Against Three or More Attackers - Set (2)

Rolling Ankle Throw

Outer Wheel

Leg Wheel

A - Front

B - Rear

Outer Hook Throw

Throwing Opponent from Behind (8)

Shoulder Crash (2)

Finger and Thumb Locks (6)

Shoulder Throws - (Various)

Randori (Freestyle Jujitsu - kicks and punches)

Kumite (Kick Boxing)

Ne Waza (Ground Fighting)

All Previous Techniques as Required

