



SHUHO
JUJITSU & IAIDO

Red Belt (6th Kyu)

Half Shoulder Throws (2)

Body Drop (2)

Leg Throw

A - Attacker's Left Leg Forward

B - Attacker's Right Leg Forward

Dropping Full Shoulder

Back Hammer Lock

Back Scissors Throw (2)

Sweeping Loin (2)

A - Attacking

B - Defending

Outside Hock

Drawing Ankle

Inside Hock

Stamp Throw

Palm Locks (2)

All Previous Techniques as Required

秀峰柔術道場