



# POOLE BUSHIDO JU JITSU CLUB

Est 1997



## 8<sup>th</sup> kyu Orange belt

Criteria – 0 – 4-month continuous training, Valid insurance

1.Body drop

2.Half shoulder

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3.Leg throw with lock

4.Dropping version of full shoulder

5.Back hammerlock

6.Sweeping loin

7.Hold down with double arm lock

8.Rice bail

9.Cross hock

10.Inside hock

Kata – Basic blocking kata + Yellow belt kata

