



POOLE BUSHIDO JU JITSU CLUB

Est 1997



2nd kyu Brown belt

Criteria – 0 – 9-month continuous training, Valid insurance

- 1.Inner wind
- 2.Outer wind
- 3.Sweeping ankle
- 4.sweeping knee
- 5.Rolling ankle
- 6.Corner throw
- 7.Rear throw
- 8.Cross ankle
- 9.Leg wheel
- 10.Outer wheel
- 11.Action against three men attack (3)
- 12.Stomach throw, left and right
- 13.Outer hook
- 14.Several ways of throwing opponent from behind (6)
- 15.Shoulder dislocation (4)
- 16.Dropping version of reverse body drop
- 17.Shoulder crash





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18. Three different blocks using the same arm
 19. Arm and shoulder throw with shoulder lock and wristlock
 20. Chop to neck with kick to solar plexus (2 opponents)
 21. Roundhouse kick from ground to lower body, both sides rear throw
 22. Side thrust kick to back of knee from the ground both sides'
 23. Side thrust kick to kneecap followed by roundhouse kick to ribs
 24. One handed throws, 6 left, 6 right
 25. Three reverse punches to three different attackers
 26. Three punches to body, face and body
 27. Six defence against baton attack
 28. Four combinations of crab claw scissors, 2 from punch, 2 from kick
- Kata – Basic blocking kata + Yellow belt kata + Purple belt kata of throws
- 10 X Sparring, 10 X Randori, 10 X Groundfighting partners

