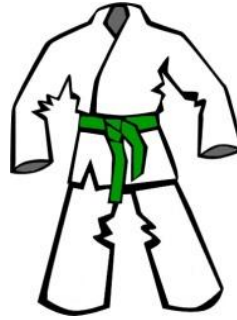




# **Kokoro Kai Ju-Jitsu**



1. **Body Drop Throw**
2. **Half Shoulder Throw (2)**
3. **Leg Throw with Lock (2)**
4. **Dropping Version of a Full Shoulder Throw (2)**
5. **Back Hammer Lock (2)**
6. **Crab Claw Scissors Throw (2)**
7. **Attacking & Defending Sweeping Loin Throws (3)**
8. **Cross Hock Throw (2)**
9. **Drawing Ankle Throw**
10. **Inside Hock Throw (2)**
11. **Stamp Throw**
12. **Methods of Escape when Held Over & Under Arms (Front/Back) (8)**
13. **Knee Wheel Throw**
14. **Bar Chokes (2)**
15. **Variations on Shoulder Throws (3)**
16. **Variations on Strangles & Chokes**
17. **Hold Down Double Arm Lock**
18. **Rice Bale Throw (2)**
19. **Escape from Full & Half Nelson Holds (4)**
20. **Front Scissors Throw**
21. **Tit for Tat**