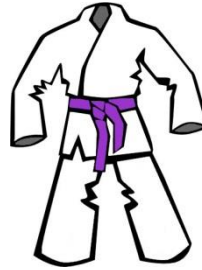




Kokoro Kai **Ju-Jitsu**



1. **Valley Drop Throw**
2. **Counters to Straight Arm Lock (2)**
3. **Counters to Back Arm & Collar Hold (3)**
4. **Counters to Bar Choke (2)**
5. **Outer Hook Throw**
6. **Several Ways of Throwing Opponent from Behind (9)**
7. **Roundhouse Kicks from the Ground**
8. **Front Kick followed by Side Kick (2)**
9. **Kicks (Front, Side & Round)**
10. **Full Shoulder Throw (2)**
11. **Head Hip & Knee Throw**
12. **Striking Combinations (3)**
13. **Wedge Block (3)**
14. **Shoulder Wheel Throw (2)**
15. **Pressure & Nerve Points (Demonstrate & Explain)**
16. **Holding & Locking whilst Standing (2)**
17. **3- Man Knife Evasion**
18. **Novice Kata**
19. **Tit for Tat**