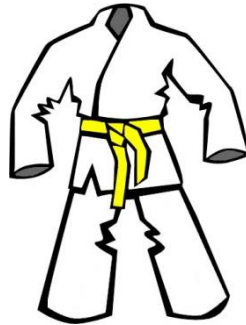




Kokoro Kai Ju-Jitsu



- 1. Mat Etiquette**
- 2. Basic Exercises**
- 3. Breakfalls**
- 4. Breaking a Back Strangle (2)**
- 5. Breaking a Front Strangle (2)**
- 6. Straight Arm Lock**
- 7. Hip Throw**
- 8. Recumbent Ankle Throw**
- 9. Shoulder Lock**
- 10. Kata of Eight Blocks**