



Yoshin Ryu Jujitsu

ADVANCED GREEN BELT(LEVEL 1)

TRADITIONAL THROWS

Hip Throw Outside Reap

MODERN THROWS

EVASIVE MANEUVERS FOR MODERN THROWS

LOCKS

Inside Wrist Lock Outside Wrist Lock
Straight Armbar Flexing Straight Armbar
Cross Bent Armlock

EVASIVE MANEUVERS FOR LOCKS

STRIKES

Jab Cross Hook

KICKS

Front Roundhouse Hook Side Spinning Back

BLOCKS FROM STRIKES AND KICKS

DEMONSTRATE STANDING COMBAT

2 Hand Push 1 Hand Push Forward & Back Stance

DEMONSTRATE EVASIVE MANEUVERS

Grips and Holds