



Yoshin Ryu Jujitsu

ADVANCED GREEN BELT (LEVEL 2)

FALLS

Judo Roll Front Fall Front Flip

LOCK FROM PUSH

Wrist Lock High Wrist Lock Low

(Advanced locks with a trip and straight arm bar finish!)

LOCKS

Reinforced Inside Wrist Lock

Outside Wrist Lock (#2) & Reinforced Lever

Straight Armbar (#2) & Armpit Armbar

Flexing Straight Armbar to Cross Bent Armlock

Bent Armlock(face grab) to Yama Arashi Takedown

GRIP ESCAPES(advanced)

Same Side Wrist

Cross Wrist

Two Hands on One Wrist

Orange Peel Thumb and Finger Locks

Two Hands on Throat

KNIFE MOVEMENT BLOCKS(advanced)

7 Angles of Attack

STRIKES AND KICKS

Palm Strike, Back Fist, and Hammer Fist

Uppercut(front and back hand)

Elbows(4 angles front, 2 back)

Alternating Knee Strikes(with hands on neck)