



Yoshin Ryu Jujitsu

BROWN BELT

SWORD ATTACKS

7 Angles With Foundation Kicks
7 Sword Disarms (Long and Short Swords)

KICKS

Shin Round House Kick to Outer Thigh

ELBOW STRIKES

From Jab and Cross

STRANGLE

Sleeper Standing From a Push
Sleeper Grappling From Rear

THROW

Hand Leg Lever

BEE STINGS FROM GRIPS

Inside Arms
Inside Thigh

LOCKS

Finger and Thumb Locks Straight
Finger and Thumb Locks Bent
Cross Armbar After Takedown
Cross Armbar From Guard (Helicopter)
Cross Armbar From Mount