



Yoshin Ryu Jujitsu

GREEN BELT

FALLS

Forward Roll

Left Fall

Right Fall

Back Fall

LOCK FROM PUSH

Wrist Lock High

Wrist Lock Low

GRIP ESCAPES

Same Side Wrist

Cross Wrist

Two Hands on One Wrist

Orange Peel Thumb and Finger Locks

Two Hands on Throat

KNIFE MOVEMENT BLOCKS – KICKS – STRIKES

7 Angles of Attack