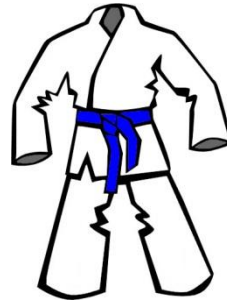




Kokoro Kai Ju-Jitsu



1. **Hip/ Loin Wheel Throw (2)**
2. **Escapes from Head Chancery (3)**
3. **Escapes from Garrotting (3)**
4. **Variations on Holding Down (3 Sets)**
5. **Defence from the Ground (6)**
6. **Dropping Version of Body Drop Throw (2)**
7. **Scissors & Naked Choke Hold (2)**
8. **Spring Hip Throw**
9. **Front Scoop Throw**
10. **Rear Scoop Throw**
11. **Indian Death Lock (2)**
12. **Roundhouse Kick to Solar Plexus whilst Walking**
13. **Sleeper Hold from Head Chancery**
14. **Outside Forearm Block, Elbow To Ribs & Back Fist**
15. **Knife Defence (6)**
16. **Counters using Various Techniques (6)**
17. **Tit for tat**