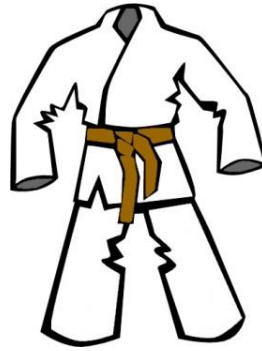




Kokoro Kai Ju-Jitsu



1. **Winding Throws Inside & Outside (2)**
2. **Leg Sweeps (8)**
3. **Rolling Ankle Throw (2)**
4. **Corner Throw (2)**
5. **Rear Throw (2)**
6. **Cross Ankle Throw (2)**
7. **Leg Wheel (2)**
8. **Outer Wheel (2)**
9. **Variations on Stomach Throws (4)**
10. **Shoulder Dislocations**
11. **Dropping Version of Reverse Body Drop Throw (2)**
12. **Shoulder Crash Throw (2)**
13. **Palm Heel Knockout Blow to Chin (5)**
14. **Upward Block Knife Hand to Neck**
15. **Knife Hand to Neck & Kick to Solar Plexus**
16. **Knife Hand to Neck & Kick to Solar Plexus to Two Opponents (2)**
17. **Escape when Held by both Hands from Behind (4)**
18. **Side Kick to Knee Cap (using side of foot L/R)**
19. **Upward kick to Knee Cap (using heel L/R) (2)**
20. **Different Blocks using Same Arm (2 sets)**
21. **Attacking Back of Legs (2)**
22. **Arm & Shoulder Throw with Shoulder & Wrist Lock**
23. **Side Snap Kick to Knee followed by Roundhouse Kicks (L/R)**
24. **Side Thrust Kick to Knee Cap followed by Roundhouse Kick to Ribs**
25. **All One Handed Throws (5)**
26. **Action Taken Against Three Attackers (5)**
27. **Randori**