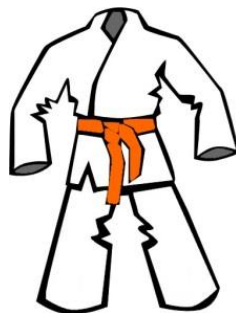




# **Kokoro Kai Ju-Jitsu**



1. Hip Throw with Shoulder Arm Lock
2. Hip Throw with Cross Over Arm Lock
3. Defence Against Kicks to Head whilst on the Ground (4)
4. Arm Locks from a Standing Position (3)
5. Shoulder Arm Lock (2)
6. Wrist Locks (3)
7. Wrist Throw with Lock
8. Reclining Leg Throw with Strikes
9. Defence from the Ground (5)
10. Breaking Hair Grabs (2)
11. Upward/ Inside Forearm/ Down Blocks
12. Tit for Tat