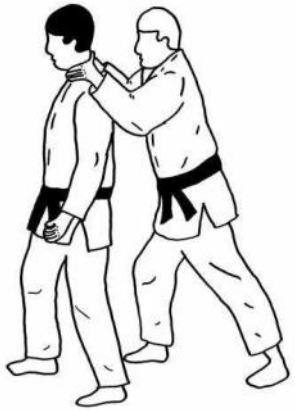
KOKORO KAI JU-JITSU ASSOCIATION

RANDOM ATTACKS

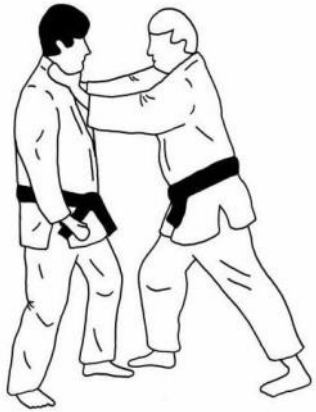
1. RIGHT ROUNDHOUSE PUNCH TO THE HEAD

2. RIGHT DOWNWARD PUNCH TO MIDRIFF / GROIN



3. DOUBLE HANDED REAR STRANGLE

4. RIGHT STRAIGHT PUNCH TO THE HEAD



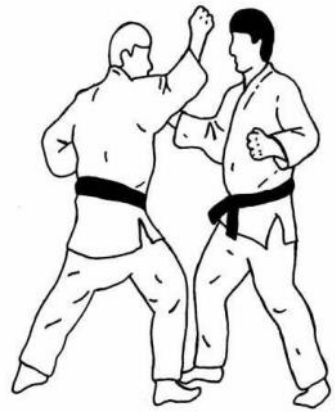
5. TWO HANDED FRONT STRANGLE

6. FRONT HAIR GRAB

7. RIGHT UPPERCUT TO SOLAR PLEXUS

8. GRAB FROM FRONT - ARMS FREE

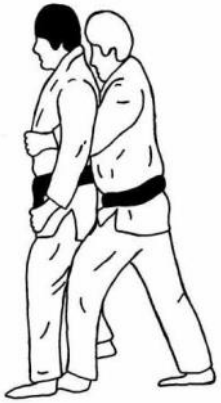
9. RIGHT TO RIGHT WRIST GRAB



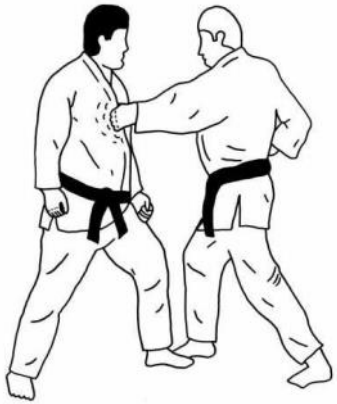
10. RIGHT DOWNWARD HAMMER BLOW TO HEAD

KOKORO KAI JU-JITSU ASSOCIATION

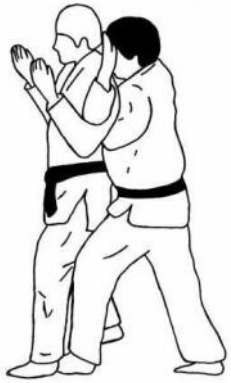
RANDOM ATTACKS



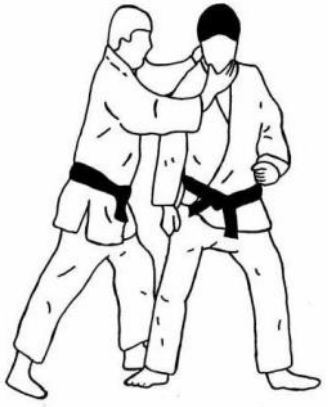
11. GRAB FROM REAR - ARMS FREE



12. LEFT HAND LAPEL GRAB



13. FULL NELSON

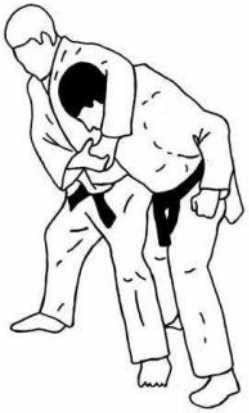


14. TWO HANDED STRANGLE FROM THE RIGHT SIDE

15. HEAD CHANCERY ON LEFT SIDE

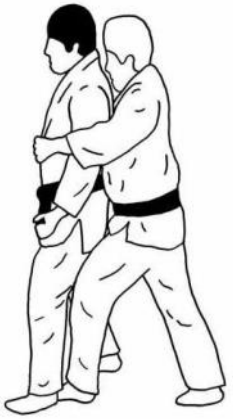
16. RIGHT GRAB ON LEFT WRIST

17. STRANGLE - BETWEEN THE LEGS



18. HEAD CHANCERY FROM RIGHT SIDE

19. ALL ROUND FROM FRONT - ARMS HELD



20. ALL ROUND REAR - ARMS TRAPPED

KOKORO KAI JU-JITSU ASSOCIATION

RANDOM ATTACKS

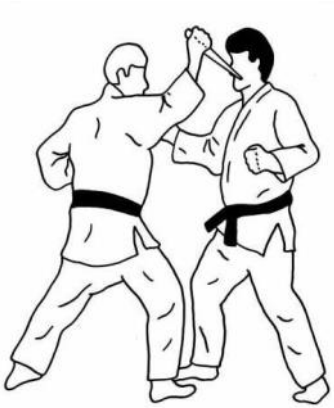
21. STRANGLE OVER LEGS / BODY

22. DOUBLE WRIST GRAB FROM REAR

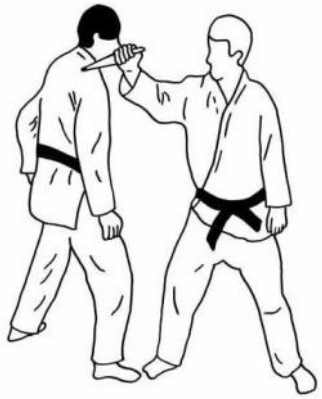
23. DOUBLE GRAB & HEAD BUTT

24. RIGHT KNIFE THRUST TO MIDRIFF

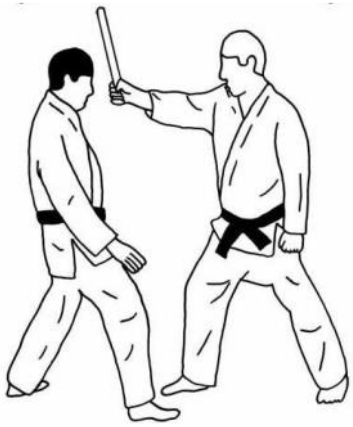
25. RIGHT KNIFE SLASH TO NECK



26. RIGHT DOWNWARD KNIFE ATTACK



27. RIGHT BACK SLASH WITH KNIFE TO NECK



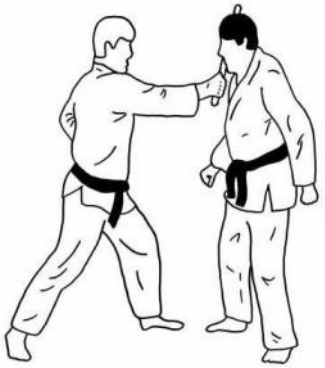
28. RIGHT DOWNWARD BATON TO THE HEAD

29. RIGHT SIDE THRUST KICK

30. RIGHT FRONT KICK TO GROIN / MIDRIFF

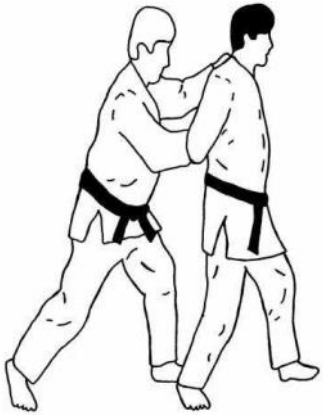
KOKORO KAI JU-JITSU ASSOCIATION

RANDOM ATTACKS

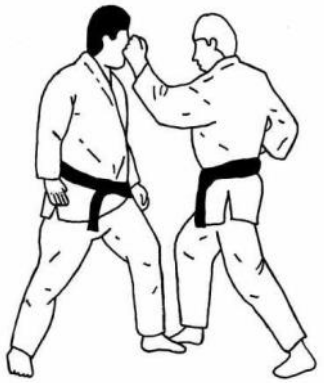


31. RIGHT BACKSLASH WITH BATON TO SIDE OF HEAD

32. GROUND STRANGLE FROM RIGHT SIDE



33. BACK ARM & COLLAR HOLD



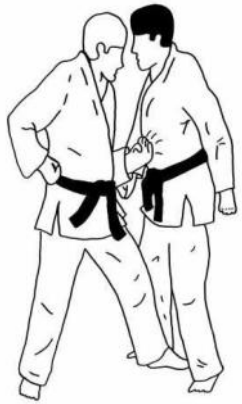
34. LEFT ROUNDHOUSE PUNCH TO THE HEAD

35. RIGHT ROUNDHOUSE KICK TO THE SOLAR PLEXUS

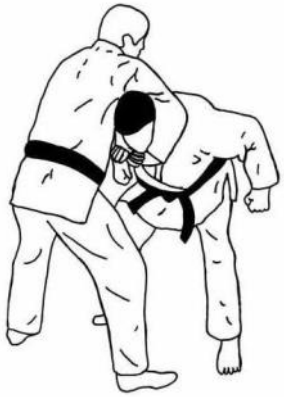
36. RIGHT LAPEL GRAB & LEFT PUNCH

37. BOTH WRISTS HELD FROM THE FRONT

38. LEFT KICK TO GROIN / MIDRIFF



39. LEFT UPPERCUT TO SOLAR PLEXUS



40. REVERSE HEADLOCK

KOKORO KAI JU-JITSU ASSOCIATION
ADVANCED RANDOM ATTACKS

RIGHT STRAIGHT PUNCH TO THE HEAD

LEFT STRAIGHT PUNCH TO THE HEAD

RIGHT STRAIGHT PUNCH TO THE HEAD

RIGHT ROUNDHOUSE PUNCH TO THE HEAD

LEFT ROUNDHOUSE PUNCH TO THE FACE

RIGHT UPPERCUT TO SOLAR PLEXUS

LEFT UPPERCUT TO SOLAR PLEXUS

RIGHT FRONT KICK TO GROIN/MIDRIFF

LEFT FRONT KICK TO GROIN/MIDRIFF

RIGHT ROUNDHOUSE KICK TO THE SOLAR PLEXUS

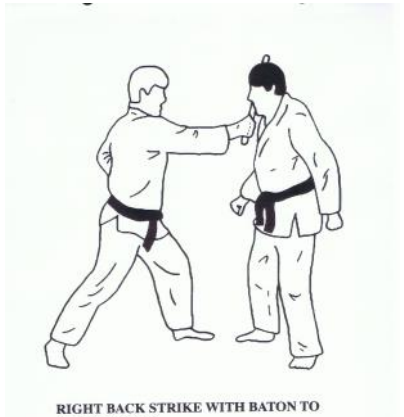
KOKORO KAI JU-JITSU ASSOCIATION
ADVANCED RANDOM ATTACKS

RIGHT SIDE THRUST KICK

LEFT SIDE THRUST KICK

RIGHT BACK KICK TO CHEST/MIDRIFF

LEFT BACK STRIKE WITH BATON TO SIDE OF NECK



RIGHT BACK STRIKE WITH BATON TO SIDE OF NECK

RIGHT DOWNWARD BATON TO THE HEAD

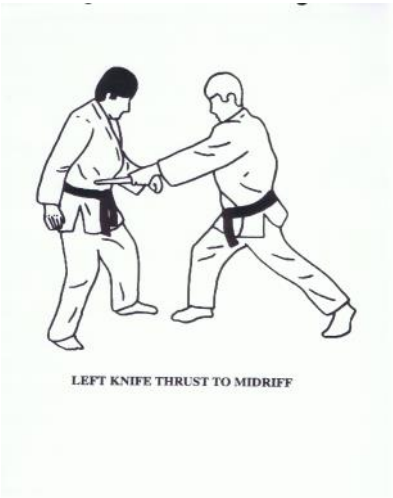
LEFT DOWNWARD BATON TO THE HEAD

RIGHT KNIFE SLASH TO NECK

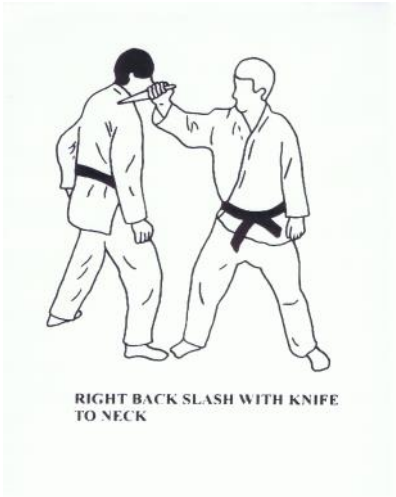
LEFT KNIFE SLASH TO NECK

RIGHT KNIFE THRUST TO MIDRIFF

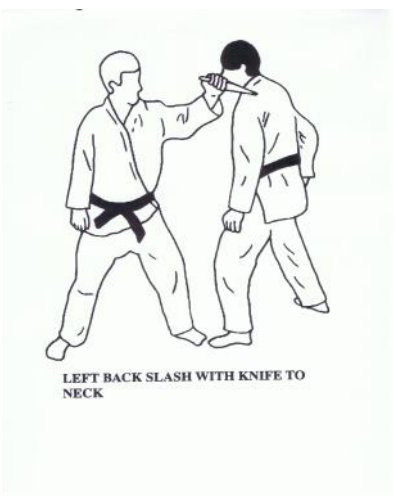
KOKORO KAI JU-JITSU ASSOCIATION
ADVANCED RANDOM ATTACKS



LEFT KNIFE THRUST TO MIDRIFF



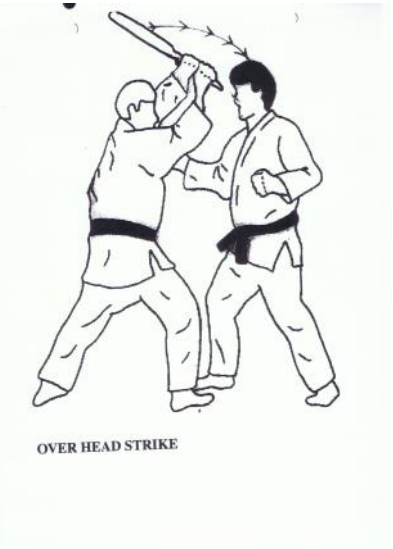
RIGHT BACK SLASH WITH KNIFE TO NECK



LEFT BACK SLASH WITH KNIFE TO NECK

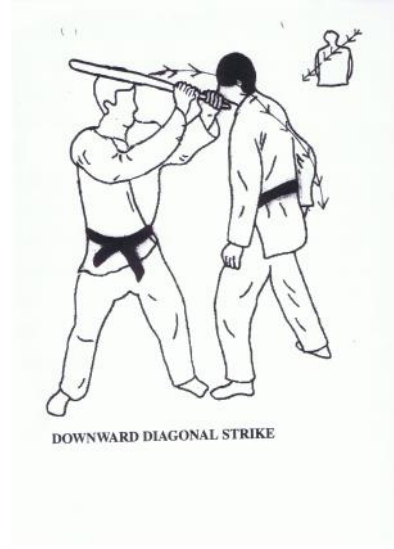
RIGHT DOWNWARD KNIFE ATTACK

LEFT DOWNWARD KNIFE ATTACK

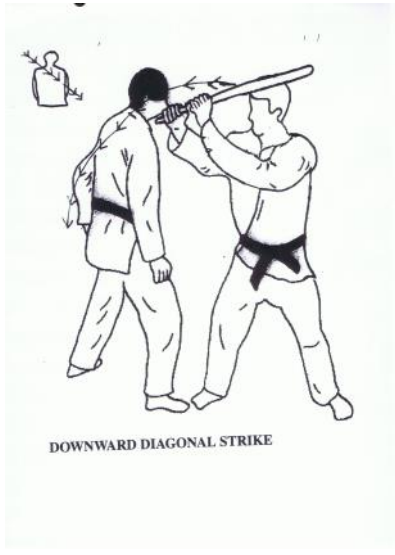


OVER HEAD STRIKE

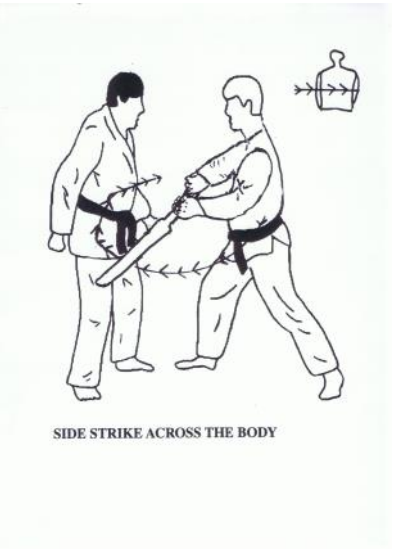
OVER HEAD STRIKE



DOWNWARD DIAGONAL STRIKE

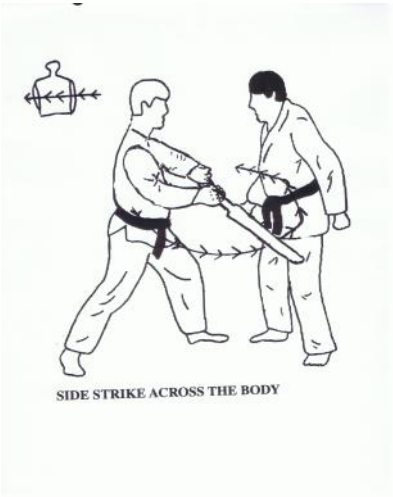


DOWNWARD DIAGONAL STRIKE



SIDE STRIKE ACROSS THE BODY

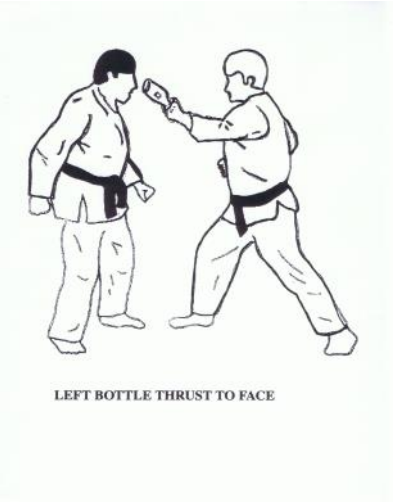
KOKORO KAI JU-JITSU ASSOCIATION
ADVANCED RANDOM ATTACKS



SIDE STRIKE ACROSS THE BODY

RIGHT DOWNWARD BOTTLE TO TOP OF THE HEAD

LEFT DOWNWARD BOTTLE TO TOP OF THE HEAD

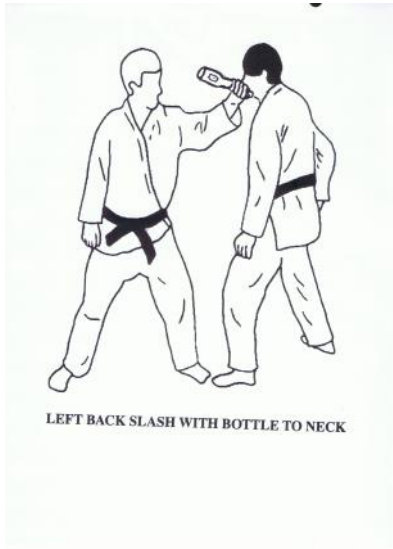


LEFT BOTTLE THRUST TO FACE

RIGHT BOTTLE THRUST TO FACE

RIGHT BOTTLE SLASH TO NECK

LEFT BOTTLE SLASH TO NECK



LEFT BACK SLASH WITH BOTTLE TO NECK

RIGHT BACK SLASH WITH BOTTLE TO NECK