



SHUHO
JUJITSU & IAIDO

Yellow Belt (8th Kyu)

Breakfalls (5)

- A - Rolling
- B - Back (2)
- C - Front (2)
- D - Side
- E - Foreflap

Breaking Front Strangles (2)

Breaking Back Strangles (2)

Straight Arm Lock

Hip Throw

Recumbant Ankle

Shoulder Locks (2)

Kata of Blocks

Kata of Strikes

Front Thrust Kick

Front Snap Kick

Dojo Etiquette

Club Safety

