



11th KYU – UNIVERSAL BASICS

Preparatory Techniques prior to commencing study of the Fighting Techniques

STANCES:

- Attention
- Ready
- Left Lead Fighting Stance
- Right Lead Fighting Stance
- Straddle Stance (Horse Riding)

Movement and Stances Drill – Steps 1 – 13 Both Leads

STRIKES: (From Fighting Stance – into Pad)

- Lead Hand Chin Jab - Jaw
- Rear Hand Chin Jab – Jaw
- Straight Twist Punch – Face / Nose / Solar Plexus
- Arrow Punch - Face / Nose / Solar Plexus
- Forehand Overhead Bottom Fist – Coronal Suture / Trapezius Muscle
- Backhand Overhead Bottom Fist - Coronal Suture / Trapezius Muscle
- Backhand Flat Bottom Fist – Carotid Plexus / Temple / Nose (if sideways on)
- Short Uppercut – Floating Ribs / Throat
- Shovel Uppercut – Point of Jaw
- Lead Wide Hook - Head
- Rear Wide Hook - Head

KICKS: (From Fighting Stance – into Pad)

- Ball of Foot Front Kick – Knee / Front of Thigh / Body
- Instep Front Kick (Groin Kick)
- Side Kick – Shin / Knee
- Round Kick – Femoral Nerve (Inside) Thigh (Outside)

BREAK FALLS:

- Front Emergency Break-fall
- Rear Emergency Break-fall
- Side Break-fall
- Front Rolling Break-fall
- Rear Rolling Break-fall
- Press-up Break Fall – arm pull through. (Throw simulation)

GROUND DEFENSIVE POSITION:

No. 1 from sitting position, supported by arms. Deliver alternating ball of foot front kicks to low line targets. (Shin and Knee) and get up safely.

No. 2 from side prone position (Lying on left or right side), deliver Side Kick or Round Kick to low line targets. Side Kick to Knee and Shin, Round Kick to Calf, Tibial Nerve or Thigh and get up safely.

Learning points

Student to be briefed and competent in the safe use of pads...

- Focus mitts (target accuracy & distance) FM
- Strike shield (power) SS Conventional (hand & forearm)
- Single arm
- Crash (double-ended)
- Hitting the Pad
- Holding the Pad
- Focus mitts advanced partnering “baseball mitt catch”

5 PRIMARY TARGETS

1. Groin
2. Eyes
3. Nose
4. Throat
5. Shin



10TH KYU – Basic Defences

- Attack 1: Lead Wide Hook Punch to Head** FM / SS
Defence: Double Fore-arm Cover (Knife Hand Shield Block)
Counter: Instep Front Kick to the Groin
- Attack 2: Step Straight Twist Punch to Head** FM / SS
Defence: Open Palm Knife Hand Strike Block
Counter: Reverse Punch to Solar plexus
- Attack 3: Step Straight Twist Punch to Head** FM / SS
Defence: Inside Line Body Blade with Knife Hand Strike Block
Counter: Flat Knife Hand to Side of Neck
- Attack 4: Rear Fore-hand Hammer Fist to Head** FM / SS
Defence: Rising Fore-arm Strike Block
Counter: Straight Twist Punch to Solar Plexus / Instep Front Kick to Groin
- Attack 5: Short Uppercut to Ribs / Body** FM / SS
Defence: Descending Knife Hand Strike Block
Counter: Leopards Paw to Throat / Instep Front Kick to Groin
- Attack 6: Rear Leg Front Kick to Body from Complimentary Position** SS
Defence: Lateral Step to Outside Line with Low Line Slap / Parry Deflection
Counter: Side Kick to Knee
- Attack 7: Rear Leg Front Kick to Body from Mirrored Position** SS
Defence: Lateral Step to Inside Line with Low Line Slap / Parry Deflection
Counter: Side Kick to Knee

DRILLS

Movement and Stances Drill – Steps 1 – 13 Both Leads

BREAKFALLS INTO GROUND DEFENSIVE POSITION AND KICKING DRILL

Front Emergency Break-fall – Flip to Ground Defensive Position – Ball of Foot Front Kick
Rear Emergency Break-fall - Ground Defensive Position – Ball of Foot Front Kick
Left Side Break-fall – Side Kick to Knee / Round Kick to Thigh
Right Side Break-fall– Side Kick to Knee / Round Kick to Thigh
Front Rolling Break-fall – into Fighting Stance
Rear Rolling Break-fall – into Fighting Stance

Three stage attack drills: Based on techniques 1 – 7 Inclusive.

1. Both in Fighting Stance – Cooperative practice. No resistance either side.
2. Both in Fighting Stance. Attacker initiates by pushing then executes attack.
3. Mobile. Both in Fighting Stance. Attacker initiates by moving but both maintain stance.



9TH KYU – INTERMEDIATE BASICS

Kicks: Lead Roundhouse Shin Strike

Strikes: Rear Back-hand Overhead Hammer Fist
Rear Wide Hook
Shovel Upper-cut
Lead Backhand Hammer Fist

Combines Reverse Punch and Front Kick to Body
Rear Backhand Hammer Fist to Neck & Lead Roundhouse Shin Strike
Lead Backhand Hammer Fist to Neck & Instep Front Kick to Groin
Arrow Punch & Lead Roundhouse Shin Strike
Same Leg Round Kick and Roundhouse Shin Strike

Attack 8: Rear Overhead Backhand Hammer Fist SS
Defence: Rising Fore-arm Strike Block
Counter: Reverse Punch and Front Kick to Groin

Attack 9: Rear Wide Hook to Head FM / SS
Defence: Double Fore-arm Cover (Knife Hand Shield Block)
Counter: Rear Backhand Hammer Fist to Neck & Lead Roundhouse Shin Strike

Attack 10: Drop step Shovel Uppercut FM / SS
Defence: Descending Knife Hand Strike Block
Counter: Arrow Punch & Lead Roundhouse Shin Strike

Attack 11: Lead / Rear Wide Hooks to Head FM / SS
Defence: Double Fore-arm Covers (Knife Hand Shield Block)
Counter: Rear Backhand Hammer Fist to Neck & Instep Front Kick to Groin

Attack 12: Rear / Lead Wide Hooks to Head FM / SS
Defence: Double Fore-arm Covers (Knife Hand Shield Block)
Counter: Lead Backhand Hammer Fist to Neck & Lead Roundhouse Shin Strike

Attack 13: Rear Leg Front Kick to Body SS
Defence: Outside Line Body Blade and Forearm Deflection
Counter: Same Leg Round Kick Thigh and Roundhouse Shin Strike Tibial Nerve

Attack 14: Rear Leg Front Kick to Body
Defence: Inside Line Body Blade and Forearm Deflection
Counter: Ankle pick and Knee Press Takedown

DRILLS

Movement and Stances Drill – Steps 1 – 13 Both Leads

Three stage attack drills: Based on techniques 8 – 14 Inclusive.

1. Both in Fighting Stance – Cooperative practice. No resistance either side.
2. Both in Fighting Stance. Attacker initiates by pushing then executes attack.
3. Mobile. Both in Fighting Stance. Attacker initiates by moving but both maintain stance.

Combat Drill No.1 “Stay on your feet” From Tie Up Position. Attacker attempts to throw Defender



8th KYU – ADVANCED BASICS

- Kicks:** Rising Knee Strike
Step-behind Side Kick
Thrusting Knee Strike
- Strikes:** Lead Rising Elbow Strike Rear Rising Elbow Strike
Lead Roundhouse Elbow Rear Roundhouse Elbow
Body Blade / Back Elbow Jab High and Low Line (Supported)
- Attack 15:** **Rear / Lead Wide Hooks to Head and Rear Uppercut** FM /SS
Defence: Knife Hand Shield Blocks and Descending Knife Hand Block
Counter: Rear Rising Elbow Strike & Lead Roundhouse Shin Strike, Instep Groin Kick
- Attack 16:** **Lead / Rear Wide Hooks to Head and Lead Uppercut** FM / SS
Defence: Knife Hand Shield Blocks and Descending Knife Hand Block
Counter: Lead Rising Elbow Strike & Lead Roundhouse Shin Strike, Instep Groin Kick
- Attack 17:** **Lead Hand Choke and Rear Arrow Punch to Head** (Held against Wall)
Defence: Knife Hand Strike Block & Strike to Bicep/ Elbow joint of grabbing arm
Counter: Lateral step and Roundhouse Elbow (Across back of grabbing Hand)
- Attack 18:** **Two Handed Straight Armed Choke**
Defence: Face Cover and Body Blade
Counter: Back Elbow to Head and Side Kick to Knee
- Attack 19:** **Two Handed Straight Armed Choke** (Held against Wall)
Defence: Face Cover (Protects Head and Face)
Counter: Kick to Ankle Bone and Instep Groin Kick
- Attack 20:** **Rear Leg Front Kick to Body**
Defence: Outside Line Body Blade evasion
Counter: Rear Head Pull-down with Calf Stamp
- Attack 21:** **Rear Leg Side Kick to Body**
Defence: Outside Line Body Blade evasion
Counter: Rear Head Pull-down with Calf Stamp

DRILLS

Movement and Stances Drill – Steps 1 – 13 Both Leads

Three stage attack drills: Based on techniques 8 – 14 Inclusive.

1. Both in Fighting Stance – Cooperative practice. No resistance either side.
2. Both in Fighting Stance. Attacker initiates by pushing then executes attack.
3. Mobile. Both in Fighting Stance. Attacker initiates by moving but both maintain stance.



7TH KYU – ADVANCED BASICS

- Attack 22: Shoulder Grab and Punch to Head** (Attacker at Side)
Defence: Rear Hand Open Palm Knife Hand Block to Punch
Counter: Arm Wrap into Bent Elbow Lock – Palm up Knife Hand to Throat
- Attack 23: Step Lead Fore-hand Overhead Hammer Fist to Top of Head** (Coronal Suture)
Defence: Rising Fore-arm Block, Arm Wrap and Knee Trip Throw
Counter: Step-over Back-heel to Body. Fig 4 Bent Arm Lock or Straight Arm Lock
- Attack 24: Lead Back-hand Overhead Hammer Fist to Top of Head** (Coronal Suture)
Defence: Rising Fore-arm Block, Arm Wrap – Side Kick to Inside Knee or Thigh
Counter: Straight Arm-bar / Lateral Drag into Straight Arm Floor Pin
- Attack 25: Lead Hand Clothes Grab and Rear Arrow Punch to Head**
Defence: Finger Fan to Face & Open Palm Knife Hand Block & Strike to Bicep/ Elbow joint grabbing Arm
Counter: Flat (Palm Down) Knife Hand Side of Neck & Instep Front Kick to Groin
- Attack 26: Rear/ Lead Wide Hook to Head**
Defence: Knife Hand Shield Blocks and Arm Wrap to Lead Hook
Counter: Outside Reap Throw to Lead Leg
- Attack 27: Head Grab and Rising Knee Strike(s) to Body**
Defence: Walk Back with Strikes
Counter: Shelf and Tip
- Attack 28: Rear Leg Front Kick and Same Leg Step-behind Side Kick to Body** (Complementary Stance)
Defence: Step Back with Pressing Block, Step Back Outside Line Body Blade evasion and Spinning Fore-arm Deflection
Counter: Supported Elbow Strike to Body-Backwards Fore-arm Sweep and Leg Scoop to takedown

Escapes From Front Wrist Grabs – Basic / Free-style Counter-attacks

- Attack 29: Front Even Wrist Grab and Arrow Punch to Head**
Counter: Block or Deflect Punch. Focus Break. Hand Clap and Circular Dissolve Escape
- Attack 30: Front Cross Wrist Grab and Arrow Punch to Head**
Counter: Block or Deflect Punch. Focus Break. Hand Clap and Circular Dissolve Escape
- Attack 31: Double Wrist Grab - Hands held down (Box)**
Counter: Focus Break. Forward Step 'Prayer Escape'
- Attack 32: Double Wrist Grab – Guard Grabbed (Box)**
Counter: Focus Break. Backward Step 'Prayer Escape'
- Attack 33: Two-handed Grab on one Wrist**
Counter: Focus Break. Body Blade – Hand Clasp and Circular Dissolve Escape.
- Attack 34: Wrist Grabbed from the Side** (Unnatural Grip)
Counter: 'X' dissolve (Pull forward and Strike Back of Triceps) Knee to Thigh

DRILLS

Movement and Stances Drill – Steps 1 – 13 Random both Leads

Three stage attack drills: Based on techniques 8 – 14 Inclusive.

1. Both in Fighting Stance – Cooperative practice. No resistance either side
2. Both in Fighting Stance. Attacker initiates by pushing then executes attack.
3. Mobile. Both in Fighting Stance. Attacker initiates by moving but both maintain stance.

Combat Drill No. 2 – “Regain your Feet” – Defender is thrown and must regain feet asap



6th KYU – DEFENCES AGAINST GRAB ATTACKS

- Attack 35: Front Under-Arm Grab**
Defence: Throat Scissors
Counter: Head and Neck Twist takedown
- Attack 36: Front Over-Arm Grab**
Defence: Head to side (Avoiding Head Butt)
Counter: Pinch inside thigh and Ridge Hand to Groin.
- Attack 37: Rear Under-Arm Grab**
Defence: Knuckle Stab to back of Attackers Hand and Step into Straddle Stance
Counter: Ankle Pick / Knee Press-Back Heel to Groin-step over disengagement
Emergency: Drop back and under-arm leg break.
- Attack 38: Rear Over-Arm Grab**
Defence: Side-step into Straddle Stance and Groin Strike / Grab
Counter: Ankle Pick / Knee Press-Back Heel to Groin-step over disengagement
Emergency: Drop back and under-arm leg break.
- Attack 39: One Hand Front Hair Grab**
Defence: Inside Line Body Blade, Drop over Attackers arm
Counter: Back Hand Elbow to Jaw/Head
- Attack 40: One Hand Front Hair Grab**
Defence: Outside Line Body Blade
Counter: Elbow shock against back of Attackers Triceps to release.
- Attack 41: Two Handed Front Hair Grab**
Defence: Hand Clamp.
Counter: Fighting Stance – Instep Groin Kick
- Attack 42: Rear Hair Grab - Pull Back Outside Line Escape – away from Thumb**
Defence: Hand Clamp and Step Back into Body Blade (Go with Attackers Motion)
Counter: Elbow shock against back of Attackers Triceps to release.
- Attack 43: Rear Hair Grab - Pull Back Inside Line Counter – into Thumb**
Defence: Hand Clamp and Step Back into Body Blade (Go with Attackers Motion)
Counter: Peel off and apply inverted Wrist Twist Lock
- Attack 44: Interruption / Two Handed Straight Armed Choke**
Defence: 'Flying Wedge' and Ear Clap - Knife Hand Strikes to Collar Bones
Counter: Head Grab / Control and Knee Strikes to Body
- Attack 45: One Handed Choke / Throat Grab and Punch to Head**
Defence: Wrist Grab and Outside Line Body Blade - evasion of Strike
Counter: Using free arm – apply Elbow Shock to release – low line Side Kick
- Escapes From Rear Wrist Grabs – Basic / Free-style Counter-attacks**
- Attack 46: Rear Wrist Grab - Even**
- Attack 47: Rear Wrist Grab - Cross**
- Attack 48: Rear Wrist Grab - Two-handed**
Counter: Step away Body Blade - Grab own hand- Circular Dissolve Escape
- Attack 49: Rear Double Wrist Grab (Box)**
Counter: Step into Attacker (Go with Motion) Foot Stomp, Rear Hip Thrust with Straight Arm Extension to release. Step into Body Blade / Hammer fist



5th KYU – DEFENCES AGAINST CHOKES / HEAD LOCKS

- Attack 50:** **Fore-arm Choking Pin** **Held against Wall**
Defence: Side-step and Elbow-push redirection with Head Grab
Counter: Redirect Head into Wall, Rising Knee Strike to Body and step-around Knee Trip (Driving Knee into Wall) Disengage
- Attack 51:** **Rear Fore-arm Strangle** **Attempted / Interrupted**
Defence: Cross-arm Fore-arm Roll-down interruption and Inside Line Pivot
Counter: Inverted Wrist Lock (Iron Wrist Lock) Shin Kick to Body
- Attack 52:** **Rear Fore-arm Strangle** **Applied / Late Counter**
Defence: Cross-arm Grab and Pull-down
Counter: Kneeling Shoulder Throw into Control (Shin across Face and Arm Lock)
- Attack 53:** **Full Nelson** **Attempted / Early Interrupt**
Defence: Hold-off Position (Hands to Forehead) – Break grip
Counter: Trap arms and reach across Finger Lock – kneeling Shoulder Roll off
- Attack 54:** **Full Nelson** **Applied / Late Interrupt**
Defence: Cross-arm Grab and Pull-down (Grab elbow)
Counter: Kneeling Shoulder Throw into Control (Shin across Face and Arm Lock)
- Attack 55:** **Full Nelson** **Applied / Late Counter**
Defence: Hold-off Position (Hands to Forehead)
Counter: Sacrifice throw and Elbow strike to body.
- Attack 56:** **Escape from Side Head Lock** **Early Interrupt**
Defence: Arm Vine – under chin with cross body Thumb Strike to Ribs
Counter: From Arm Vine into Vertical Arm Vine Elbow Lock (Hug)
- Attack 57:** **Side Head Lock** **Applied / Late Counter**
Defence: Face Cover and Turn in toward Attackers Body
Counter: Camel Bite (Pinch inside thigh), arm entanglement lock, knee strike to body / face
Emergency: If Attacker kneels –roll under counter
- Attack 58:** **Front Side Head Lock**
Defence: Ridge Hand to Femoral Nerve / Camel Bite (Pinch) to inside thigh.
Counter: Push forward into Attacker with inside line Knee Trap / Press to Outside Line
- Attack 59:** **Naked Strangle** **Early Interrupt / Attempt**
Defence: Elbow push interruption / arm trap
Counter: Knee Trap / Push and Ankle Pick Throw and Groin Stamp / Kick Finish

DRILLS

Combat Drill No. 3 - "Cover and Move" Attacker launches series of kicks and strikes – Defender must block.
Under Pressure circular movement not constantly retreating backwards.



4th KYU – DEFENCES TO CHOKES / FIGHTING FROM THE FLOOR

4 Kyu Purple Belt Defences to Chokes / Fighting from floor

Attack 60: Standing Cross-Arm Choke

Defence: Focus break – shin kick / Foot stomp.

Counter: Reach over and Finger poke into Suprasternal Notch.

Attack 61: Two handed lapel grab and attempt Head Butt

Defence: Elbow across to deflect / discourage Head Butt. Focus break – shin kick

Counter: Apply 'Z' arm wrist lock to Attackers weak hand (Usually Left) Instep Groin Kick

Attack 62: Front Cross wrist grab and face punch attempt.

Defence: Apply Throttle grip wrist lock before punch is actioned.

Counter: Pivot away and takedown –face down immobilisation – shin triceps pin.

Attack 63: Front Even wrist grab and face punch attempt.

Defence: Outside line Body Blade

Counter: Palm up escape with thumb peel – cross step (No 6) and Outer Wrist throw

Attack 64: Both wrists grabbed from front.

Defence: Focus break – shin kick.

Counter: Grab one of attackers wrist and pivot under into inverted wrist lock (Vertical)

Attack 65: From takedown into Ground Defensive Position / Spin and Kick

Defence: Progressive Ground Defence Drill Part 1

Counter: From 'Football' Kick to Head – Side Fetal Position – Leg Wrap and Takedown

Counter: From Stomp - Roll under Stomp into support leg. Wrap and Roll.

Attack 66: Attacker in Mount Position Applies Choke / Head Smother / Punch

Defence: Progressive Ground Defence Drill Part 2

Counter: Defender plants foot and executes Hip Tilt Roll Off – Finish tech.

Defender Plants foot, raises arm and executes Hip Tilt Roll Off – Finish tech.

Defender pulls Attacker forwards as he punches then executes Hip Tilt Roll Off.

Attack 67: Two handed Choking Pin - attempted Attacker kneeling at side.

Defence: Flying Wedge interruption

Counter: Arm-wrap – straight fingers into Suprasternal Notch – cross body throw.

Attack 68: Two handed Choking Pin - attempted Attacker kneeling at side.

Defence: Flying Wedge interruption

Counter: Cross body Head Winding Throw.

Attack 69: Two handed Choking Pin - applied Attacker kneeling at side.

Defence: Roll-up Leg Scissors and takedown – escape.

Counter: In between legs Straight Arm Lock and Elbow Break (Hyperextension)



3rd KYU – COMBINATION ATTACKS – FIGHTING FROM FLOOR

Attack 70:	Attempted Choking Pin	Attacker in between Defenders Legs
Defence:	Flying Wedge interruption	
Counter:	Head Winding Throw into Ground Offensive Position and Kick	
Attack 71:	Applied Choking Pin	Attacker in between Defenders Legs
Defence:	Leg – split into Head Winding Throw.	
Counter:	Ground Offensive Position and Kick	
Attack 72:	Attempted Choking Pin	Attacker in Mounted Position
Defence:	Flying Wedge interruption	
Counter:	Arm-wrap with finger insertion to Suprasternal notch – hip tilt - throw	
Attack 73:	Straight Arm Applied Choking Pin	Attacker in Mounted Position
Defence:	Focus Break – Thumb Strikes to Floating Ribs	
Counter:	Arm Wrap (Body Blade adaptation) Hip tilt and throw.	
Attack 74:	Bent Arm Applied Choking Pin	Attacker in Mounted Position
Defence:	Focus Break – Thumb Strikes to Floating Ribs / Eyes	
Counter:	Arm Fold – Jaw grab (Pressure Points) and Head Winding Throw	
Attack 75:	Applied Cross Arm Choke	Attacker in Mounted Position
Defence:	Focus Break – Thumb Strikes to Floating Ribs / Eyes	
Counter:	Ear Grab and Thumb into Eye Socket and Head Throw	
Attack 76:	Jab – Cross to the Head	Basic Outside Line Response
Defence:	Double slap parries and close forearm cover (salute)	
Counter:	Elbow shock, hand trap, Arrow Punch, lead round kick to Attackers inside lead knee.	
Attack 77:	Jab – Cross to the Head	Basic Inside Line Response
Defence:	Double slap parries and close forearm cover (salute)	
Counter:	Hand in face (Finger Fan) with thumb eye gouge, Reverse Punch to Solar Plexus and Instep Groin Kick.	

DRILLS

Combat Drill No. 4 - "Striking from a position of disadvantage" Pad work drill. Student grounded and delivers effective strikes from that position.

Regain Footing Drill: - Safe methods of regaining your feet. Roll up, Scoot back into GDP or Leg tuck under.



2nd KYU – COMBINATION ATTACKS / CHOKES / STRANGLES AND LOCKS

Attack 78: **Jab – Cross to the Head** Intermediate Inside Line Response
Defence: Double slap parries and Biceps destruction (Gunting)
Counter: Arm-wrap and Throat grab / Choke. Step-through Sweeping Calf takedown with one handed choke hold to tap out.

Attack 79: **Jab – Cross to the Head** Intermediate Outside Line Response
Defence: Double slap parries and Biceps destruction – Gunting, Triceps destruction – Elbow.
Counter: Figure 4 Bent Arm-lock. Knee to Thigh. Backward Leg Sweep. Dump.

STRANGLE HOLDS

Entry from ‘tie up’ or ‘grapple’ position.

Attack 80: Japanese Strangle Hold
Attack 81: Rear Cross-arm Strangle and Facial Smother
Attack 82: Naked Strangle

CHOKE HOLDS

Entry from ‘tie up’ or ‘grapple’ position.

Attack 83: Cross-arm (Knuckle) Choke.
Attack 84: Rear Arm-bar Choke.
Attack 85: Front Figure Four Arm Bar Choke.
Attack 86: Step-over Neck Crush.

HOLDS AND LOCKS

Entry from ‘tie up’ or ‘grapple’ position.

Attack 87: Rear Tri-angular Head Lock
Attack 88: Rear Face Bar
Attack 89: Side Head Chancery (Lock)
Attack 90: Front Side Head Chancery (Lock)

LEG LOCKS

Entry from ‘tie up’ or ‘grapple’ position

Attack 91: Figure Four Bent Leg Lock.
Attack 92: Leg Pick into Standing Hip Dislocation
Attack 93: Leg Pick and Standing Achilles Tendon Stretch
Attack 94: Leg Pick and Lying Achilles Tendon stretch / Hip Dislocation



1st KYU – COMBINATION ATTACKS / CHOKES / LOCKS

- Attack 95:** **Jab – Cross to the Head** **Advanced Outside Line Response**
Defence: From a Slapping Parry Entry into each of the following:
Counter: Rear Arm-bar Choke.
- Attack 96:** Japanese Strangle Hold
- Attack 97:** Rear Cross-arm Strangle and Facial Smother
- Attack 98:** Rear Face Bar
- Attack 99:** Rear Tri-angular Head Lock
- Attack 100:** Step-over Neck Crush.
- Attack 101:** Figure Four Bent Leg Lock.
- Attack 102:** Leg Pick into Standing Hip Dislocation
- Attack 103:** Leg Pick and Standing Achilles Tendon Stretch.
- Attack 104:** Leg Pick and Lying Achilles Tendon stretch / Hip Dislocation
- Attack 105:** **Jab – Cross to the Head** **Advanced Inside Line Response**
Defence: From a Slapping Parry Entry into each of the following:
Counter: Front Side Head Lock (Guillotine) to choke out.
- Attack 106:** Front Figure Four Arm Bar Choke.
- Attack 107:** Naked Strangle / Neck Crank
- Attack 108:** Step-over Neck Crush.
- Attack 109:** Fig 4 Bent Leg Lock
- Attack 110:** Leg Pick into Standing Hip Dislocation
- Attack 111:** Leg Pick and Standing Achilles Tendon Stretch.
- Attack 112:** Leg Pick and Lying Achilles Tendon stretch / Hip Dislocation
- Attack 113:** Rice Bail Throw – from Front Tackle Attack
Emergency: Attacker avoids being rolled / drops to single knee. Roll back with guillotine.



1ST DAN

Weapon Familiarisation Drills

Angles of Attack – Stick Striking Drill

- | | |
|--------------------------------------|---|
| 1. Forehand Strike – Clavicle | 9. Rising Diagonal Forehand - Knee |
| 2. Backhand Strike - Clavicle | 10. Rising Diagonal Backhand – Knee |
| 3. Flat Forehand – Elbow / Ribs | 11. Rolling Forehand – Clavicle Tip |
| 4. Flat Backhand – Elbow / Ribs | 12. Rising Straight Point Thrust - Throat |
| 5. Straight point thrust - Diaphragm | 13. Reversal – Butt Strike under Jaw. |
| 6. Forehand Butt – Clavicle Notch | 14. Forehand Overhead - Coronal Suture |
| 7. Backhand Butt – Clavicle Notch | 15. Forehand circular tip - Temple |
| 8. Rolling Backhand – Clavicle Tip | 16. Backhand circular tip - Temple |

Angles of Attack – Stick (Jo Staff) Striking Drill - Single End

- | | |
|--------------------------------------|---|
| 1. Forehand Strike – Clavicle | 7. Backhand Butt – Clavicle Notch |
| 2. Backhand Strike - Clavicle | 8. Rolling Backhand – Clavicle Tip |
| 3. Flat Forehand – Elbow / Ribs | 9. Rising Diagonal Forehand - Knee |
| 4. Flat Backhand – Elbow / Ribs | 10. Rising Diagonal Backhand – Knee |
| 5. Straight point thrust - Diaphragm | 11. Rolling Forehand – Clavicle Tip |
| 6. Forehand Butt – Clavicle Notch | 12. Rising Straight Point Thrust - Throat |

Angles of Attack – Stick (Jo Staff) Striking Drill – Double End

- | | |
|-------------------------------------|---|
| 1. Lead Strike – Clavicle | 7. Lead Butt – Clavicle Notch |
| 2. Rear Strike - Clavicle | 8. Rear Strike – Clavicle Tip |
| 3. Lead Flat – Elbow / Ribs | 9. Lead Rising Diagonal - Knee |
| 4. Rear Flat – Elbow / Ribs | 10. Rear Rising Diagonal– Knee |
| 5. Lead Straight thrust - Diaphragm | 11. Lead Strike– Clavicle Tip |
| 6. Rear Butt – Clavicle Notch | 12. Rear Straight Point Thrust - Throat |

Angles of Attack – Knife / Edged Weapon – Sabre Grip

- | | |
|---|--|
| 1. Forehand Slash - Collar Bone to Hip | 7. Backhand Stab – Clavicle Notch / Neck |
| 2. Backhand Slash – Collar Bone to Hip | 8. Forehand Overhead Slash Shoulder |
| 3. Forehand Flat Slash across body. | 9. Forehand Rising Diagonal Slash |
| 4. Backhand Flat Slash across body | 10. Backhand Rising Diagonal Slash |
| 5. Straight Stab to Body | 11. Forehand Overhead Slash Shoulder |
| 6. Forehand Point strike – Clavicle Notch | 12. Upward Thrust to Throat |

Angles of Attack – Knife / Edged Weapon – Ice Pick Grip

- | | |
|---|---|
| 1. Forehand Stab - Collar Bone to Hip | 7. Backhand Stab – Clavicle Notch / Neck |
| 2. Backhand Stab – Collar Bone to Hip | 8. Forehand Overhead Stab Shoulder |
| 3. Forehand Flat Slash across body. | 9. Forehand Rising Diagonal Slash |
| 4. Backhand Flat Rip across body | 10. Backhand Rising Diagonal Slash |
| 5. Straight Butt Thrust to Solar-plexus | 11. Forehand Overhead Slash Shoulder |
| 6. Forehand Point strike – Clavicle Notch | 12. Upward Thrust to Throat (Butt Strike) |

Edged Weapon Control Drill 1 – 12 Angles with Elbow Control Sabre Grip

Edged Weapon Control Drill 2 – 12 Angles with Elbow Control Ice Pick Grip



Edged Weapon Defences

Attack 114: Straight Stab to Body (Angle 5)

Defence: Inside Line Counter – Body Blade and Spinning Forearm deflection.

Counter: Wrist catch, back of hand strike to Groin, elbow shock followed by a step under arm – inverted Wrist lock and Throw.

Attack 115: Straight Stab to Body (Angle 5)

Defence: Outside Line Counter - Body Blade and Spinning Forearm deflection.

Counter: Wrist catch, Back Elbow to Head – followed by Fig.4 Arm Lock with Elbow Break into step under arm palm up Wrist Lock and Throw.

Attack 116: Forehand slash to side of Neck. (Angle 1)

Defence: Double Forearm Cover (Palm inside Knife Hand Shield Block) and Arm Wrap

Counter: Lead Knife Hand to Neck – Knee Strike to Groin – Backward Sweep to a Ground Control.

Attack 117: Backhand slash to side of Neck. (Angle 2)

Defence: Double Forearm Cover (Palm inside Knife Hand Shield Block) and Wrist catch.

Counter: Fig 4 Bent Arm Lock & Reversal with Backward sweep Takedown.

Attack 118: Overhead Stab (Angle 11)

Defence: Lead Rising Forearm Block-Rear arm insertion-Bent Fig 4 Arm Lock

Counter: Backward Sweep Takedown to Control.

Attack 119: Overhead Stab (Angle 8)

Defence: Rear Rising Forearm Block-Lead arm insertion-Bent Fig 4 Arm Lock

Counter: Backward Sweep Takedown to Control.

Attack 120: Overhead Stab (Angle 11)

Defence: Lead Rising Forearm Block-Rear under-arm insertion (Arm Vine) -

Counter: Bent Arm Lock and Kneeling Throw

Attack 121: Overhead Stab (Angle 8 or 11)

Defence: Step to Outside Line with Wrist and Elbow catch.

Counter: Redirection into Groin.

Attack 122: Forehand Slash / Stab to Body (Angle 3)

Defence: High – Low Bong Sau

Counter: Fig 4 Bent-arm Hammer Lock

Attack 123: Backhand Slash / Stab to body (Angle 4)

Defence: High – Low Bong Sau into Lead Hand Wrist Catch

Counter: Under-arm Pin followed by Kneeling Drop to disarm and control.

Attack 124: Front Threat – Knife held to Throat – Point First

Defence: Capture Weapon Hand and simultaneous Knife Hand to Radial Nerve Point (Fore-arm) rebound Knife Hand to side of neck.

Counter: Instep Groin Kick, outer wrist lock throw, face-down immobilisation

Attack 125: Rear Threat – Knife in small of Back (Outside Line Response)

Defence: Pivot away from Attacker with sweeping forearm block and focus - break (distraction blow to face) into:-

Counter: 'Under and over' straight arm bar and drag to floor – face-down immobilisation.

Attack 126: Rear Threat – Knife in small of Back (Inside Line Response)

Defence: Pivot into Attacker with sweeping forearm block and focus - break (distraction blow to face) into Elbow catch and roll :-

Counter: 'Under and over' straight arm bar and drag to floor – face-down.



Defences against attack with a Club / Stick / Baseball Bat / Bottle

Step into Attacker to prevent full swing of weapon.

Attack 127: Forehand blow to side of Head.

Defence: Double forearm cover, arm wrap;

Counter: Lead hand bottom fist to side of neck, knee strike to groin - into Rear takedown and disengage.

Attack 128: Backhand blow to side of Head.

Defence: Double forearm cover and wrist catch.

Counter: Elbow shock to disarm, rear head pull down, and disengage to head.

Attack 129: Overhead blow to the Head / Clavicle

Defence: Lead rising forearm block deflection:

Counter: Underneath insertion Bent arm lock, backward sweeping takedown

Attack 130: Overhead blow to the Head / Clavicle

Defence: Lead rising forearm block deflection with Rear Arm Insertion.

Counter: Bent arm lock and backward sweeping takedown.

Attack 131: Overhead blow to the Head / Clavicle

Defence: Rear rising forearm block deflection with lead arm insertion:

Counter: Bent arm lock and backward sweeping takedown.

Applied Self Defence: 10 Man Line-up

Rationale: This section is designed to put the candidate under pressure in order to test their response to a simulated 'live combat' scenario. This first test consists of 10 Attacks as listed below. Each 'Attacker' is designated a set attack by the Grading Panel. Each 'Attack' is delivered by a single 'Attacker' the Candidate must neutralise each one, employing any technique or combination of techniques he or she sees fit for the purpose
The Panel will designate some 'Attackers' as requiring to be restrained.

Attack 132: One step Rear Hook to the Head. (Requires a Restraint Finish)

Attack 133: Rear / Lead Wide Hooks to Head. (Requires a Restraint Finish)

Attack 134: Rear Leg Front Kick to Body

Attack 135: Two Handed Straight Armed Choke

Attack 136: Lead Hand Clothes Grab and Rear Arrow Punch to Head

Attack 137: Rear Over-Arm Grab

Attack 138: Step-behind Side Kick to Body

Attack 139: Rear Fore-arm Strangle (Applied)

Attack 140: Jab – Cross to the Head (Requires a Restraint Finish)

Attack 141: Shoulder Grab and Punch to Head (Attacker at Side)



Applied Self Defence: Multiple Combat

Rationale: This section is also designed to put the Candidate under extreme pressure in order to test their resolve, combat mind set and fighting spirit.

We firmly believe that in order for any Instructor to teach a self-defence system they must have experienced some kind of confrontation. This is very important to both the system and the individual, who, having been 'battle tested' will emerge with a greater understanding of what 'real confrontation' is actually like and what is needed to survive. The candidate will face Three 'Attackers' each will be wearing full protective Body Armour and will attack with sufficient force to make the scenario real. One Attacker will have a concealed weapon. The Attacker carrying the concealed weapon will not use it until instructed by command of the Grading Panel.

Time: 2 Minutes or until all 'Attackers' are neutralised.

The Attackers wearing full protective equipment will obviously be able to withstand strikes and kicks, which under normal circumstance would have stopped them. Once such a technique has been executed and in the panels view would have been effective, the relevant 'Attacker' is retired from the Combat. The remaining Attackers will continue.

Objective: The Candidate must neutralise the Attackers.

Refer to the entry above for the conditions of being neutralised. The Candidate is expected to carry on throughout the 'combat' and not to give up. If the Candidate suffers an injury that prevents them from continuing the Combat will cease.

Safety: Each of the Attackers will have a designated number 1, 2 or 3.

Once that Attackers number is called they must cease their attacks.

The 'Attackers' will carry out their attacks with sufficient force to make the Candidate defend and respond to them, whilst bearing in mind that they (the Candidate) will be tired. It is a test of the Candidates ability to think and react when under extreme pressure and exhausted.

At the end of the allotted time period when called ALL attacks must cease.

If an 'Attacker' suffers an Injury they must clear the mat, or if unable to do so they must make the Panel aware of the fact they cannot continue. In this instance the clock will stop and not continue until safe to do so.

The Attacker carrying the concealed weapon will not use it until instructed by command of the Grading Panel. If that Attacker has been neutralised prior to the command being given then no other Attacker may use a weapon.

Please remember the objective of the 'Attackers' is to make the Candidate defend and react NOT to deliberately injure them.



Straight Arm Locks

- Tech. 1.** **Even** Wrist Grab, pull to same side hip, and apply **straight arm lock** using the **heel** of your **palm**.
- Tech. 2.** **Cross** Wrist Grab, pull to same side hip, and apply **straight arm lock** using the **heel** of your **palm**.
- Tech. 3.** **Even** Wrist Grab, pull to same side hip, and apply **straight arm lock** using the **crook** of your **elbow**.
- Tech. 4.** **Cross** Wrist Grab, pull to same side hip, and apply **straight arm lock** using the **crook** of your **elbow**.
- Tech. 5.** **Even Collar Grab**, same side arm into **straight figure four arm lock** whilst moving off line.
- Tech. 6.** **Cross Collar Grab**, use **other side hand** to place attackers **grab thumb upwards**, same side arm into **straight figure four arm lock** whilst moving off line.
- Tech. 7.** **Even** Wrist Grab, dissolve grip move **inside** into **straight figure four arm lock**.
- Tech. 8.** **Cross** Wrist Grab, dissolve grip move to the **outside** into **straight figure four arm lock**.
- Tech. 9.** **Even** Wrist Grab, dissolve grip move **inside** into **straight arm lock** over the **other side** shoulder.
- Tech. 10.** **Even** Wrist Grab, dissolve grip move **inside** into **straight arm lock** over the **same side** shoulder.
- Tech. 11.** **Cross** Wrist Grab, dissolve grip move to the **outside** into **straight arm lock** over the **other side** shoulder.
- Tech. 12.** **Cross** Wrist Grab, dissolve grip move to the **outside** into **straight arm lock** over the **same side** shoulder.
- Tech. 13.** **Cross** Wrist Grab, dissolve grip move to the **outside**, nearest arm goes **underneath** the attackers arm, hooking the hand around the back of the **head/neck**, apply **straight arm lock across your chest**.
- Tech. 14.** **Cross** Wrist Grab, dissolve grip move to the **outside**, nearest arm goes **over the top** of attackers arm, using the point of the **elbow** into side of the **face**, apply **straight arm lock across your chest**.



Bent Arm locks from Over Head Blows

- Tech. 1.** Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying **bent arm lock and control point**.
- Tech. 2.** Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock and control point **and palm heel strike to the attackers elbow**.
- Tech. 3.** Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock and control point then **quarter step off and strike attackers kidneys using a palm heel strike**.
- Tech. 4.** Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock and control point then **quarter step off and cross step away, pulling the attacker to the floor**.
- Tech. 5.** Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock, keeping both hands on. **Release nearest hand and apply to elbow using two control points**.
- Tech. 6.** Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock, keeping both hands on. **Release nearest hand, quarter off and drive a inverted punch or knuckle strike into the kidney area**.
- Tech. 7.** Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock, keeping both hands on. **Release nearest hand, quarter off, extend the lock and strike the kidney area using the back of the hand (weeping branch)**.
- Tech. 8.** Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock, keeping both hands on. **Release nearest hand, then a single handed take down**.
- Tech. 9.** Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock, keeping both hands on, then a **double handed take down**.



Wrist Locks from Wrist Grabs

- Tech. 1.** Even Wrist Grab, dissolve Grip, use both hands to apply lock, twist the wrist and upper forearm whilst attacking the radial nerve point. **(Cricket Bat)**
- Tech. 2.** Even Wrist Grab, dissolve Grip, into **sankajko** and control.
- Tech. 3.** Even Wrist Grab, dissolve Grip, into **sankajko** and **finger crush and roll down**.
- Tech. 4.** Even Wrist Grab, dissolve Grip, into **sankajko**, **invert** the same side hand so that the thumb is pointing towards the floor, then **grab the edge of the attackers hand**, step off and throw.
- Tech. 5.** Even Wrist Grab, dissolve Grip to palm facing upwards, then **reach underneath** and **grab the mound of the thumb** on the attackers hand, single handed throw.
- Tech. 6.** Even Wrist Grab, dissolve Grip to palm facing upwards, then **reach underneath** and **grab the mound of the thumb** on the attackers hand, **insert a knife hand** to the opposite side and throw.

Bent Figure Four Arm Locks from Over Head Blows

- Tech. 1.** Same Side Over Head Blow, **same side block**, insert the **other arm** inside and apply the lock, then take to control point.
- Tech. 2.** Same Side Over Head Blow, **other side block**, insert the **same side arm** inside and apply the lock, then take to control point.
- Tech. 3.** Same Side Over Head Blow, **same side block**, use the **other arm** and **snake** it through apply the lock clasping both hands together.

Straight Arm/Shoulder Locks from Over Head Blows

- Tech. 1.** Same Side Over Head Blow, **other side block/deflection**, step into horse stance position, apply **straight arm bar lock**.
- Tech. 2.** Same Side Over Head Blow, **other side block/deflection**, step into horse stance position, apply **straight arm bar lock**, place your **foot behind** attackers leading heel, **pivot away** keeping the straight arm bar lock applied.
- Tech. 3.** Same Side Over Head Blow, **other side block/deflection**, into **straight arm lock** and **arm drag**, dragging attacker face down to the floor.
- Tech. 4.** Same Side Over Head Blow, **other side block/deflection**, **change hands**, apply **straight arm lock** driving the attacker **head into the knee**.
- Tech. 5.** Same Side Over Head Blow, **other side block/deflection**, **change hands**, apply **straight arm lock** driving the attacker **head into the knee**, **step over** into horse stance and shoulder wrench.



Wrist and Straight Arm Locks from a Straight Punch to the Body

- Tech. 1.** **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, then place it the **same side** crook of your **elbow**, clasp your hands together and apply a straight arm lock.
- Tech. 2.** **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, then place it on to the **same side shoulder**, clasp your hands together and apply a straight arm lock.
- Tech. 3.** **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, then place it the **other side** crook of your **elbow**, clasp your hands together and apply a straight arm lock.
- Tech. 4.** **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, then place it on to the **other side shoulder**, clasp your hands together and apply a straight arm lock.
- Tech. 5.** **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, **step** to the **inside** in a horse stance, apply **figure four straight arm lock** and **sankajko** wrist lock, (lock by bending the knees).
- Tech. 6.** **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, **step** to the **outside** in a horse stance, apply **figure four straight arm lock** and **sankajko** wrist lock, (lock by bending the knees).
- Tech. 7.** **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, **step** to the **inside** in a horse stance, apply **figure four straight arm lock** and **sankajko** wrist lock, (lock by bending the knees), then **drive attackers head into nearest knee**.

Yonkajyo from Lead Backhand Over Head Blow

- Tech. 1.** Double Block/Deflect, feed it through into **yonkajyo wrist lock**, apply to control point, then **throw** into face down immobilisation.
- Tech. 2.** Double Block/Deflect, feed it through into **yonkajyo wrist lock**, apply to control point, then apply pressure upward to the **tips of** the out stretched **fingers** of the attacker.
- Tech. 3.** Double Block/Deflect, feed it through into **yonkajyo wrist lock**, apply to control point, then **throw** by using a **sword stroke motion**.
- Tech. 4.** Double Block/Deflect, feed it through into **yonkajyo wrist lock**, apply to control point, bring the arm close to your body/chest, let it bend and apply **radial pain point** with finger tips.
- Tech. 5.** Double Block/Deflect, feed it through into **yonkajyo wrist lock**, apply to control point, bring the arm close to your body/chest, let it bend role the **elbow forward**, into face down immobilisation.



Straight Figure Four Arm/Wrist Locks from a Punch to the Body

- Tech. 1.** Parry and Trap, move to the **inside**, apply straight figure four arm lock (**Hammer Lock**).
- Tech. 2.** Parry and Trap, move to the **inside**, apply straight figure four arm lock, **right hand** should be applying the wrist lock.
- Tech. 3.** Parry and Trap, move to the **inside**, apply straight figure four arm lock, **left hand** should be applying the wrist lock.
- Tech. 4.** Parry and Trap, move to the **inside**, apply straight figure four arm lock, **both hands** should be applying the wrist lock.

Bent Figure Four Arm/Wrist locks from a Punch to the Body

- Tech. 1.** Parry and Trap, move to the **inside**, then apply bent figure four arm lock, up the attackers back, (**Hammer lock**)
- Tech. 2.** Parry and Trap, move to the **inside**, then apply bent figure four arm lock, up the attackers back, **right hand** and body brace.
- Tech. 3.** Parry and Trap, move to the **inside**, then apply bent figure four arm lock, up the attackers back, **left hand** and body brace.
- Tech. 4.** Parry and Trap, move to the **inside**, then apply bent figure four arm lock, up the attackers back, **both hands** and body brace.

Wrist and arm Locks from clothes Grabs

- Tech. 1.** Clothes Grab, "**Z**" **Arm Wrist Lock**, then apply pressure to the **radial nerve**.
- Tech. 2.** Clothes Grab, **Chicken Wing Arm Lock**, then **grip the trap** (Shoulder/neck muscle), take to control point.
- Tech. 3.** Clothes Grab, into **reverse sankajko** and **throw**.
- Tech. 4.** Clothes Grab, into **reverse sankajko** and **Ultimate Arm lock**, show the **3 control points**.

Nikiyo Wrist Locks from Cross Wrist Grabs

- Tech. 1.** **Aikido version**, using the edge of a knife hand into the small of the wrist, then **throws**.
- Tech. 2.** **Small Circle Ju Jitsu version**, using a **gripping** motion around the **wrist** and **twisting it down wards**, then **throw**.
- Tech. 3.** **Chin Nar version**, using a "**S**" **shape** motion bringing the **lock towards yourself**, then **throw**.



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Straight Arm Locks

- Tech. 1.** **Even Wrist Grab**, pull to same side hip, and apply **straight arm lock** using the **heel** of your **palm**.
Advanced -: Pull the lock into your chest, sweep the attacker forwards, and place in face down immobilisation.
- Tech. 2.** **Cross Wrist Grab**, pull to same side hip, and apply **straight arm lock** using the **heel** of your **palm**.
Advanced -: Sweep the attacker backwards, and place in face down immobilisation.
- Tech. 3.** **Even Wrist Grab**, pull to same side hip, and apply **straight arm lock** using the **crook** of your **elbow**.
Advanced -: Pull the lock into your chest, sweep the attacker forwards, and place in face down immobilisation.
- Tech. 4.** **Cross Wrist Grab**, pull to same side hip, and apply **straight arm lock** using the **crook** of your **elbow**.
Advanced -: Apply (Devils Hand Shake), sweep the attacker backwards, and place in face down immobilisation.
- Tech. 5.** **Even Collar Grab**, same side arm into **straight figure four arm lock** whilst moving off line.
Advanced -: Place fingers into clavicle or base of throat, sweep the attacker backwards, and place in face down immobilisation.
- Tech. 6.** **Cross Collar Grab**, use **other side hand** to place attackers **grab thumb upwards**, same side arm into **straight figure four arm lock** whilst moving off line.
Advanced -: Place your forearm across the throat, use your fingers into the side of neck, sweep the attacker backwards, and place in face down immobilisation.
- Tech. 7.** **Even Wrist Grab**, dissolve grip move **inside** into **straight figure four arm lock**.
Advanced -: Step across and keep moving in a circular motion, and place in face down immobilisation.
- Tech. 8.** **Cross Wrist Grab**, dissolve grip move to the **outside** into **straight figure four arm lock**.
Advanced -: sweep the attacker backwards, and place in face down immobilisation.
- Tech. 9.** **Even Wrist Grab**, dissolve grip move **inside** into **straight arm lock** over the **other side** shoulder.
Advanced -: Total arm wreck, then dropping to a one knee shoulder throw.
- Tech. 10.** **Even Wrist Grab**, dissolve grip move **inside** into **straight arm lock** over the **same side** shoulder.
Advanced -: Total arm wreck, then dropping to a one knee shoulder throw.
- Tech. 11.** **Cross Wrist Grab**, dissolve grip move to the **outside** into **straight arm lock** over the **other side** shoulder.
Advanced -: Total arm wreck, then dropping to a one knee shoulder throw.
- Tech. 12.** **Cross Wrist Grab**, dissolve grip move to the **outside** into **straight arm lock** over the **same side** shoulder.
Advanced -: Total arm wreck, then dropping to a one knee shoulder throw.



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Tech. 13. **Cross Wrist Grab**, dissolve grip move to the **outside**, nearest arm goes **underneath** the attackers arm, hooking the hand around the back of the **head/neck**, apply **straight arm lock across your chest**.

Advanced -: Step through in between attackers legs applying forwards sweep then, head and neck throw.

Tech. 14. **Cross Wrist Grab**, dissolve grip move to the **outside**, nearest arm goes **over the top** of attackers arm, using the point of the **elbow** into side of the **face**, apply **straight arm lock across your chest**.

Advanced -: Strike the groin using a open hand, cup the head/neck using both hands clasped together, step through drop to one knee and throw.

Bent Arm locks from Over Head Blows

Tech. 1. **Same Side Over Head Blow**, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying **bent arm lock and control point**.

Advanced -: Backwards sweep, use the elbow to pin attackers hand/arm to the floor and strike to the rib area.

Tech. 2. **Same Side Over Head Blow**, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock and control point **and palm heel strike to the attackers elbow**.

Advanced -: Backwards sweep, use the elbow to pin attackers hand/arm to the floor and strike to the rib area.

Tech. 3. **Same Side Over Head Blow**, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock and control point then **quarter step off and strike attackers kidneys using a palm heel strike**.

Advanced -: Pull backwards, use the elbow to pin attackers hand/arm to the floor and strike to the rib area.

Tech. 4. **Same Side Over Head Blow**, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock and control point then **quarter step off and cross step away, pulling the attacker to the floor**.

Tech. 5. **Same Side Over Head Blow**, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock, keeping both hands on. **Release nearest hand and apply to elbow using two control points**.

Advanced -: Backwards sweep, use the elbow to pin attackers hand/arm to the floor and strike to the rib area.

Tech. 6. **Same Side Over Head Blow**, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock, keeping both hands on. **Release nearest hand, quarter off and drive a inverted punch or knuckle strike into the kidney area**.

Advanced -: Pull backwards, use the elbow to pin attackers hand/arm to the floor and strike to the rib area.

Tech. 7. **Same Side Over Head Blow**, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock, keeping both hands on. **Release nearest hand, quarter off, extend the lock and strike the kidney area using the back of the hand (weeping branch)**.

Advanced -: Pull backwards, use the elbow to pin attackers hand/arm to the floor and strike to the rib area.



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Tech. 8. Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock, keeping both hands on. **Release nearest hand, then a single handed take down.**

Advanced -: Use the elbow to pin attackers hand/arm to the floor and strike to the rib area.

Tech. 9. Same Side Over Head Blow, Same Side Block/Deflect, feed it through stepping off into a No 5, then into step into No 6 applying bent arm lock, keeping both hands on, then a **double handed take down.**

Advanced -: Quarter off and pull attacker onto knee.

xx Wrist Locks from Wrist Grabs

Tech. 1. Even Wrist Grab, dissolve Grip, use both hands to apply lock, twist the wrist and upper forearm whilst attacking the radial nerve point. **(Cricket Bat)**

Tech. 2. Even Wrist Grab, dissolve Grip, into **sankajko** and control.
Advanced -: Step off and throw into face down immobilisation

Tech. 3. Even Wrist Grab, dissolve Grip, into **sankajko** and **finger crush and roll down.**
Advanced -: Step off and throw into face down immobilisation

Tech. 4. Even Wrist Grab, dissolve Grip, into **sankajko**, **invert** the same side hand so that the thumb is pointing towards the floor, then **grab the edge of the attackers hand**, step off and throw.
Advanced -: Step off and throw into face down immobilisation

Tech. 5. Even Wrist Grab, dissolve Grip to palm facing upwards, then **reach underneath** and **grab the mound of the thumb** on the attackers hand, single handed throw.

Tech. 6. Even Wrist Grab, dissolve Grip to palm facing upwards, then **reach underneath** and **grab the mound of the thumb** on the attackers hand, **insert a knife hand** to the opposite side and throw.

Bent Figure Four Arm Locks from Over Head Blows

Tech. 1. Same Side Over Head Blow, **same side block**, **insert** the **other arm** inside and apply the lock, then take to control point.
Advanced -: Backwards sweep, use the elbow to pin attackers hand/arm to the floor and strike to the rib area.

Tech. 2. Same Side Over Head Blow, **other side block**, **insert** the **same side arm** inside and apply the lock, then take to control point.
Advanced -: Backwards sweep, use the elbow to pin attackers hand/arm to the floor and strike to the rib area.

Tech. 3. Same Side Over Head Blow, **same side block**, use the **other arm** and **snake** it through apply the lock clasping both hands together.
Advanced -: Step across hip throw.



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Straight Arm/Shoulder Locks from Over Head Blows

Tech. 1. Same Side Over Head Blow, **other side block**/deflection, step into horse stance position, apply **straight arm bar lock**.

Advanced -: Forward sweep, into face down immobilisation.

Tech. 2. Same Side Over Head Blow, **other side block**/deflection, step into horse stance position, apply **straight arm bar lock**, place your **foot behind** attackers leading heel, **pivot away** keeping the straight arm bar lock applied.

Tech. 3. Same Side Over Head Blow, **other side block**/deflection, into **straight arm lock** and **arm drag**, dragging attacker face down to the floor.

Tech. 4. Same Side Over Head Blow, **other side block**/deflection, **change hands**, apply **straight arm lock** driving the attacker **head into the knee**.

Advanced -: With the lock applied place into a face down immobilisation.

Tech. 5. Same Side Over Head Blow, **other side block**/deflection, **change hands**, apply **straight arm lock** driving the attacker **head into the knee**, **step over** into horse stance and shoulder wrench.

Wrist and Straight Arm Locks from a Straight Punch to the Body

Tech. 1. **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, then place it the **same side** crook of your **elbow**, clasp your hands together and apply a straight arm lock.

Advanced -: Drop to one knee driving attackers head into the floor.

Tech. 2. **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, then place it on to the **same side shoulder**, clasp your hands together and apply a straight arm lock.

Advanced -: Drop to one knee driving attackers head into the floor.

Tech. 3. **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, then place it the **other side** crook of your **elbow**, clasp your hands together and apply a straight arm lock.

Advanced -: Drop to one knee driving attackers head into the floor.

Tech. 4. **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, then place it on to the **other side shoulder**, clasp your hands together and apply a straight arm lock.

Advanced -: Drop to one knee driving attackers head into the floor.

Tech. 5. **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, **step** to the **inside** in a horse stance, apply **figure four straight arm lock** and **sankajko** wrist lock, (lock by bending the knees).

Advanced -: Drop backwards driving attacker into the floor.

Tech. 6. **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, **step** to the **outside** in a horse stance, apply **figure four straight arm lock** and **sankajko** wrist lock, (lock by bending the knees).

Advanced -: Drop backwards driving attacker into the floor.



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Tech. 7. **Parry and Trap** while stepping back into a **Cat Stance**, apply **reverse sankajko** wrist lock, **step** to the **inside** in a horse stance, apply **figure four straight arm lock** and **sankajko** wrist lock, (lock by bending the knees), then **drive attackers head into nearest knee**.

Yonkajyo from Lead Backhand Over Head Blow

Tech. 1. Double Block/Deflect, feed it through into **yonkajyo wrist lock**, apply to control point, then **throw** into face down immobilisation.

Tech. 2. Double Block/Deflect, feed it through into **yonkajyo wrist lock**, apply to control point, then apply pressure upward to the **tips of** the out stretched **fingers** of the attacker.

Tech. 3. Double Block/Deflect, feed it through into **yonkajyo wrist lock**, apply to control point, then **throw** by using a **sword stroke motion**.

Advanced -: While the attacker is in the process of being thrown, pull sharply back on the lock, causing lower back injury, into face down immobilisation.

Tech. 4. Double Block/Deflect, feed it through into **yonkajyo wrist lock**, apply to control point, bring the arm close to your body/chest, let it bend and apply **radial pain point** with finger tips.

Tech. 5. Double Block/Deflect, feed it through into **yonkajyo wrist lock**, apply to control point, bring the arm close to your body/chest, let it bend role the **elbow forward**, into face down immobilisation.

Straight Figure Four Arm/Wrist Locks from a Punch to the Body

Tech. 1. **Parry and Trap**, move to the **inside**, apply straight figure four arm lock (**Hammer Lock**).
Advanced -: Drop backwards driving attacker into the floor.

Tech. 2. **Parry and Trap**, move to the **inside**, apply straight figure four arm lock, **right hand** should be applying the wrist lock.

Advanced -: Drop backwards driving attacker into the floor, hold and pin.

Tech. 3. **Parry and Trap**, move to the **inside**, apply straight figure four arm lock, **left hand** should be applying the wrist lock.

Advanced -: Drop backwards driving attacker into the floor, hold and pin.

Tech. 4. **Parry and Trap**, move to the **inside**, apply straight figure four arm lock, **both hands** should be applying the wrist lock.

Advanced -: Drop backwards driving attacker into the floor, hold and pin.

Bent Figure Four Arm/Wrist locks from a Punch to the Body

Tech. 1. **Parry and Trap**, move to the **inside**, then apply bent figure four arm lock, up the attackers back, (**Hammer lock**)

Tech. 2. **Parry and Trap**, move to the **inside**, then apply bent figure four arm lock, up the attackers back, **right hand** and body brace.

Tech. 3. **Parry and Trap**, move to the **inside**, then apply bent figure four arm lock, up the attackers back, **left hand** and body brace.



3rd Dan Black Belt - TAI KYOKU KEN (Advanced Two Person Form)

Tech. 4. Parry and Trap, move to the **inside**, then apply bent figure four arm lock, up the attackers back, **both hands** and body brace

Wrist and arm Locks from clothes Grabs

Tech. 1. Clothes Grab, **“Z” Arm Wrist Lock**, then apply pressure to the **radial nerve**.
Advanced -: Take the attacker to one knee, then Knee Strike to sternum/chest bone, pivot and apply arm bar, then face down immobilisation.

Tech. 2. Clothes Grab, **Chicken Wing Arm Lock**, then **grip the trap** (Shoulder/neck muscle), take to control point.
Advanced -: Take to face down immobilisation.

Tech. 3. Clothes Grab, into **reverse sankajko and throw**.
Advanced -: Take to face down immobilisation.

Tech. 4. Clothes Grab, into **reverse sankajko and Ultimate Arm lock**, show the **3 control points**.
Advanced -: Step across hip throw.

Nikiyo Wrist Locks from Cross Wrist Grabs

Tech. 1. **Aikido version**, using the edge of a knife hand into the small of the wrist, then throws.
Advanced -: Take to face down immobilisation.

Tech. 2. **Small Circle Ju Jitsu version**, using a **gripping** motion around the **wrist** and **twisting it down wards**, then **throw**.
Advanced -: Take to face down immobilisation

Tech. 3. **Chin Na version**, using a **“S” shape** motion bringing the **lock towards yourself**, then **throw**.
Advanced -: Take to face down immobilisation



stringer ju-kw-do



Requirements

- 1 The Student must have completed a minimum of 4 Years Training.
- 2 The minimum period from 1st Kyu (Brown Belt-Black Stripe) to 1st Dan is 1yr.
- 3 In the case of a Senior (Adult) Grading the Candidate must be 18yrs old +
- 4 In the case of a Cadet Grading the Candidate must be 14ys old +
- 5 Adult Candidates must accrue a minimum of 50 hrs supervised Teaching Time
- 6 Adult Candidates will be expected to be First Aid Trained.
- 7 Adult Candidates must pass a written examination.
- 8 Cadet Dan Grades must test for 1st Dan upon reaching the age of 18yrs.
- 9 Cadet Candidates demonstrate all Black Belt Syllabus + 2 Random Techs from each Grade.
- 10 Adult Candidates must demonstrate all required Syllabus Techniques

The above requirements have all been ratified and agreed with the Kodo Butoku Renmei