

# TORII JUJITSU SENIOR SYLLABUS

## GREEN BELT

1	ARMS PINNED / UNPINNED	FRONT / REAR	2 X EACH
2	KNEE WHEEL		1
3	LEFT HANDED BODY DROP		1
4	LEFT HANDED HALF SHOULDER		1
5	BAR CHOKES		2
6	SHOULDER THROWS	STUDENTS OWN	4
7	STRANGLES AND CHOKES	STUDENTS OWN	
8	RICE BALE		2
9	DEFENCES AGAINST KNIFE ATTACK  OPEN ( EVASION ) OPEN ( TECHNIQUE )	INDESCRIMINATE	
10	DEFENCE AGAINST AN ESCALATING KNIFE THREAT  CLOSED (FRONT) CLOSED (REAR) AGAINST (WALL)	STUDENTS OWN	2 OF EACH
11	ESCAPE FROM FULL NELSON		2
12	FRONT SCISSORS		2
13	ESCAPE FROM HALF NELSON		2
14	LOCKING TECHNIQUES ON THE GROUND		15
15	KEMPO DRILLS		2
16	MITT WORK COMBINATIONS	STUDENTS OWN	4
17	RANDORI		
18	KUMITE		