



Yoshin Ryu Jujitsu

**ADVANCED BROWN BELT**(LEVEL 2)

**SWORD DRILLS**

- Demonstrate 6 Count Drill (Empty Hand)
- 7 Angles with Foundation Kicks (3 Leg Kicks)
- 7 Sword Disarms (Knife in Ice Pick Position)

**STRANGLE**

- Demonstrate From 7 Angles (Cross Kick / Crush Trachea)

**KICKS**

- Shin Roundhouse to Outer Thigh (Follow up Strikes/Kicks)

**MODERN THROWS**

- Floating Hip Throw      Small Outside Reap

**HOLD DOWNS**

- Naked Strangle Hold Down
- Cross Hold Straight Armbar
- Cross Hold Bent Armlock Down
- Smother Hold (North/South)

**GRAPPLING LOCKS**

- Guard (Straight Armbar, Kimura)
- Mount (Straight Armbar, Americana)

**GRAPPLING STRANGLES**

- Rear Naked Strangle (Rear Mount)
- Arm Triangle (Multiple Positions)
- Leg Triangle (Multiple Positions)