

TORII JUJITSU SENIOR SYLLABUS

YELLOW BELT

1	BREAKFALLS	ROLLING BACK SIDE FRONT FOREFLAP	1 2 2 2 1
2	PUNCHING & COMBINATIONS USING BOXING GLOVES	AS REQUESTED BY INSTRUCTOR	
3	BREAKING FRONT STRANGLES		2
4	BREAKING BACK STRANGLES		2
5	STRAIGHT ARM LOCK		1
6	HIP THROW		2
7	RECUMBENT ANKLE		1
8	SHOULDER LOCK		2
9	KATA OF BLOCKS		L & R
10	KATA OF STRIKES		L & R
11	FRONT KICK		L & R
12	FRONT, SNAP & ROUNDHOUSE KICK		L & R
13	DOJO ETIQUETTE		
14	CLUB SAFETY		