

**TORII JUJITSU KAI**  
**SENIOR ORANGE BELT**

1	HIP THROW WITH SHOULDER ARM LOCK	FROM LEFT PUNCH	1
2	HIP THROW WITH CROSS OVER ARM LOCK		2
3	DEFENCES AGAINST KICKS TO THE HEAD WHILST ON THE GROUND		4
4	ARM LOCKS VARIOUS		3
5	SHOULDER ARM LOCKS		2
6	WRIST LOCKS		6
7	WRIST LOCK WITH THROW FROM ATTACK		2
8	RECLINING LEG THROW WITH STRIKES		1
9	BREAKING GROUND STRANGLES FROM VARIOUS POSITIONS		5
10	BREAKING HAIR GRABS		2
11	KICKING TECHNIQUES		L & R
12	BLOCKING & STRIKING		L & R
13	MITT WORK COMBINATIONS WITH EVASIVE MOVES		
14	INDESCRIMNATE KNIFE BLOCKING		
15	PLANNING FUTURE GRADINGS	DISCUSSION WITH YOUR SENSEI	