



BARRY'S JUJUTSU
Fort Leavenworth, Kansas

SARU MO KI KARA OCHIRU
EVEN MONKEYS FALL OUT OF TREES



JULY 2015

I. THROW

a. DE ASHI BARAI



i. TO:

1. O SOTO GARI
2. HARAI GOSHI
3. KO UCHI GARI
4. KO UCHI GAKE
5. LEG PICK TO
 - a. O SOTO GURUMA
 - b. KO SOTO GARI
6. KUCHIKI TAOSHI
 - a. DEAD TREE DROP

II. PIN

a. KATA GATAME

(Gatame)





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III. CHOKE

a. SODE JIME



b. SODE JIME FROM KATA GATAME

IV. JOINT LOCK

a. UDE GATAME

i. ARMLOCK 12



V. STRIKE (S)

a. ROUNDHOUSE KICK

b. ELBOW DRILL