



BARRY'S JUJUTSU
Fort Leavenworth, Kansas

SARU MO KI KARA OCHIRU
EVEN MONKEYS FALL OUT OF TREES



JANUARY / FEBRUARY 2016

1. THROW
 - a. TAI OTOSHI
 - b. COUNTER
 - i. YOKO GURUMA
2. PIN
 - a. KESA GATAME
 - i. ESCAPES
 1. BRIDGE AND ROLL
 2. UPHILL TURN
3. CHOKE / STRANGULATION
 - a. KATA JUJI JIME
 - b. ESCAPE
 - i. ONE ARM UP ONE ARM DOWN
4. JOINT LOCK
 - a. ARMLOCK
 - i. ARMLOCK FOUR
 1. GYAKU TE SEOI
 - ii. WRIST LOCK
 1. WRIST LOCK 10
 - a. YUKI CHI GAI
5. STRIKES
 - a. ELBOW DRILL
6. KATA
 - a. HAND KATA ONE

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