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## KID-JITSU SELF DEFENSE PROGRAM

White/Blue - Student Creed and give two examples of what would reduce YOUR mental growth and physical health.

1. Rear Choke and Pull Defense- About Face Defense and Disengage
2. Front Guillotine Defense- Fluffy Pillow Defense and Disengage
3. Mount Bottom Punch Defense - Hook and Hug

White/Purple - Student Creed and Pressure test

White/Brown - Student Creed and Pressure test

Yellow/White - Student Creed and Explain how developing self-discipline brings out the best in yourself and others.

1. Front Aggression/Punch Defense - Clinch to Kosotogari/Slide on Ice
  - a. Maintain the mount and cobra grip disengage
2. Guard Bottom - Punch Defense Cobra Roll to disengage
3. Side Headlock Defense - Slide on Ice to Shoulder to Mount
  - a. Grip Break to Disengage

Orange/White - Student Creed AND PRESSURE TEST

Green/White - Student Creed AND Pressure Test

Blue/White - Student Creed and explain how you can be constructive and defensive with your jiu-jitsu

1. KESAGATAME (HEADLOCK HOLD DOWN) ESCAPE
  - a. GRAPEVINE ESCAPE to Disengage
2. FRONT BEAR HUG UNDER ARMS DEFENSE - FRAME
3. FRONT BEAR HUG OVER ARMS DEFENSE - ROBOT ARMS TO CLINCH AND KOSOTOGARI

Purple/White - Student Creed and Pressure Test

Brown/White - Student Creed and Pressure Test

Gray Belt - All Techniques