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KID-JITSU SELF DEFENSE PROGRAM

White/Orange – White/Green

STUDENT CREED

1. I WILL DEVELOP MYSELF IN A POSITIVE MANNER AND AVOID ANYTHING THAT WILL REDUCE MY MENTAL GROWTH AND PHYSICAL HEALTH.
2. I WILL DEVELOP SELF-DISCIPLINE AND RESPECT IN ORDER TO BRING OUT THE BEST IN MYSELF AND OTHERS.
3. I WILL USE WHAT I LEARN IN CLASS CONSTRUCTIVELY AND DEFENSIVELY, TO HELP MYSELF AND MY FELLOW MAN AND NEVER BE ABUSIVE OR OFFENSIVE.

1. PUNCH DEFENSE/FRONT AGGRESSION-CLINCH TO KOSOTOGARI TO MOUNT MAINTENANCE TO DISENGAGE
2. REAR CHOKE DEFENSE - Control position and disengage
3. REAR CHOKE AND PULL DEFENSE - Control position and disengage