



Jikishin Ju Jitsu Association

RANDOM ATTACKS FOR COMPETITION

1. Right Roundhouse punch to the head
2. Right downward punch to midriff/groin
3. Two handed rear strangle
4. Right straight punch to the head
5. Two handed front strangle
6. Front hair grab
7. Right uppercut to solar plexus
8. Grab from front (arms free)
9. Right to right wrist grab
10. Right downward hammer blow to head
11. Grab from rear (arms free)
12. Left Hand lapel grab
13. Full Nelson
14. Two handed strangle from right side
15. Head chancery on left side
16. Right grab on left wrist
17. Strangle between the legs (on floor)
18. Head chancery from right side
19. All round from front (arms held)
20. All round from rear (arms trapped)
21. Strangle over legs/body
22. Double wrist grab from rear
23. Double grab & head butt
24. Right knife thrust to midriff
25. Right knife slash to neck
26. Right downward knife attack
27. Right back slash with knife to neck
28. Right downward baton to the head
29. Right side thrust kick
30. Right front kick to groin/midriff
31. Right backslash with baton to side of head
32. Ground strangle from right side
33. Back arm & collar hold
34. Left roundhouse punch to the head
35. Right roundhouse kick to the solar plexus
36. Right lapel grab and left punch
37. Both wrists held from the front
38. Left kick to groin/midriff
39. Left uppercut to solar plexus
40. Reverse Headlock

White / Yellow /Orange	1 to 5
Green / Blue	1 to 12
Purple / Brown	1 to 20
Black	All

Random Attacks