



Session 9A, Section # 5

# Pro-MAC National Section #5

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Session 9A, Section # 5

## **TOPIC 1 – JIU JITSU SELF DEFENSE**

1. Fall and cover
2. Fighting from the ground
3. Getting up safely
4. Escape the mount
5. Escape from the guard
6. Escape from side control

## TOPIC 2 – OKINAWAN KOBUDO (BO)

\*Kihon (Basic) Hojo-Undo (Subsidiary exercise)

Group 1 (No changing grips)

1. JO-DAN UCHI (Top of the head hit)
2. KUBI UCHI (Neck attack)
3. CHUDAN UCHI (Middle section attack)
4. GEDAN UCHI (Knee attack)
5. NODO ZUKI (Throat attack)

Group 2 (No changing grips)

1. JO-DAN UKE (Upper block)
2. KUBI UKE (Neck block)
3. YOKO UKE (Middle section block)
4. GEDAN UKE (Knee block)
5. NODO KAKE UKE (Throat hooking block)

### HOJO-UNDO BUNKAI 1-5

mono uchi  
(part [for] strike)

chū shin  
(center)

mono uchi  
(part [for] strike)

kontei  
(end)

ROKU SHAKU BO

kontei  
(end)