

# Jujutsu/ Kadena Drills

## A. Defense drills

1. Defend against 6 angles of attack (set and random)
2. Defend and apply claw takedown
3. Double parry, double cover
4. Two hand block against 6 angles of attack

## B. Striking drills

### Punches

1. Jab
3. Cross
4. Jab, Cross
5. Hook
6. Jab, hook
7. Uppercut
8. Backfist
10. Jab-cross-jab

### Kicks

1. Knee Strike
2. Front Kick
3. Roundhouse Kick

### Kick defense

1. Leg lift against Front kick