

<p><u>WRIST EXERCISES:</u></p> <ol style="list-style-type: none"> 1. Forward (Vertical) Wrist Extensions pg. 40-41 2. Rotational Wrist Extension -In/Out pg. 42-43 3. Downward (Horizontal) Wrist extension 4. Reverse Wrist Extension 5. Wrist Lock Stretch 6. Goose Neck Wrist Stretch pg. 46 7. Bent Elbow Wrist Stretch 8. Thumb-Wrist Entry Exercise pg. 47 9. Wrist Radius Exercise pg. 156-157 10. Sleeve choke exercise 	<p><u>FINGER LOCKS:</u></p> <ol style="list-style-type: none"> 1. Index Finger Lock pg. 88-89 2. Thumb Compression <ol style="list-style-type: none"> a. Palm heel push b. Peel (with finger) c. Peel (with thumb)
<p><u>WRIST LOCKS:</u></p> <ol style="list-style-type: none"> 1. Basic Wrist Lock (Kote Gaeshi) pg. 124-125 <ol style="list-style-type: none"> a. Opposite hand b. Cross hand c. Two hand 2. Reverse Wrist Lock pg. 78-79 	<p><u>BODY THROWS:</u></p> <ol style="list-style-type: none"> 1. Major Outer Reaping (O-soto gari) pg. 150-151 2. Hip Throw (O-goshi) pg. 122
<p><u>KICKS AND STRIKES:</u></p> <p>Rear Leg Delivery –</p> <ol style="list-style-type: none"> 1. Front snap (Mae-geri) 2. Roundhouse (Mawashi-geri) <ol style="list-style-type: none"> 1. Three-Quarter Punch <ol style="list-style-type: none"> A. Jab (Tobikomi-zuki) B. Cross (Gyaku-zuki) 	<p><u>UKEMI:</u></p> <ol style="list-style-type: none"> 1. Slapping <ol style="list-style-type: none"> A. Side Fall B. Side to Side pg. 34-35 C. Backward Falling pg. 28-29 D. Front Falling E. High Fall 2. Rolling <ol style="list-style-type: none"> A. Forward Roll pg. 30-31 B. Backward Roll pg. 32-33 C. Barrel Roll <p>Optional</p> <ol style="list-style-type: none"> A. Soft style front fall (worm) B. Backward Recovery Exercise
	<p><u>WRIST ESCAPES</u></p> <p>Opposite side, cross grab, and overhand grab</p> <ol style="list-style-type: none"> 1. Thumb Wrist Entry 2. Web Up 3. Wedge Out 4. Floating Elbow

WRITTEN TEST:

SMALL CIRCLE:

1. How many principles govern Small Circle?
2. What are the first three?
3. What are the rules for safety in the Dojo?
4. Explain how to deal with students who have a high tolerance to pain?
5. Why is it important to learn how to fall?
6. Why do we slap the arms when we fall?
7. Who is the Founder/Creator of Small Circle Jujitsu™?

PRESSURE POINTS: Ref. George Dillman Kyusho-Jitsu Book 1

What is?

1. A Pressure Point
2. A Meridian
3. A Vessel

Recommended reading:

“Small Circle Jujitsu” by Prof. Wally Jay

“Kyusho-Jitsu” by George Dillman