

<p><b><u>LOCK FLOWS:</u></b></p> <ul style="list-style-type: none"><li>Lock Flow from/into – Finger to Wrist to Arm</li></ul> <p>Using index, inverted, two finger, ring finger, all finger compression, reverse finger and two fingerlock, wristlock, reverse wrist lock, bent elbow wrist lock, vertical wrist lock, underhand wrist lock, chicken goose and pistol grip., arm bar , reverse armbar, armlock, reverse armlock, hammerlock, reverse hammerlock, figure 4 armbar, figure 4 armlock.</p>	<p><b><u>ARM &amp; SHOULDER LOCKS:</u></b></p> <ol style="list-style-type: none"><li>Hand and Elbow from Chest Shove (one hand and two hand variations)</li></ol>
<p><b><u>STRAIGHT ARM BARS:</u></b></p> <ol style="list-style-type: none"><li>Figure 4 Arm Bar</li><li>Reverse Figure 4 Arm Bar</li></ol>	<p><b><u>LEG TAKE-DOWNS:</u></b></p> <ol style="list-style-type: none"><li>Elbow Strike (front and side)</li><li>Shoulder (front and side)</li></ol> <p><b><u>FOLLOW-UPS</u></b></p> <ol style="list-style-type: none"><li>Standing Leg-Bar Follow-up</li><li>Sitting Leg-Bar Follow-Up</li><li>Heel hook (front and back)</li></ol>
<p><b><u>BODY THROWS:</u></b></p> <ol style="list-style-type: none"><li>Trapped Arm Shoulder Throw pg. 134-135</li><li>Leg Stop (Hiza Gurami)</li><li>Inner Thigh Sweep (Harai Goshi)</li></ol>	<p><b><u>GROUNDWORK:</u></b></p> <ol style="list-style-type: none"><li>Lying cross-body Arm Bar</li><li>Lying cross-body Arm Lock</li><li>Figure 4 leg lock</li><li>Figure 4 knee bar (2 variations)</li><li>Grapevine</li></ol>
<p><b><u>CHOKES &amp; STRANGLES:</u></b></p> <ol style="list-style-type: none"><li>Lapel Noose Choke pg. 170-171</li><li>Sleeve Choke – Single &amp; Double pg. 166-167</li><li>Lapel Wing Choke pg. 174-175</li></ol>	<p><b><u>KICKS AND STRIKES:</u></b></p> <p>Kick Combinations (various from list below ) -</p> <ol style="list-style-type: none"><li>Front (Maegeri)</li><li>Roundhouse (Mawashigeri)</li><li>Side (Yoko-geri)</li><li>Hook (Ushiro Mawashi-geri)</li><li>Back Kick (Ushiro)</li><li>Twist Kick</li><li>Knee Stomp (Fumakomi)</li></ol> <ol style="list-style-type: none"><li>Elbow Strike (Empi)</li><li>Knee Strike (Hiza)</li></ol>
<p><b><u>WEAPONS</u></b></p> <div><div>Sticks</div><ol style="list-style-type: none"><li>Double Sinawali</li><li>Weapon Disarms 1-12</li></ol></div> <div><div>Knife</div><ol style="list-style-type: none"><li>Defense against moving knife attacks (various)</li></ol></div>	

## **WRITTEN TEST:**

When do we create space, take away space and why?

Why is the principle of Rotational Momentum a major movement in Small Circle Jujitsu?

Pressure Points: Show location, demonstrate angle & direction and effect..

Gall Bladder 31, 32 & 33

Gall Bladder 35 & 36

Gall Bladder 41

Spleen 6

Spleen 9 & 10

Spleen 11

Spleen 12 & Liver 12

Dillman book 2 page 128

FCA book page 320

Dillman book 2 page 132

Dillman book 2 page 131

Dillman book 2 page 129

Dillman book 2 page 126

Dillman book 2 page 125

Using pressure points from all previous syllabus create 3 pressure point KO's using same element theory.

### Recommended reading:

“Small Circle Jujitsu” by Prof. Wally Jay

“Kyusho-Jitsu” by George Dillman

Advanced pressure Point Fighting by George Dillman