

<u>FINGER LOCKS:</u> 1. Double Inverted Finger Lock from Wedge 2. C- Lock	<u>STRAIGHT ARM BARS:</u> 1. Triceps Tendon Cradle 2. Snaking Triceps Tendon with Knuckles
<u>ARM & SHOULDER LOCKS:</u> 1. Figure 4 Arm Lock (Double Arm) 2. Figure 4 Arm Lock (Single Arm)	<u>GROUNDWORK:</u> 1. Scarf-Hold with Arm Bar 2. Scarf-Hold with Shoulder Lock 3. Scarf-Hold with Neck Crank 4. Double-Lapel Ground Choke
<u>BODY THROWS:</u> 1. Double Arm-lift Throw pg. 204-205 2. Knee Drop Throw (Tai O-toshi) from double sleeve grab 3. Knee Locks - <ul style="list-style-type: none">• Front• Side pg. 144-145• Rear• Sitting pg. 146-147	<u>KICKS AND STRIKES:</u> 1. Knee check (with foot) 2. Knee stomp (with follow-thru) 3. Back kick 1. Ulna 2. Radial 3. Ridge Hand (Haito) 4. Inverted Ridge Hand
<u>CHOKES & STRANGLES:</u> 1. Rear Interlocking Choke pg. 162-163 2. Finger Choke pg. 164-165	<u>WEAPONS</u> Stick 1. Block/Check/Counter 2. Redondo Gun Defenses (Various)

WRITTEN TEST:

Pressure Points on the Outside and Back of Arm (Dillman Book One pg.65)

- 1 Large Intestine-13 is Two Inches Above the Crease of the Elbow in the Hollow on the Outside of the Bicep. Strike in and Towards the Body to Bend Elbow and Release Hand, May Also Be Pressed.
- 2 LI-10 is Located Between the Radiobrachialis and the Extensor Carpi Radialis Longus, as Part of the Radial Nerve. Approximately One Inch Down From the Elbow on the Outside of the Forearm. This is Strike Point.
3. LI-7 is on the Outside of the Radius, Middle of the Forearm, at the End of the Extensor Carpi Radialis Opposite L-6. This is a Rub Point and Also May Be Struck.
4. Lung 7 is Directly on the Top of the Radius, Approximately 1/2 Inch Up From L-8. This a Rub Point and When Grabbed Must Be Manipulated Toward the Outside of the Radial Bone.
5. Triple Warmer-3 is on the Back of the Hand Between the Bones of the Fourth and Fifth Fingers, One Third the Distance From the Knuckles to the Wrist. This is a Push Point and May Also Be Struck.
6. Small Intestine-6 is on the Outside of the Arm Opposite H-6 at the Base of the Styloid Process of the Ulna at a Dorsal Branch of the Ulna Nerve. This is a Push Point.
7. Small Intestine-7 is Outside of the Ulna About Middle Forearm Opposite MUE-28. This is a Strike Point to Release the Wrist.
8. Triple Warmer-11 Also Known as Golgi Tendon Organ (GTO) is One Inch Above the Elbow. This is a Rub Point.
9. Triple Warmer-12 is Directly in the Middle of the Triceps. This is a Strike Point.
10. Explain the Small Circle Jujitsu's Two-Way action (tighter action)
11. Explain Fulcrum and Lever.
12. Explain Create-A-Base Why, How, Where, When
13. Mark on drawing provided 9 pressure points on the outside and back of the arm.
14. Name the pressure point, what type of pressure is used to effect it, the angle and direction and what effect it has.

Recommended reading:

“Small Circle Jujitsu” by Prof. Wally Jay

“Kyusho-Jitsu” by George Dillman

Advanced pressure Point Fighting by George Dillman