

<u>FINGER LOCKS:</u> 1. Reverse Finger Lock 2. Reverse 2-Finger Lock 3. 2-Finger Bent-Elbow Lock pg. 94	<u>WRIST LOCKS:</u> 1. Chicken Wing – Standing & Ground pg. 86-87 2. Goose-Neck pg. 80-81 3. Pistol grip 4. Reverse pistol grip
<u>ARM & SHOULDER LOCKS:</u> 1. Arm Trap from Punch 2. Snaking Arm Lock (Basing hand on stomach H2/LI12)	<u>STRAIGHT ARM BARS:</u> 1. Tricep Tendon with shoulder 2. Reverse tricep tendon arm bar with shoulder 3. Tricep Tendon over shoulder
<u>BODY THROWS:</u> 1. Minor Inner Reaping (Ko-uchigari) 2. Minor Outer Reaping (Ko-sotogari)	<u>GROUNDWORK:</u> 1. Japanese Arm Bar a. From the Top (Mount) b. From the Bottom (Guard)
<u>CHOKES & STRANGLES:</u> 1. Front Naked Choke pg. 158-159 2. Rear Naked Choke pg. 160-161	<u>KICKS AND STRIKES:</u> Front Leg Delivery – 1. Front thrust (Maegeri) 2. Side thrust (Yoko-geri) 3. Roundhouse w/ shin (Mawashigeri) 1. Knife-hand (Shuto) 2. Palm (Teisho)
<u>WEAPONS</u> Stick Techniques 1. 12 Angles of Attack 2. Single Sinawali Knife Defenses 1. Blade to throat (palm up) 2. Blade to throat (palm down)	

WRITTEN TEST:

- Explain the principles of: 1. Balance 2. Avoiding Head on collision (Collision of Forces) 3. Mobility & Stability
- Explain kuzushi 3 dimensional theory
- Who was Ken Kawachi, and what was his contribution to Small Circle Jujitsu?
- Draw the elemental cycle and describe the concepts behind the healing cycle, destruction cycle & reverse.

PRESSURE POINTS:

(Dillman Book One pg. 60)

1. Heart 2 is on the inside of the arm above the elbow knob. It is a strike point causes the arm to bend and the fingers to curl.
2. Heart 3 is below the elbow knob on the arm. It can be struck or firmly pressed to bend elbow.
3. M-UE 28 lies on the heart meridian about midway along the inner aspect of the ulna. In acupuncture this is an extraordinary point. It is a hit point and controls the wrist.
4. Heart 6 is a touch point on the little finger side of the wrist, 1/2 inch from the wrist joint. It lies slightly toward the inside of the ulna bone along the ulna nerve. This controls the wrist.
5. Lung 5 is a hit point and is located on the inside of the forearm next to the radiobrachialis muscle, about one-inch down from the crease of the elbow. Striking this point will cause the knees to buckle.
6. Lung 6 is located at the end of radiobrachialis muscle along the inside of the arm (Thumb side). The length of this muscle varies on people but is approximately mid forearm. This is a hit point.
7. Lung 8 is located on the thumb side of the wrist, directly up from H-6. It is a push point lying over the radial nerve and against the radius. This point controls the fist.
8. Lung 1 is located on the upper portion of the pectoralis muscle an inch below the lateral end of the clavicle in the first intercostals space. It is a strike point downward and inward to disrupt the respiratory system. DB2 pg.116
9. Lung 2 is located on the upper portion of the pectoralis muscle immediately below the lateral end of the clavicle in the first intercostals space. It is a strike point downward and inward to disrupt the respiratory system. FCA pg80

Recommended reading:

“Small Circle Jujitsu” by Prof. Wally Jay

“Kyusho-Jitsu” by George Dillman

Advanced pressure Point Fighting by George Dillman