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| <u>FINGER LOCKS:</u> 1. Ring Finger pg. 90 2. All Finger Compression pg. 95 3. 6 Directional control of Opponent through finger-locking | <u>WRIST LOCKS:</u> 1. Underhand pg. 84-85 2. Handshake Variations (3 variations) |
| <u>ARM & SHOULDER LOCKS:</u> 1. Reverse Hammer lock 2. Winding Arm lock | <u>STRAIGHT ARM BARS:</u> 1. Triceps Tendon Rub wi/ Knuckles pg. 104-107 Pin variations: a. knuckles b. knee c. foot 2. Triceps Tendon Rub With Ulna 3. Cross reverse arm bar (downward) 4. Cross reverse arm bar (upward) |
| <u>BODY THROWS:</u> 1. Major Inner Reap (Ouchi Gari) pg. 148 2. Hook Foot Sweep pg. 140-141 | <u>KICKS AND STRIKES:</u> Front Leg Delivery – 1. Front snap (Maegeri) 2. Roundhouse (Mawashigeri) 3. Side (Yoko-geri) 4. Hook (Mawashi-geri) 1. Back Fist (Uraken) 2. Hammer Fist (Tetsui) |
| <u>GROUNDWORK</u> 1. Mount position 2. Guard position 3. Kesagatame escapes (various) 4. Katagatame escapes (various) | <u>OPTIONAL</u> 3 variations of the triceps tendon pin |

WRITTEN TEST:

- Who was Prof. Henry Seishiro Okazaki, and what were his accomplishments?
- Define the Kodenkan Jujitsu concept of:
 - Kokua
 - Ohana
- Explain the symbolism of the Four Corner Posts of the Dojo
- Explain kuzushi 8 directional theory

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PRESSURE POINTS:

- Name the elements associated with each meridian.
- Trace the meridians on the body.

Recommended reading:

“Small Circle Jujitsu” by Prof. Wally Jay

“Kyusho-Jitsu” by George Dillman