

LOCK FLOWS:

- Lock Flow with Shutdown using:
 - Finger to Wrist to Arm
 - Index finger lock, inverted, two finger, ring finger, all finger compression, reverse finger and two finger lock,
 - Wristlock, reverse wrist lock, bent elbow wrist lock, vertical wrist lock, underhand wrist lock, chicken goose and pistol grip
 - Arm bar, reverse arm bar, arm lock reverse arm lock, hammerlock, reverse hammerlock figure 4 arm bar, figure 4 arm lock.

• With tuite applications include Strikes using:

Jab, cross, upper cut, hook, back fist, hammer fist, knife hand, palm strike, ridge hand, Ulna, radial, elbows, index knuckle middle knuckle,
Front snap, side snap, round house, back hook, leg stomp, leg stop, knees, twist kick.

<u>FINGER LOCKS:</u> <ol style="list-style-type: none"> 1. Finger Hammerlock 2. Fingerlock come-alongs (various) 3. Third finger lock (moose and squirrel) 4. Interlocking fingers lock 	<u>STRAIGHT ARM BARS:</u> <ol style="list-style-type: none"> 1. Front Bear-Hug Arm Bar 2. Squeezing Knee Arm Bar 3. Reverse Squeezing Knee Arm Bar (L1)
<u>BODY THROWS:</u> <ol style="list-style-type: none"> 1. Head Lock Rear Drop 2. Winding Throw (Makikomi) 	<u>GROUNDWORK:</u> <ol style="list-style-type: none"> 1. Shin Arm Bar - Kneeling 2. Triangle choke
<u>CHOKES & STRANGLES:</u> <ol style="list-style-type: none"> 1. Windpipe Choke 2. Hawaiian Choke pg. 172-173 	<u>KICKS AND STRIKES:</u> <ol style="list-style-type: none"> 1. Index Knuckle Punch 2. Middle Knuckle Punch 3. Wrist Strike (Koken)

WRITTEN TEST:**Pressure Points:**

Show location; demonstrate striking angle & direction and effect.

Stomach 5 & 9	DB1 pg 75
Stomach 11	DB2 pg92
Small Intestine18	DB2 pg 102
Triple Warmer 17	DB1 pg 77
Large Intestine 18	DB2 pg 96
Gall Bladder 20	DB2 pg 114
Gall Bladder Cluster	DB2 pg 104
Conception Vessel 22	Humane Book pg 86
Governing Vessel 26	DB2 pg106

Recommended reading:

“Small Circle Jujitsu” by Prof. Wally Jay
 “Kyusho-Jitsu” by George Dillman
 Advanced pressure Point Fighting by George Dillman

Using pressure points from all previous syllabi create 3 pressure point KO's using cycle of destruction and same element theory.