

<u>FINGER LOCKS:</u> 1. Index Finger Tip (thumb to knuckle) 2. Inverted Finger Lock 3. 2-Finger Lock (index finger fulcrum)	<u>WRIST LOCKS:</u> 1. Bent Elbow Wrist Lock (Nikyo) pg. 77 2. Vertical Wrist Lock (Sankyo) pg. 86-87
<u>ARM & SHOULDER LOCKS:</u> 1. Arm & Shoulder Lock (Ude Garuma) pg. 186 2. Hammer Lock (bent arm lock)	<u>STRAIGHT ARM BARS:</u> 1. Arm Bar Inside Wrap pg. 98-99 2. Reverse Arm Bar (Elbow to Elbow) pg. 100 3. Reverse Arm Bar (arm-pit) pg. 102 4. Reverse Striking (Strike to TW-12 to TW-11)
<u>BODY THROWS:</u> 1. One-armed Shoulder Throw (Ippon Seoi-nage) pg. 134 2. Double Sleeve Throw (Tai-O-toshi) pg. 132 3. Drop-Leg Shoulder Throw	<u>KICKS AND STRIKES:</u> Rear Leg Delivery – 1. Side (Yoko-geri) 2. Hook (Ushiro Mawashi-geri) 1. Upper-cut 2. Hook punch
<u>GROUNDWORK</u> 1. Scarf Hold (Kesagatame) 2. Scarf hold with arm strangle (Katagatame)	

WRITTEN TEST:

- Name the Ten Principles of Small Circle Ju-Jitsu?
- Which traditional Ju-Jitsu system did Prof. Jay first study?
- Where is the Hombu (Headquarters Dojo) for Small Circle?
- Describe the Tori/Uke relationship?
- What are the ranks of Small Circle Ju-Jitsu?
- Explain kuzushi triangle theory

PRESSURE POINTS:

- How many & name them.
 - Meridians are there?
 - Vessels are there?

Recommended reading:

“Small Circle Jujitsu” by Prof. Wally Jay

“Kyusho-Jitsu” by George Dillman