

**Lock Flow from / into:*****Finger to Wrist to Arm free form using:***

- 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 TUI TE APPLICATIONS INCLUDE STRIKES USING:**

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

**INCLUDE THROWS:**

Hip, shoulder, major inner and outer reaping, minor inner & outer reaping trapped arm throw, drop leg, winding throw, flying scissors, inner thigh sweep, stomach throw, leg sweeps.

<b><u>BODY THROWS:</u></b>  1. Stomach Throw (Tomoe-nage) pg. 152-153 2. Flying Scissors (Kane-gasame) pg. 154-155 3. Sacrifice Throws (front and back)	<b><u>GROUNDWORK:</u></b>  1. Figure 4 Lock 2. Key Lock 3. Armpit Armbar 4. Shin Bicep Lock
<b><u>CHOKES &amp; STRANGLES:</u></b>  1. Toe Choke 2. Dragon Choke pg. 172-173	<b><u>STRIKES:</u></b>  1. Floating Punch 2. Dead Hand 3. Spear Hand 4. Knuckle Rake

**Written Test:**

**Pressure Points:** Show location; demonstrate angle & direction and effect.

Conception 3,4,5,6	DB2 pg 123
Conception 17 & 22	DB2 120
Spleen 21	DB2 122
Gall Bladder 24 & Liver 14	DB2 pg 118
Gall Bladder 25	FCA pg 314
Triple warmer 23	DB2 pg105
Bladder 10	DB2 pg114
Pericardium 1	DB2 pg 116

**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 syllabuses create 3 pressure point KO's using cycle of destruction, reverse cycle and same element theory.