

Overall aim; Speed of technique to high grade standard.

Caution: You must perform all techniques with absolute control! Never attempt any technique that you or your training partner is unsure of.

Strike: Ridge-hand.

1. Chicken wing fling.
2. Eddy Roll.
3. Eddy Roll with leg catch or Irish leg roll.
4. Crucifix Roll.
5. Come with me to Russian Tie up.
6. Figure 4 throw (Hold partners jacket...)
7. Hand lock throw.
8. Arm bar take-down.

