

Brown/Escrima

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

Strike: Any/Various

1. Vine, Shoulder throw.
2. Rhino, Shoulder wrench with stick.
3. Passover, leg scissor, inside wrist.
4. Disarm, Scoop.
5. Snake, Sequida (San Miguel 11) any finish (leg entanglement?).
6. Fairbairn lock, Filipino take-down .
7. Cross choke (Carefully)
8. Rear Oblique, Lion Killer.

