

Overall aim; Flow of technique (Adaption)

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

Strike: Spear-hand.

1. Outside to inside wrist, jacket throw, branch out to branch up.
2. 'S' lock to Figure 4 arm bar to crab to cross ankle lock.
3. Figure 4 arm lock to shoulder wrench to Irish roll to pharaoh to branch down.
4. Outside wrist to Spiral lock to leg entanglement.
5. Figure 4 arm bar to Figure 4 arm lock throw to straight leg lock.
6. Inside wrist to elbow take down to prayer lock.
7. 'S' lock to spiral lock to double leg entanglement.
8. Lock combination with finish of choice.

