

Overall aim; Detailed technical skill.

Caution: You must perform all techniques with absolute control! Never attempt any technique that you or your training partner is unsure of. You should be able to perform everything both left and right handed!

8 core locks: (must be patterned only for juniors, (no force applied)

**Outside wrist lock - Inside wrist lock - 'S' lock – Spiral lock -
Shoulder wrench - Figure 4 arm lock - Figure 4 arm bar -
Elbow lock (2 versions acceptable)**

Strike: Back-fist.

1. Outside wrist, Irish leg roll.
2. Inside wrist.
3. 'S' lock, neck throw.
4. Spiral, scoop, Indian death lock.
5. Shoulder wrench, Irish, rack.
6. Figure '4' lock to take-down.
7. Figure '4' arm bar to double (full) shoulder throw.
8. Elbow Lock, short crocodile.

