

Brown/Tanto: The rule of 90!

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

Try using the 3 forms of outcome on each of these:

The disarm.

The dismiss.

The restrain.

Strike: Any/Various

1. Inside wrist.
2. Figure 4.
3. Outside wrist to Spiral.
4. 4 Corners through to Prayer.
5. Come with me to Russian Tie up.
6. Disarm to chancery roll.
7. Figure 4 lock and valley drop throw.
8. Arm bar to Irish roll to leg triangle.

