

Overall aim; Demonstration of movement with strong posture.

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

Strike: Elbow – How many variations do you know?

1. Outside wrist, walking take-down.
2. Inside wrist, over head transition to arm lock.
3. Shoulder throw (Single half).
4. Diamond step (Right side).
5. Diamond step (Left side).
6. Double arm bar.
7. 'S'lock to take down.
8. Double cross arm lock.

