

STUDENT NOTES

FORCE OPTIONS COMBAT STICK LV-2 DISARMING



Master James Halman

FORCE OPTIONS SELF-DEFENSE 400 block Muskegon Ave Whitehall, Mi

Force Options Combat Stick Level Two

Disarming

Disarming			
Angle One	Angle Two	Angle Three	Angle Four
Angle Five	Angle Six	Angle Seven	Angle Eight

Drills with Disarming

Drills with Disarming			
Angle One	Angle Two	Angle Three	Angle Four
Angle Five	Angle Six	Angle Seven	Angle Eight



Force Options Combat Stick Level Two

Disarming Techniques: Angle 1 (1-4)

1. _____

2. _____

3. _____

4. _____

Force Options Combat Stick Level Two

Disarming Techniques: Angle 1 continued (5-8)

5. _____

6. _____

7. _____

8. _____

Force Options Combat Stick Level Two

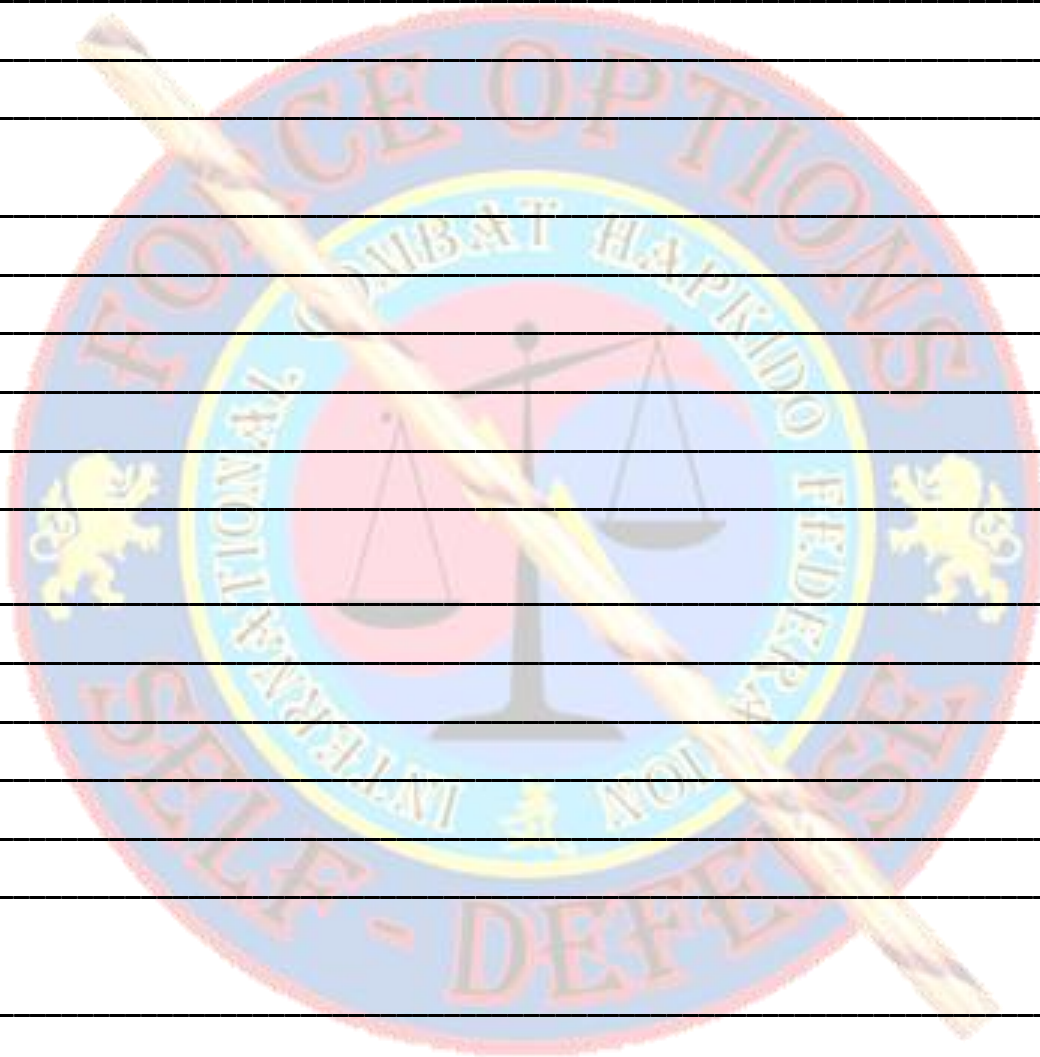
Disarming Angle Two (1-4)

1. _____

2. _____

3. _____

4. _____



Force Options Combat Stick Level Two

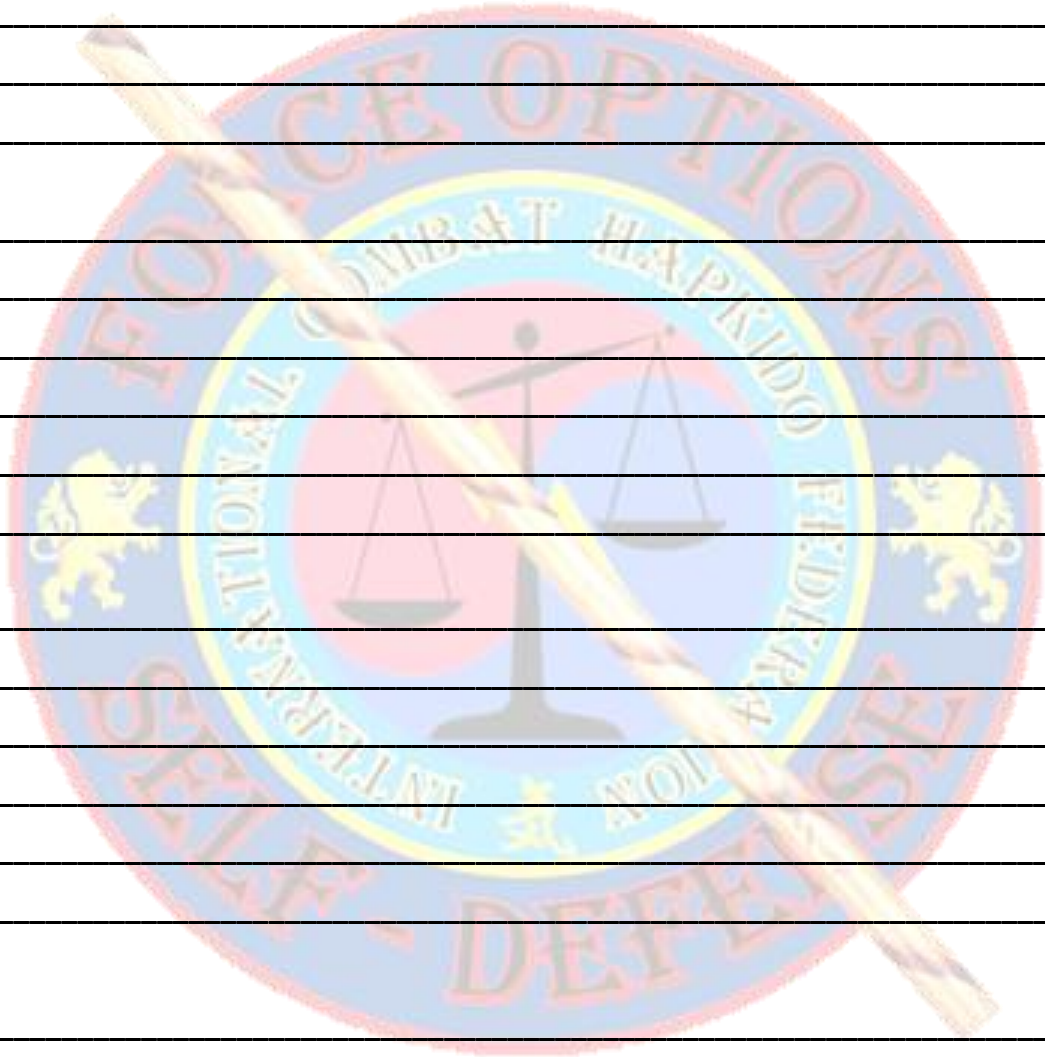
Disarming Angle 2 (5-8)

5. _____

6. _____

7. _____

8. _____



Force Options Combat Stick Level Two

Disarming Angle Three 1-4

1. _____

2. _____

3. _____

4. _____

Force Options Combat Stick Level Two

Disarming Angle Three (5)

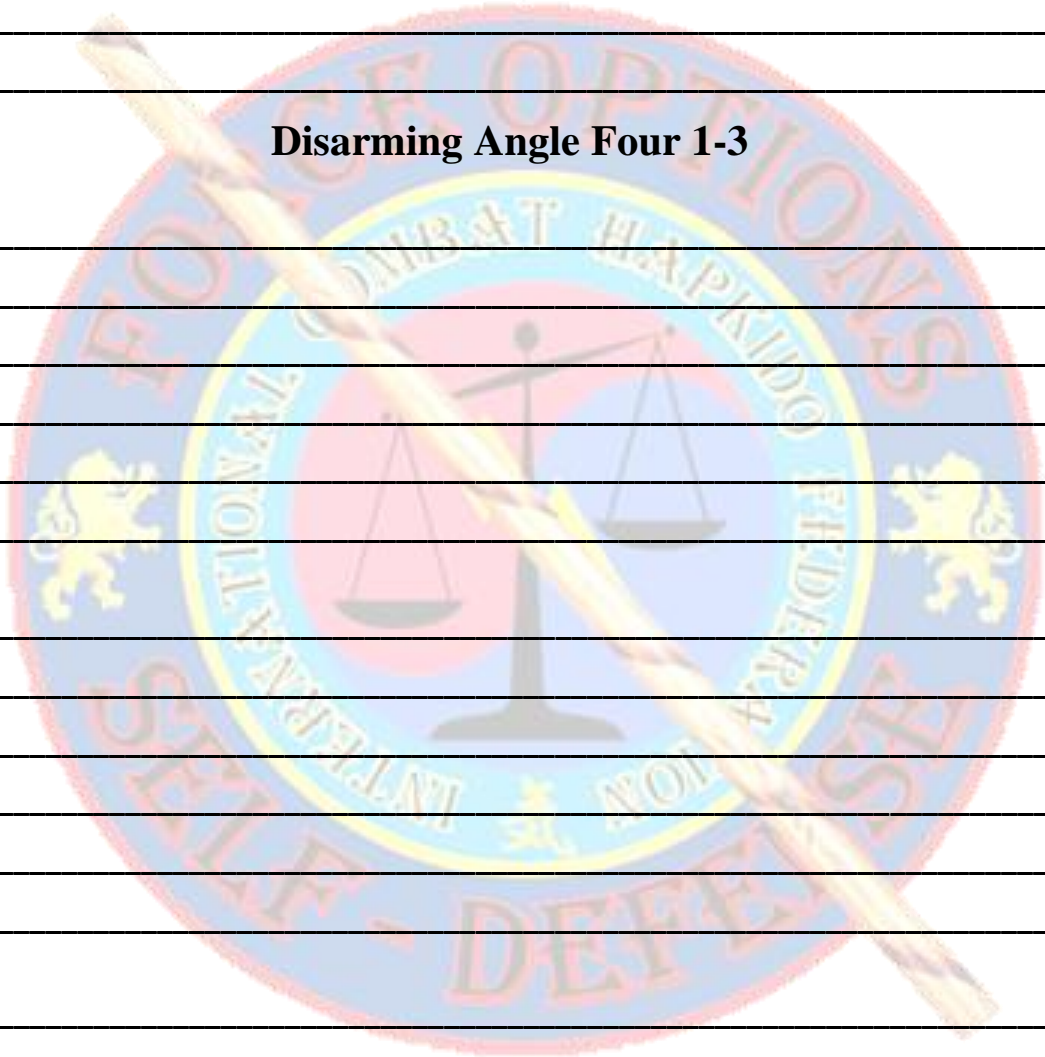
5. _____

Disarming Angle Four 1-3

1. _____

2. _____

3. _____



Force Options Combat Stick Level Two

Disarming Angle Four 4-5

4. _____

5. _____

Disarm Angle 5 Thrust (1-2)

1. _____

2. _____

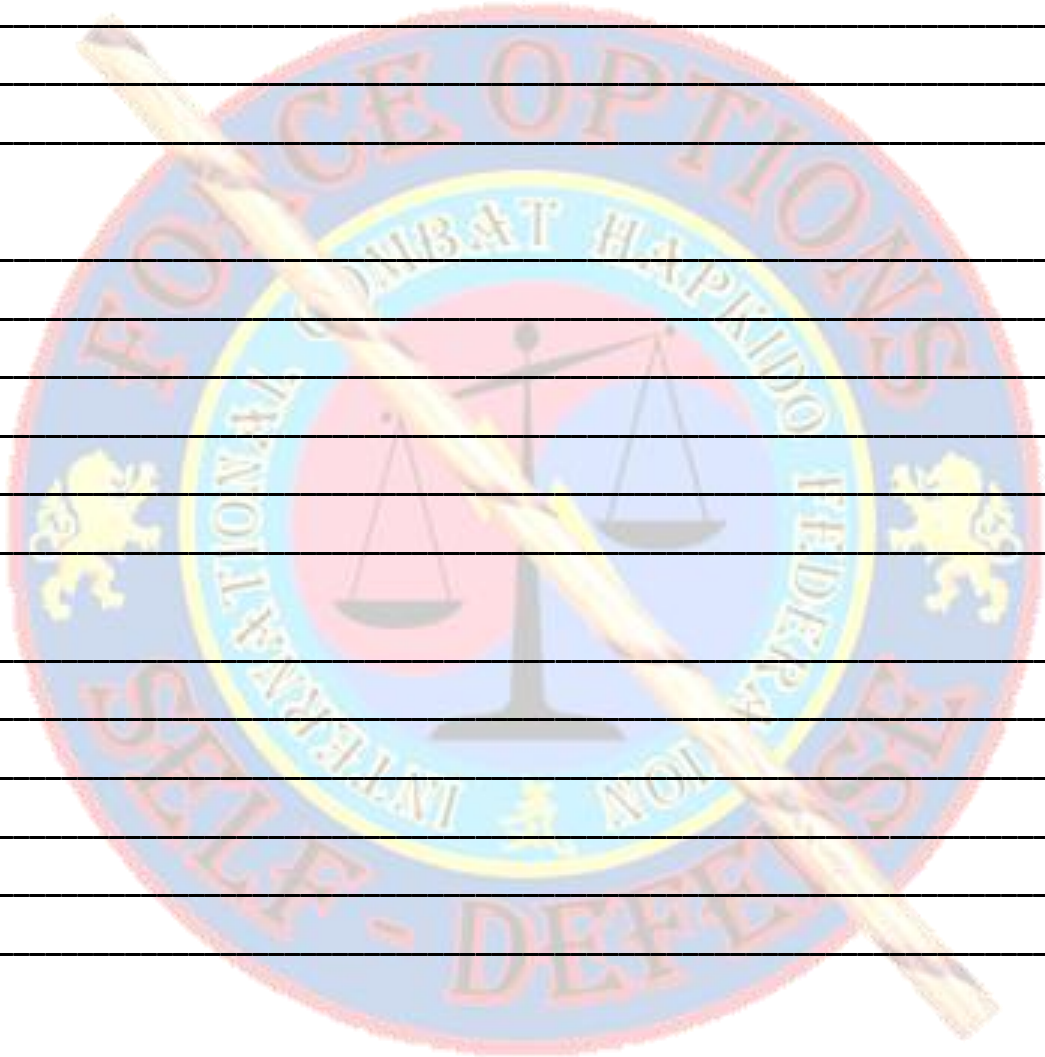
Force Options Combat Stick Level Two

Disarm Angle 5 Thrust (3-5)

3. _____

4. _____

5. _____



Force Options Combat Stick Level Two

Disarm Angle 6 Overhead Defense (1-4)

1. _____

2. _____

3. _____

4. _____
