STUDENT NOTES

FORCE OPTIONS COMBAT STICK LV- 2 DISARMING

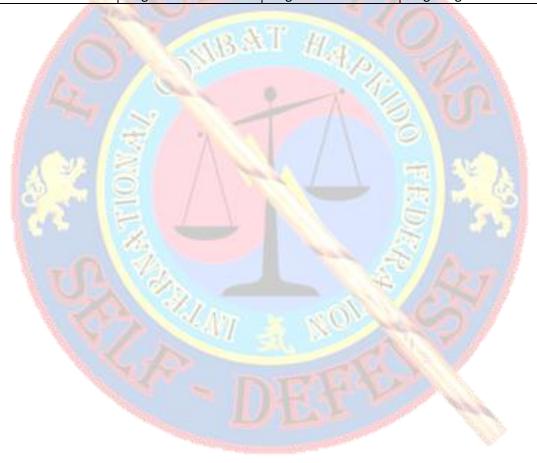


Master James Halman

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

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

		Dril	ls with	Disarming			
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Angle Five	100	Angle Six	1	Angle Seven		Angle Eight	



Disarming Techniques: Angle 1 (1-4)

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Disarming Techniques: Angle 1 continued (5-8)

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Disarming Angle Two (1-4)

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Disarming Angle 2 (5-8)

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Disarming Angle Three 1-4

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Disarming Angle Three (5)

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Disarming Angle Four 4-5

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Disarm Angle 5 Thrust (3-5)

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Disarm Angle 6 Overhead Defense (1-4)

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