



MIDWEST MARTIAL ARTS

SMALL CIRCLE JUJITSU - TRANSITIONAL FLOW DRILLS



GREEN BELT – FLOW DRILLS

FROM A PUSH

1. Reverse 2 finger lock, c-lock, vertical wrist lock, index finger lock, basic wrist lock, 2-finger bent elbow wrist lock, back to reverse 2 finger lock.

FROM A PUNCH

1. **(split sector)** Arm trap, snaking arm lock, armpit armbar, bent elbow wrist lock, chicken wing, goose neck lock, basic wrist lock. (takedown optional)
2. **(split sector)** Arm trap, snaking arm lock, armpit armbar, triceps tendon armbar w/ shoulder, reverse triceps tendon armbar w/ shoulder, over the shoulder armbar, goose neck lock, basic wrist lock. (takedown optional)