



MIDWEST MARTIAL ARTS

TRANSITIONAL FLOW

LOCK FLOW – LEVEL 1

- a) Basic wrist lock, belt elbow wrist lock, repeat.
- b) Basic wrist lock, belt elbow wrist lock, reverse 2 finger lock, repeat.
- c) Basic wrist lock, belt elbow wrist lock, reverse 2 finger lock, C-Lock, repeat.
- d) Basic wrist lock, belt elbow wrist lock, reverse 2 finger lock, C-Lock, vertical wrist lock, index finger lock, repeat.

LOCKS:

1. BASIC WRIST LOCK
2. BELT ELBOW WRIST LOCK
3. REVERSE 2 FINGER LOCK
4. C-LOCK
5. VERTICAL WRIST LOCK
6. INDEX FINGER LOCK