



MIDWEST MARTIAL ARTS

TRANSITIONAL FLOW

LOCK FLOW – LEVEL 2

- a) Index finger lock, basic wrist lock, armbar, repeat
- b) Index finger lock, basic wrist lock, armbar, armpit armbar, repeat.
- c) Index finger lock, basic wrist lock, armbar, armpit armbar, bent elbow lock, vertical wrist lock, repeat.
- d) Index finger lock, basic wrist lock, armbar, armpit armbar, bent elbow lock, vertical wrist lock, index finger lock, 6 directional control, repeat.
- e) Index finger lock, basic wrist lock, armbar, armpit armbar, bent elbow lock, vertical wrist lock, index finger lock, 6 directional control, basic wrist lock takedown, shin armbar, index finger lock stand up, repeat.

LOCKS:

1. INDEX FINGER LOCK (6 directional control)
2. BASIC WRIST LOCK (with takedown)
3. STRAIGHT ARMBAR
4. ARMPIT ARMBAR
5. BELT ELBOW WRIST LOCK
6. VERTICAL WRIST LOCK
7. SHIN ARMBAR
8. INDEX FINGER LOCK STAND UP