



MIDWEST MARTIAL ARTS

SMALL CIRCLE JUJITSU - TRANSITIONAL FLOW DRILLS



PURPLE BELT - FLOW DRILLS

FROM A PUSH

1. Index finger lock, basic wrist lock, reverse wrist lock, back to basic wrist lock.
2. Index finger lock, basic wrist lock, arm bar, back to basic wrist lock.

FROM A PUNCH

1. **(inside sector)** Basic wrist lock, reverse wrist lock, bent elbow wrist lock, back to basic wrist lock.
2. **(outside sector)** Reverse wrist lock, bent elbow wrist lock, basic wrist lock, arm bar, back to bent elbow wrist lock.

FROM WRIST GRABS

1. Opposite side grab
 - Basic wrist lock, reverse wrist lock, bent elbow wrist lock, back to basic wrist lock.
 - (web up) Reverse wrist lock, bent elbow wrist lock, basic wrist lock.
2. Cross grab
 - Trapping bent elbow wrist lock, arm bar, basic wrist lock.
3. Overhand grab
 - Arm bar, basic wrist lock, reverse wrist lock, bent elbow wrist lock, back to basic wrist lock.