



# MIDWEST MARTIAL ARTS

SMALL CIRCLE JUJITSU - FUNDAMENTALS



## BASIC FUNDAMENTALS - LEVEL 1

### WRIST EXERCISES:

1. Forward (Vertical) Wrist Extension
2. Downward (Horizontal) Wrist Extension
3. Reverse Wrist Extension
4. Rotational Wrist Extension (In/Out)
5. Wrist Lock Stretch
6. Goose Neck Stretch
7. Bent Elbow Wrist Lock Stretch
8. Thumb Wrist Entry Exercise
9. Wrist Radius Exercise
10. Sleeve Choke Exercise

### BASIC STRIKES, KICKS, & BLOCKS:

1. Jab
2. Cross
3. Palm Strike
4. Low & High Block
5. Inside & Outside Block
6. Brush Grab
7. Elbow Shield w/ Shutdown

### KICKS:

1. Front Kick
2. Round Kick
3. Knee Strike
4. Side Kick

### BASIC STANCES:

1. Ready Stance (defensive)
2. Front Stance
3. Horse Riding Stance

### BASIC FOOTWORK:

1. Left Angle Step
2. Right Angle Step
3. Shuffle Step (forward & backwards)

### DRILLS:

1. Inside Sector / Outside Sector
2. Elbow Shield Drill (from haymaker)
3. Basic Sensitivity Drills
  - Basic wrist lock drill
  - Index finger lock trapping drill
  - Empty hand Sinwali drill

### UKEMI:

1. Front Fall
2. Back Fall
3. Side Fall
4. Rear Recovery

### ROLLS:

1. Forward Shoulder Roll
2. Backward Roll