



MIDWEST MARTIAL ARTS

SMALL CIRCLE JUJITSU - STICKING, CONTROL, & SENSITIVITY



BASIC SENSITIVITY DRILLS

1. White to Yellow Belt:

- Basic wrist lock drill
- Index finger lock trapping drill
- Empty hand Sinwali drill

2. Yellow to Orange Belt:

- Basic wrist lock – bent elbow drill
- Sinwali drill with trapping (inside & outside)

3. Orange to Purple Belt:

- Basic wrist lock – hammer lock drill
- Sinwali drill *add feet

4. Purple to Green Belt:

- Reverse 2 finger lock trapping drill
- Reverse index finger lock trapping drill
- Hubud drill