
STUDENT CREED

FLOW DRILLS

1. **Golgi Tendon and Counter**-Connect outer RT wrists. Partner #1 pushes, Partner #2's RT hand grabs Partner #1's RT wrist. Partner #2 places forearm at Partner #1's tricep area and roll the arm to apply pressure to golgi tendon. Partner #2 uses LT hand to grab Partner #1 LT wrist. Partner #2 frees RT hand and rolls forearm to Partner #1 Golgi tendon for the counter. LT hands rotate upward keeping wrists connected. Repeat on other side of body. Then repeat with Partner #1 initiating.
2. **X-Block Circle**-Start with back of RT wrists together, Partner #1 pushes, Partner #2 redirects up and LT hand circles low. Partner #2 RT hand traps low and stops. Partner #1 slides LT hand under to meet back of Partner #2 LT hand. Both step back and raise hands back up. Repeat other side.
3. **Grab – Pull – Circle – Lock Elbow-**

SUBMISSIONS FROM THE MOUNT

1. **Arm Bar**- Partner on top grabs Partner on the bottom's RT arm with their RT arm, goes to "S" mount, steps over and locks arm bar. Repeat other side then Partners switch position.
2. **Key Lock**-Partner on top traps partner on the bottom's RT forearm with their right hand to pin. Partner on top slides LT arm under Partner on the bottom's upper arm and grabs top of their own wrist. Top partner cranks LT arm up. Repeat other side and then Partner's switch positions.
3. **Hammer Lock**-Top Partner traps bottom partner's RT wrist with their LT hand. RT arm slides under the bottom Partner's upper arm and grabs top of own wrist and then pull RT arm back to crank. Repeat other side and then Partners switch positions.

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

1. **ATTACKER** - GRABS FROM REAR LEFT LAPEL WITH RT HAND/GRABS LT BICEP WITH LT HAND
DEFENDER - STEPS BACK/THRUSTS LT ARM FORWARD TO BREAK HOLD/LT REAR ELBOW TO SOLAR PLEXUS/GRAB ATTACKER'S RT HAND WITH RT HAND EXECUTE OUTWARD FLEX WHILE STEPPING WITH LT FOOT TO LT BACK STANCE
DEFENDER - BREAK FALL ON BACK
ATTACKER - LT SIDE STOMP KICK TO VITAL AREA
2. **ATTACKER** - FROM THE LT SIDE/GRABS LT BICEP WITH RT HAND AND LT WRIST WITH LT HAND
DEFENDER – TRAP/ROLL ELBOW/SLIDE TO WRIST LOCK/KNUCKLES TO GOLGI TENDON
3. **ATTACKER** - GRABS LT LAPEL WITH RT HAND
DEFENDER - RT FRONT KICK TO INNER THIGH/GRAB WITH RT HAND EXECUTE INWARD FLEX WHILE TURNING 180 DEGREES TO RT FRONT STANCE
ATTACKER - ROLLS OUT
4. **ATTACKER** - GRABS LT LAPEL WITH RT HAND
DEFENDER - GRABS HAND WITH BOTH HANDS EXECUTES DOWNWARD FLEX CONTROL WITH LT HAND EXECUTE INVERTED PALM HEEL TO JAW
5. **ATTACKER** - GRABS RT LAPEL WITH LT HAND
DEFENDER - GRABS WITH LT HAND/EXECUTES INWARD FLEX WHILE STEPPING BACK WITH LT LEG TO KNEELING POSITION WITH WRIST LOCK CONTROL

KNOWLEDGE

NAME OF LEVEL: THE 4TH CIRCLE

MEANING: THE GRAPPLING RANGE OF SELF-DEFENSE

MOST IMPORTANT THING WHEN DOING LEVEL 2: THUMB REINFORCEMENT

QUALITY: HUMILITY

MEANING: LACK OF EXCESSIVE SELF-ESTEEM