

Photo Checklist  
Secrets Of Warriorship

## **Dynamic Footwork**

### **The Step-and-Slides**

- ❑ Jamming/Step-and-Slide In
- ❑ Trapping/Step-and-Slide Out

### **The Push Shuffles**

- ❑ Jamming/Push-Shuffle Forward
- ❑ Trapping/Push-Shuffle Out

### **The Slide-Step Shuffles**

- ❑ Jamming/Slide-Step Advance
- ❑ Trapping/Slide-Step Retreat

### **The Pendulum Shuffles**

- ❑ Jamming/Advancing Pendulum Shuffle
- ❑ Trapping/Pendulum Rear Shuffle

### **The Switch Ups**

- ❑ Jamming/Forward Switch – Up
- ❑ Trapping/Reverse Switch – Up
- ❑ Blocking/Lateral Switch – Up

## **Blocking/Side Stepping AKA Shuffles Left-Right**

- ❑ Blocking/Side-Step Right AKA Shuffle Right
- ❑ Blocking/ Side-Step Left AKA Shuffle Left
- ❑ Blocking/Skipping Side-Shuffle

## **Forward Leg And Rear Leg Pivots/Opening The Door**

- ❑ Forward Leg Pivot
- ❑ The Rear Leg Pivot

## **In The In-line Fighting Stance On Guard Original Position**

- ❑ Blocking/The Sway AKA “Drunk Monkey”
- ❑ Blocking/”Rocking The Boat”

## **Triangulating Push Steps Out Of The Left Lead Stance**

- ❑ Jamming/Triangle Rear Foot Push Step (Left)
- ❑ Jamming/Triangle Switch-up Lead Foot Push Step (Right)
- ❑ Trapping/Triangle Lead Foot Push Step (Left)
- ❑ Trapping/Triangle Switch-up Lead Foot Push Step (Right)

## **Cross Steps**

- ❑ Forward Foot Cross Step Backwards
- ❑ Rear Foot Cross Step Forward

## **Evading, Parrying & Attacking The Limbs**

- ❑ Bob
- ❑ Weave
- ❑ Slip
- ❑ Parry Left
- ❑ Parry Right
- ❑ Parry Down
- ❑ Traditional Upward Arm/Roof Block
- ❑ Traditional Downward Arm Block
- ❑ Traditional Arm Block Up To The Inside
- ❑ Traditional Arm Block To The Outside
- ❑ Windmill Arm Block Inside
- ❑ Windmill Arm Block Outside
- ❑ Windmill Leg Block Inside
- ❑ Windmill Leg Block Inside

## **The Body's Natural Weapons**

- ❑ How to Wrap & Tap The Hands
- ❑ The Different Approaches - Martial Sciences/Arts vs. Defensive Tactics/Force Systems (side by side comparison of fighting stances)
- ❑ Fighting Like A Southpaw/The Right Lead Stance
- ❑ Defeating The Right Lead Stance/The Southpaw
- ❑ Delivering The Lead Hand Linear Strike "The Jab"

- ❑ Delivering The Rear Hand Circular Strike “The Right Hook”
- ❑ Delivering The Lead Hand Circular Strike with a Switch-Up “The Left Hook”
- ❑ Delivering The Rising Linear Hand Strikes “The Uppercut”
- ❑ Delivering The Rear Hand Linear Strike “The Right Cross”
- ❑ The Art Of Feinting
- ❑ The Secrets Of In-Fighting
- ❑ Fighting Out Of A Crouch
- ❑ Defensive Moves
- ❑ Slipping Strikes
- ❑ Neutralizing The Aggressor’s Strikes Through Blocking
- ❑ Blocking The High Gate Lead Hand Linear Strike “The Jab” straight from the aggressor’s shoulder
- ❑ Blocking A Middle To High gate Lead Hand Linear Strike “The Jab” When Attacked From A Lower Guard Position
- ❑ Blocking The High Gate Lead & Rear Hand Circular Strike “A Hook” To The Head
- ❑ Blocking The Middle Gate Lead & Rear Hand Circular Strikes “Hook To The Body”
- ❑ Blocking The Middle Gate Rear Hand Circular Strike with a Switch -up “Left Hook To The Body”
- ❑ Blocking A Middle Gate Rear Hand Linear Strike/Straight Right To The Body
- ❑ Blocking A Middle Gate Rear Hand Linear Strike “Right Cross Or A Straight Right To The Body”
- ❑ Blocking A Middle to High Gate Lead Or Rear Rising Linear Strike “The Uppercut To One’s Head/Chin”
- ❑ Blocking A Middle Gate Lead Or Rear Hand Linear Strike “Uppercut To The Body”

- ❑ Counter-Striking
- ❑ The Clinch
- ❑ Striking and Counterstriking As A Strategy
- ❑ The Intangibles
- ❑ The Different Hand Strikes
- ❑ The Standard Fist
- ❑ One Finger Joint Strike AKA “Eagle Fist”
- ❑ The Hammer Fist
- ❑ Four Finger Joint Strike AKA “Open Leopard Fist”
- ❑ Four Finger Joint Strike AKA “Closed Leopard Fist”
- ❑ Thumb Joint Strike AKA “Closed Ridge Hand”
- ❑ Thumb Joint Strike AKA “Open Ridge Hand”
- ❑ Web of Hand Strike AKA “Bear”
- ❑ Open Palm Strike AKA “Palm Heel”
- ❑ Cupped Hand Strike AKA “Closed Palm Heel”
- ❑ Side of Hand Strike AKA “Knife Edge” & “Shuto”
- ❑ One Finger Jab AKA “Spear”
- ❑ Two Finger Jab AKA “Lance”
- ❑ Four Finger Jab AKA “Twin Lance”
- ❑ Four Finger & Thumb Jab AKA “Crane”
- ❑ Open Finger & Thumb Gouge Strike AKA “Tiger Claw”
- ❑ Gouge & Wrist Manipulation Strike AKA “Dragon”
- ❑ Back of Wrist & Joint Manipulation Strike AKA “Snake” AKA “Ox Jaw”

- ❑ Backhand Strike AKA Back-Knuckle
- ❑ Backhand Strike AKA Back-Knuckle
- ❑ Forearm Vulnerabilities
- ❑ Forward Forearm (Inside Arm) Strike
- ❑ Reverse Forearm (Outside Arm) Strike

## **The Elbow Strikes (Stationary & Spinning)**

- ❑ Horizontal Elbow Strike
- ❑ Rising Vertical Elbow Strike:
- ❑ Descending Vertical Elbow Strike
- ❑ Reverse Vertical Elbow Strike
- ❑ Reverse Horizontal Elbow Strike
- ❑ Rising Diagonal Elbow Strike
- ❑ Descending Diagonal Elbow Strike
- ❑ Horizontal To Vertical Elbow Strike

## **The Body's Most Overlooked Natural Weapons**

- ❑ Forehead AKA Front Vertical Helmet Strike
- ❑ Parallel Forehead AKA Side Helmet Strike:
- ❑ Vertical Head Butt To The Rear AKA Reverse Helmet Strike

## **Using The Knees**

- ❑ Standard Knee/Vertical Rise
- ❑ Inverted Knee/Diagonal Rise

- ❑ Round Knee/Inward & Horizontal
- ❑ Flying Round Knee/Jumping Inward & Horizontal
- ❑ Springboard Knee (Jumping Off The Aggressor's Thigh)

## Using The Foot

- ❑ Forward Shuffle Kick
- ❑ Side Shuffle Kick
- ❑ Switch-Up Shuffle Kick
- ❑ The Striking Areas Of The Barefoot
- ❑ Chambered Front Snap AKA "Thrust Kick" (Lead & Rear Foot)
- ❑ Un-chambered Front Snap AKA The "The Punt" (Lead & Rear Foot)
- ❑ Chambered Front Heel Kick AKA "Push Kick" (Lead & Rear Foot)
- ❑ Un-chambered Side Kick (Lead & Rear Foot)
- ❑ Chambered Side Kick (Lead & Rear Foot)
- ❑ Un-Chambered Back Kick (Lead & Rear Foot)
- ❑ Chambered Back Kick (Lead & Rear Foot)
- ❑ Un-chambered Round Kick AKA Roundhouse Kick (Lead & Rear Foot)
- ❑ Chambered Round Kick AKA Roundhouse Kick (Lead & Rear Foot)
- ❑ Chambered Hooking Kick AKA Hook Kick (Lead & Rear Foot)
- ❑ Un-chambered Hooking Kick AKA Hook Kick (Lead & Rear Foot)
- ❑ Chambered Reverse Hook Kick (Lead & Rear Foot)
- ❑ Un-chambered Reverse Hooking Kick AKA Reverse Hook Kick (Lead & Rear Foot)
- ❑ Chambered Wing Kick (Lead & Rear Foot)

- ❑ Chambered Low Sweep AKA Oblique Kick (Lead & Rear Foot)
- ❑ Un-chambered Low Sweep AKA Oblique Kick (Lead & Rear Foot)
- ❑ Chambered Inside Crescent Kick (Lead & Rear Foot)
- ❑ Un-chambered Inside Crescent Kick (Lead & Rear Foot)
- ❑ Chambered Outside Crescent Kick (Lead & Rear Foot)
- ❑ Un-chambered Outside Crescent Kick (Lead & Rear Foot)
- ❑ The Spinning Heel, Side, Crescent And Back Kicks
- ❑ Chambered Spinning Heel Kick
- ❑ Un-Chambered Spinning Heel Kick
- ❑ Jumping Chambered Spinning Heel Kick
- ❑ Jumping Un-Chambered Spinning Heel Kick AKA “Helicopter Kick”
- ❑ Chambered Spinning Back Kick
- ❑ Un-Chambered Spinning Back Kick
- ❑ Spinning Chambered Outside Crescent Kick
- ❑ Spinning Un-Chambered Outside Crescent Kick
- ❑ Jumping & Spinning Chambered Outside Crescent Kick Followed With a Jumping Inside Crescent Kick AKA “Tornado Kick”
- ❑ Chambered Stomp Kick
- ❑ Un-Chambered Stomp Kick AKA Axe Kick
- ❑ Jumping Chambered Sidekick AKA “Flying Sidekick”
- ❑ Jumping Split Kick
- ❑ Butterfly Kick
- ❑ Forward Rolling Axe Kick
- ❑ Air Fall Sacrifice Kick



- ❑ Forward Rolling Front Snap or Push Heel Kick
- ❑ Reverse Roll Kick
- ❑ Back flip With Kick
- ❑ Drop Kick
- ❑ Break Falls And Rolling Break Falls
- ❑ Flat Fall Backwards
- ❑ Flat Fall Backwards With Leg Takedown
- ❑ Flat Fall Backwards Air Fall
- ❑ Flat Fall Side
- ❑ Flat Fall Side With Takedown
- ❑ Flat Fall Side Air Fall
- ❑ Flat Fall Forward
- ❑ Flat Fall Forward With Forward or Reverse Takedown
- ❑ Rolling Break Falls
- ❑ Reverse Shoulder Roll
- ❑ Reverse Shoulder Roll With Takedown
- ❑ Forward Shoulder Roll
- ❑ Forward Roll With Takedown
- ❑ Diving Forward Shoulder Roll
- ❑ Side/Lateral Shoulder Roll
- ❑ Side/lateral Shoulder Roll With Takedown

## **Foot Placement And Body Alignment AKA “Stances”**

- ❑ Revisiting The “Fighting Stance”
- ❑ The Power AKA Front Stance
- ❑ The Horse Stance
- ❑ The Cat Stance
- ❑ The T-Stance
- ❑ The Bow Stance
- ❑ The Multi-defense AKA Back Stance
- ❑ Back Squat Stance
- ❑ Scissors Stance
- ❑ Hanging Horse Stance
- ❑ Inverted Hanging Horse Stance
- ❑ Inward Stance
- ❑ Biting As A Weapon
- ❑ The Six Principles In Perfecting The Body’s Natural Weapons

## **Ground-fighting/Hold-downs**

- ❑ Taking Control With Grapevines
- ❑ Single-Rear Grapevine
- ❑ Double-Rear Grapevine
- ❑ Single-Front Grapevine
- ❑ Double-Front Grapevine
- ❑ Front-Grapevine Roll

- ❑ Maintaining Control
- ❑ Modified Upper Four Corner Hold And Smother
- ❑ Modified Upper Four Corner Hold And Smother
- ❑ Scarf Hold
- ❑ The Mounts And The Guard
- ❑ Full Mount
- ❑ Parallel Half Mount
- ❑ Perpendicular Half Mount/ Half "T" Mount
- ❑ Quarter Mount
- ❑ The Guard
- ❑ Countering The Guard's Leg Defense/Single-Leg Grab To A Mount
- ❑ Double-Leg Grab To A Mount
- ❑ Threat Level 4, Lethal Ground-Fighting Tactics
- ❑ Ground-fighting's Hold-downs And Their Escapes
- ❑ Side Collar Hold
- ❑ Modified Side Collar Hold
- ❑ Single Shoulder Hold
- ❑ Four-Quarter Hold
- ❑ Modified Four Quarter Hold
- ❑ Modified Four-Quarter Hold
- ❑ Modified Four Quarter Hold
- ❑ Side Four-Quarter Hold
- ❑ Escape From Side Collar/Scarf Hold

- ❑ Shoulder Hold Escape Into An Arm-Lock
- ❑ Escape From A Modified Upper Four-Corner Hold
- ❑ Escape From A Modified Side Four-Corner Hold
- ❑ Escape From The Schoolboy Pin
- ❑ Escape By Using A Switch
- ❑ Variations On Ground-fighting Hold-Downs, Takedowns And Roll Overs
- ❑ Near Side Hold-down
- ❑ Far Front Hold-down
- ❑ Near Shoulder Hold-down
- ❑ Facing/Near Front
- ❑ Outside Leg Push
- ❑ Stocks & Chancery
- ❑ Pipe Wrench
- ❑ Near Half-Nelson With Arm Drag Quarter-Nelson
- ❑ Three-Quarter Nelson
- ❑ Full-Nelson Into Pin
- ❑ Near Half-Nelson With Arm Bar
- ❑ Neck And Arm Lever
- ❑ Far-Leg Drag
- ❑ Far-Arm And -Leg Drag
- ❑ Chin Twist
- ❑ Belt And Neck Over
- ❑ Side-Grapevine Roll

- ❑ Leg And Arm Lift
- ❑ Scissors And Arm Hook
- ❑ Short Rib Rest
- ❑ Shin On Calf
- ❑ Physical Control In Ground-fighting Through Arm bars, Neck and Leg Locks
- ❑ Knee-elbow Lock/in Ground Fighting Hold-downs
- ❑ Cross Arm-Lock
- ❑ Entangled Arm-Lock
- ❑ Joint Locks and Pressure Holds in Ground-Fighting
- ❑ Dragging Arm Lock
- ❑ Straight- Arm Crush
- ❑ Straight- Arm Crush—Variation
- ❑ Straight-Arm Hug
- ❑ Straight-Arm Hug—Variation
- ❑ Reverse-Arm Bar
- ❑ Reverse-Arm Bar With Figure-4 Scissors
- ❑ Reverse-Arm Lock And Crotch Drag
- ❑ Step-Over Arm Drag
- ❑ Arm Hug
- ❑ Facing-Straight Arm Lock
- ❑ Surfboard
- ❑ Double Straight-Arm Bar
- ❑ Double-Arm Hug

- ❑ Single-Arm Hug
- ❑ Double-Arm Hug And Leg Hold
- ❑ Single-Arm Squeeze
- ❑ Double-Arm Squeeze
- ❑ Leg, Neck And Arm Lever
- ❑ Straight-Arm Crush—Variation
- ❑ Short-Arm Scissor
- ❑ Wrist Lock And Hold-down
- ❑ Forearm Hammer Lock
- ❑ Figure-4 Hammer Lock
- ❑ Upward Arm Crank
- ❑ Reverse Time Hold
- ❑ Time Hold
- ❑ Downward Arm Crank
- ❑ Elbow Lift And Shoulder Lock
- ❑ Front Elbow Crank
- ❑ Reverse Elbow Crank
- ❑ Neck Crank And Sit Out
- ❑ Reverse Stocks And Sit Out
- ❑ Forward Neck Crank
- ❑ Forward Neck Crank—Variation
- ❑ Reverse Figure-4 Neck Lock
- ❑ Rear Face And Neck Lock

- ❑ Forward Figure-4 Neck Lock
- ❑ Front Face Lock
- ❑ Front Neck Crank
- ❑ Pressure Holds
- ❑ Chin Lift
- ❑ Arm-Head Push
- ❑ Spine Stretch
- ❑ Abdominal Stretch
- ❑ Locking The Legs
- ❑ Knee Lock
- ❑ Half-Crab
- ❑ Boston Crab
- ❑ Step-Over Knee Lever
- ❑ Over Scissors
- ❑ Reverse Double Front Grapevine Lock
- ❑ Double Front Grapevine Lock

## **Chokeholds: Asphyxiation & The Carotid Strangle**

- ❑ The Asphyxiation/Suffocation Strangle
- ❑ The Carotid Strangle
- ❑ The Hair Pull Down
- ❑ The Clothing Pull Down
- ❑ The Locked Out Carotid Strangle

- ❑ Carotid Strangle: Proper Body Position On Ground
- ❑ Releasing The Carotid Strangle In Handling A Prisoner
- ❑ Counter Moves For A Strongly Resistant Aggressor Attempting Escape
- ❑ Spinning The Aggressor
- ❑ Employing Strangle Techniques
- ❑ Normal Cross Strangle
- ❑ Half Cross Strangle
- ❑ Modified Half Cross Strangle
- ❑ Sliding Collar Strangle
- ❑ Side Sliding Collar Strangle
- ❑ Single Wing Strangle
- ❑ Bare-handed Strangle
- ❑ Two-hand Strangle
- ❑ Cross Leg Scissors Strangle
- ❑ Modified Strangles
- ❑ Biting as a Modified Strangle
- ❑ Knee, Forearm And Elbow as a Modified Strangle
- ❑ Hand & Elbow with Hooked Arms as a Modified Strangle
- ❑ Double Knee And Winding as a Modified Strangle
- ❑ Knee And Winding as a Modified Strangle
- ❑ Double Knuckle Roll as a Modified Strangle
- ❑ Winding And Ulna Press as a Modified Strangle
- ❑ Collar Winding And Roll On Back as a Modified Strangle



- ❑ Escaping Strangle Holds
- ❑ Lapel Pull Strangle Escape
- ❑ Hand On Face Strangle Escape
- ❑ Feet In Neck And Hip Strangle Escape
- ❑ Hands Pull And Hug Strangle Escape

## **The Takedowns:**

- ❑ The Difference Between The Tactical And Strategic Takedown
- ❑ The Breaking Of An Aggressor's Posture
- ❑ Taking Advantage Of The Waist And Abdominal Region
- ❑ Posture And Footwork In Executing Takedowns
- ❑ The Three Laws Of Motion
- ❑ The Different Kinds of Force
- ❑ The Acting State Of Force
- ❑ Helpful Tips In Executing A Throwing Takedown
- ❑ Throwing Forward Pivot
- ❑ Throwing Reverse Pivot
- ❑ Throwing Skip Pivot
- ❑ Throwing Takedown's Hip/Leg/Hand/Sacrifice Style
- ❑ Hip Throw Takedown
- ❑ Major Hip Throw Takedown
- ❑ Body Drop/Shoulder/Cross Lapel Throw Takedown
- ❑ Lifting Hip Throw Takedown

- ❑ Sweeping Loin Throw Takedown
- ❑ Spring Hip Throw Takedown
- ❑ Leg Sweep/Knee Wheel Takedown
- ❑ Stomping/Lifting Foot Sweep Takedown
- ❑ Advanced Foot Sweep Takedown
- ❑ Sweeping Ankle Throw Takedown
- ❑ Major External Reaping Takedown
- ❑ Major Inner Reaping Takedown
- ❑ Minor Inner Reaping Takedown
- ❑ Circle Throw Takedown
- ❑ Floating Throw Takedown
- ❑ Flying Scissors Takedown
- ❑ Winding Throw Takedown
- ❑ Belt/Groin Throw Takedown
- ❑ Counter-attacking Throwing Takedowns
- ❑ Counter-Attack To A Hip Throw Takedown
- ❑ Switching-Hip Throw
- ❑ Counter-Attack To A Body Drop/Shoulder/Cross Lapel Throw Takedown
- ❑ Flat Fall Back Throw As A Counter
- ❑ Counter-Attack To A Thigh Sweep/Reaping Throw Takedown
- ❑ Counter Attack To A Sweeping Loin Throw
- ❑ Counter Attack To An Advanced Foot Sweep By An Advanced Foot Sweep
- ❑ Counter To A Lifting Foot Sweep By An Inner Reaping Throw

- ❑ Major Inner Reaping Throw As A Counter
- ❑ Grapevine And Strangle As A Counter To A Lapel Throw
- ❑ A Heel Sweep As A Counter To A Major Inner Reaping Throw
- ❑ Block And Parry As A Counter To A Circle Throw
- ❑ Arm Sweep/Thigh Lift As A Counter To A Head Lock Throw
- ❑ Flat Fall Forward As Counter To A Lifting Shoulder Throw Or Seizing Tackle-Leg Dive
- ❑ Double Leg Attack Takedown
- ❑ Single Leg tackle takedown
- ❑ Double Leg Tackle with Back Heel Trip Takedown
- ❑ Double Leg Tackle with Lift Takedown
- ❑ The Back Trip Takedown
- ❑ The Forward Trip Takedown
- ❑ Shoulder Thrust and Back Heel Trip Takedown
- ❑ Ankle Pick-up Takedown

## **The Fifty Hand Joint Locking Techniques**

- ❑ Hooking/Hand Joint Locking Technique
- ❑ Seizing /Hand Joint Locking Technique
- ❑ Hooking And Seizing/Hand Joint Locking Technique
- ❑ Separating Bone And Spin /Hand Joint Locking Technique
- ❑ Snapping the Thumb /Hand Joint Locking Technique
- ❑ Snapping the Fingers /Hand Joint Locking Technique
- ❑ Breaking The Hand /Hand Joint Locking Technique

- Resisting And Breaking The Hand /Hand Joint Locking Technique
- Spinning And Pressing The Hand /Hand Joint Locking Technique
- Twisting And Breaking The Hand /Hand Joint Locking Technique
- Hugging And Wrapping The Wrist/Hand Joint Locking Technique
- Spinning And Pressing The Wrist/Hand Joint Locking Technique
- Twisting And Pressing The Wrist/Hand Joint Locking Technique
- Filing And Twisting the Hand/Hand Joint Lock Technique
- Separating And Breaking the Hand/Hand Joint Lock Technique
- Spinning And Breaking the Hand/Hand Joint Lock Technique
- Hooking And Pressing the Hand/ Hand Joint Lock Technique
- Locking And Winding the Hand/Hand Joint Lock Technique
- Locking And Chopping The Hand/Hand Joint Lock Technique
- Hugging And Pressing the Hand/Hand Joint Lock Technique
- Seizing And Filing the Hand/Hand Joint Lock Technique
- Chopping The Elbow/ Hand Joint Lock Technique
- Chopping And Filing The Elbow/ Hand Joint Lock Technique
- Seizing And Filing the Elbow/Hand Joint Lock Technique
- Hugging And Snapping The Elbow/Hand Joint Lock Technique
- Locking And Supporting The Elbow/Hand Joint Lock Technique
- Reeling And Filing The Elbow/Hand Joint Lock Technique
- Moving And Chopping The Elbow/Hand Joint Lock Technique
- Resisting And Snapping The Elbow/Hand Joint Lock Technique
- Hugging And Separating The Elbow/Hand Joint Lock Technique

- ❑ Squeezing And Spinning The Elbow/Hand Joint Lock Technique
- ❑ Pulling And Snapping The Elbow/Hand Joint Lock Technique
- ❑ Chopping And Squeezing The Elbow/Hand Joint Lock Technique
- ❑ Pressing, Hugging And Supporting the Arm /Hand Joint Lock Technique
- ❑ Chopping And Resisting The Elbow/Hand Joint Lock Technique
- ❑ Pulling, Hugging And Supporting The Arm/Hand Joint Lock Technique
- ❑ Rolling, Hugging And Supporting The Arm/Hand Joint Lock Technique
- ❑ Locking And Wrapping The Elbow/Hand Joint Lock Technique
- ❑ Moving And Spinning The Shoulder/Hand Joint Lock Technique
- ❑ Spinning And Locking The Shoulder/Hand Joint Lock Technique
- ❑ Twisting And Resisting The Shoulder And Elbow/Hand Joint Lock Technique
- ❑ Moving And Separating The Elbow/Hand Joint Lock Technique
- ❑ Spinning And Locking The Elbow/Hand Joint Lock Technique
- ❑ Separating And Snapping The Elbow/Hand Joint Lock Technique
- ❑ Locking And Supporting The Arm/Hand Joint Lock Technique
- ❑ Locking And Chopping The Arm/Hand Joint Lock Technique
- ❑ Hugging And Struggling With The Arm/Hand Joint Lock Technique
- ❑ Separating And Piercing the Arm/Hand Joint Lock Technique
- ❑ Reeling And Filing, Separating And Snapping The Elbow
- ❑ Hugging And Supporting, Separating And Snapping the Arm

### **Training On A Wing Chun Dummy**

- ❑ Integrating, Low Kicking, Striking and Seizing

## **MISCELLANEOUS PHOTOS:**

- ❑ 12 Angles Of Attack (With and Without Weapons i.e. Short Stick, Long Pole, Chain, Chair, etc.)
- ❑ 12 Angles Of Evasion
- ❑ MESH (Mirroring, Evading & Stop Hitting)
- ❑ Edged, Impact & Projectile Weapons
- ❑ FBI Concealed Weapons List
- ❑ Traditional Martial Art Weapons (Western & Oriental)
- ❑ SWAT Equipment And Weapons
- ❑ SWAT CQB (Close Quarter Battle)
- ❑ Different Uniforms/Practitioners Of Different Styles Of Martial Arts
- ❑ Martial Arts Training Equipment
- ❑ Static Photo Of Man (For Chi Flow. Charting Blows To Body And Pressure Points)
- ❑ Trauma Conditioning Exercises to The Body And Limbs
- ❑ Various Stretches Of All The Appendages
- ❑ Various Strength Training Exercises (Chin Ups, Cable Machines, etc.)
- ❑ Calisthenics (Sit ups, Push ups, etc.)
- ❑ Various Escapes From Anticipated Attacks Of Habit / Waza Techniques
- ❑ Various Training Drills (Focus Mitt, Heavy Bag, Grappling, etc.)
- ❑ Throwing Pointed & Edged Objects (i.e. Knife vs. Hatchet)
- ❑ Drown Proofing (Focus Exercise)