



TECHNIQUES

___ ___ 031. OBSCURE SWORD	Rear Right-hand, Left Shoulder Grab
___ ___ 032. THRUSTING PRONGS	Front Bear Hug, Arms Pinned
___ ___ 033. LOCKED WING	Right-Arm Attempted Hammerlock
___ ___ 034. FLIGHT TO FREEDOM	Right-Arm Hammerlock, 1 st move checked
___ ___ 035. TWISTED TWIG	Right Hand Wristlock

FORMS & SETS

___ ___ Striking Set

BASICS

Muay Thai Elbows

RED BELT MOTTO

THE UNKNOWN BECOMES KNOWN