



## **STANDING LOCK FLOW NUMBER 1**

- 1) **OUTSIDE WRIST LOCK**
- 2) **CRADLE**  
PARTNER TWISTS AGAINST LOCK. GO WITH ARM + SNAKE L ARM AROUND THEIR ARM. APPLY DOWNWARDS PRESSURE WITH R ARM
- 3) **STRAIGHT ARMBAR WITH HAND**  
GRAB PARTNER'S THUMB WITH R, STRAIGHTEN THEIR ARM PARALLEL TO SHOULDER & HYPER-EXTEND ELBOW WITH L HAND
- 4) **STRAIGHT ARM BAR WITH BICEP**  
HYPER-EXTEND ELBOW WITH L BICEP
- 5) **TRICEP ARMBAR**  
RETRACT L ARM + TWIST PARTNER'S ARM + ROLLING L FOREARM AGAINST PARTNER'S TRICEP/ELBOW TO BEND THEM FORWARDS
- 6) **FIGURE 4**  
PULL PARTNER'S ARM BACK UP & COLLAPSE TOWARDS THEM. L ARM OVER PARTNER'S + GRAB OWN WRIST INTO FIGURE 4 + LEVER BACKWARDS, STEPPING R FOOT ROUND TO FACE PARTNER
- 7) **REVERSE STRAIGHT ARM WRIST LOCK**  
STRAIGHTEN PARTNER'S ARM, PALM UP. GRAB HAND WITH BOTH HANDS + BEND WRIST UP INTO REVERSE STRAIGHT ARM WRIST LOCK
- 8) **COME ALONG**  
HOLDING WITH HAND AROUND PARTNER'S THUMB WITH L UNDER ARM, BEND PARTNER'S ARM SO ELBOW ON YOUR CHEST INTO COME ALONG LOCK
- 9) **PARALLEL CANT**  
R ARM UNDER PARTNER'S ELBOW + GRAB FINGERS. STRAIGHTEN OUT ARM, L UNDER ARM AT ELBOW. COLLAPSE ARM WITH L ON THEIR BICEP INTO PARALLEL CANT
- 10) **VERTICAL TWIST LOCK**  
GRAB PARTNER'S FINGERS WITH L, R ACROSS THEIR PALM. TWIST PARTNER'S ARM (LIFTING UP), WITH FOREARM VERTICAL
- 11) **BENT ARM FINGER LOCK WITH LEFT HAND**  
TUCK PARTNER'S ELBOW INTO YOUR CHEST WITH R + PULL BACK ON FINGERS WITH L
- 12) **BENT ARM FINGER LOCK WITH LEFT HAND**  
REPLACE L WITH R HAND, PARTNER'S ELBOW TO OUTSIDE + CONTROL L SHOULDER WITH L HAND

*GO BEHIND OPP AND REPEAT ON OTHER SIDE*