



STANDING LOCK FLOW NUMBER 2

- 1) **BENT WRISTLOCK**
GRAB RIGHT THUMB WITH L HAND. ROTATE LEFT UNTIL FINGERS ARE POINTING TOWARD HIM. PLACE R PALM ON THE BACK OF WRIST AND PUSH STRAIGHT DOWN
- 2) **ARM CRADLE**
HOLDING R THUMB, GRAB WRIST R & SNAKE L ARM UNDER TO CRADLE HIS ARM IN CROOK OF L ELBOW. CUP ELBOW WITH L PALM. PRESS DOWN WITH R FOREARM TRICEP
- 3) **VERTICAL WRIST LOCK**
SLIDE L ARM DOWN & GRAB THUMB WITH L HAND, KEEPING HAND PRESSED TO CHEST. BRING R ARM UNDER ARM & USE R PALM TO SLAP UP ON BICEP. AS LIFT BICEP, BRING HAND DOWN SO ARM IS VERTICAL. CONTROL UPPER ARM BY CONTROLLING IT AGAINST CHEST WITH R HAND
- 4) **HORIZONTAL COME-ALONG WRIST LOCK**
PUSH DOWN UPPER ARM WITH R. CONTROL BY PRESSING ELBOW INTO CHEST
- 5) **FINGER GRASP STRAIGHT ARM LEVER**
GRASP FIRST TWO FINGERS OF HAND WITH R. PULL ARM STRAIGHT & APPLY PRESSURE BY PULLING DOWN ON FINGERS. AT SAME TIME, PUSH UP ON ELBOW WITH YOUR R PALM (ELBOW POINTING DOWN)
- 6) **REVERSE BENT ARM WRIST LEVER**
STEP IN & PLACE PARTNER'S ELBOW ON L SHOULDER AS GRASP R WRIST WITH L. BRING ARM DOWN SO HIS R HAND PARALLEL TO GROUND & GRASP ALL FINGERS OF R HAND. APPLY PRESSURE BY TWISTING FINGERS AWAY FROM BODY
- 7) **HAND INSERTION BENT WRIST LOCK**
GRAB R THUMB WITH L HAND. REST HIS FOREARM ON UPPER ARM & APPLY PRESSURE BY PUSHING DOWN ON WRIST AS PULL UP ON FINGERS.
- 8) **PARALLEL ARM BENT WRIST LOCK**
HOLD ONTO FINGERS, WHILE PUSHING ARM TOWARD HIM & RELEASE WRIST. PLACE L PALM ON TOP OF HIS FOREARM. APPLY PRESSURE BY LIFTING UP ON FINGERS AS PUSH DOWN ON FOREARM
- 9) **FOREARM DRAG**
REACH UNDER WITH L & GRAB INSIDE FOREARM. ROLL R HAND AROUND & GRAB OUTSIDE HIS WRIST. ROLL L ARM SO FOREARM PRESSES ON TOP OF HIS FOREARM NEAR ELBOW. LIFT UP ON WRIST & PUSHING DOWN FOREARM.
- 10) **FIGURE 4 WRISTLOCK**
LIFT UP ARM. GRASP OWN R WRIST WITH L HAND. APPLY PRESSURE ON HIS WRIST
- 11) **REAR BENT WRIST ELBOW THROW**
MAINTAIN GRIP ON R WRIST WITH R, L HAND OVER TOP RIGHT. REMOVE R HAND & APPLY PRESSURE WITH L. GRAB ELBOW WITH RIGHT HAND & LIFT
- 12) **TRICEP ARM BAR**
PULL HIS R ARM DOWN & GRAB HIS WRIST WITH R. STRAIGHTEN ARM & APPLY PRESSURE WITH L FOREARM ON TRICEP (ELBOW POINTED UP). PULL UP ON HIS WRIST AS PUSH DOWN ON HIS TRICEP
- 13) **UNDERARM ARM BAR**
ROTATE HIS ARM AS YOU LIFT SO PALM IS FACING UP & ELBOW DOWN. SUPPORT ARM ABOVE ELBOW ON YOUR UPPER ARM NEAR SHOULDER. APPLY PRESSURE BY PULLING DOWN ON WRIST AS LIFT UP WITH L ARM (CAN ALSO USE PALM UP TO APPLY PRESSURE AT ELBOW)
- 14) **BENT ELBOW LOCK**
BEND HIS R ARM. REACH UNDER ARM WITH R & GRAB HIS WRIST. PUSH DOWN ON WRIST AS LIFT UP WITH FOREARM
- 15) **UNDERARM COME-ALONG LOCK**
RELEASE GRIP ON WRIST AS REACH UNDER ARM WITH L & PIN FOREARM TO YOUR SIDE. GRAB ELBOW WITH R & GRAB BACK OF YOUR R WITH L. APPLY PRESSURE BY TORQUING UP.

REMEMBER TO PRACTICE ON RIGHT AND LEFT ARMS