

TECHNIQUES

Arm Bars

Regular Arm Loc

Reverse Arm Bar using Arm Pit

Reverse Arm Bar using Knuckle Drive to Tricep Tendon

Reverse Arm Bar using Knuckle Rub on Tricep Tendon

Reverse Arm Bar using Foot Stomp

Eviction Technique Head Control

Eviction Technique Using Lapel Grip

Hammer Lock

Reverse Elbow on Elbow Arm Bar

Reverse Arm Bar using Palm to Elbow