US ACADEMY OF MARTIAL ARTS, INC

JUDO / AIKIDO / JUJITSU PROGRAM OUTLINE

	Lesson	Attend. Verification				Techniques
Mod. 1	J2				3 min test	**Sweep Drill** Four foot sweeps
	J3					**Shoulder Throw, Invisible Shoulder Throw** Throw to pins
Mod. 2	J4				3 min test	**Heel Pick, Hip Wheel, Belly Throw** Throws to pins/positions
	J5					**Side Body Drop, Swp Hip Thrw, Ft Swp Cmbo** Throw to pins
Mod. 1	A2				1 min test	**Arm-bar** From Choke & Same Side Wrist Grab
	A3					**Reverse Bent Wrist Lock** From armbar, Same side wrist grab, Flow 1
	A4					**Chicken Wing** From Bnt Wrist lck, Rev Armbar to upper chicken wing, Flow 1
	A5					**Side Wrist Lock** Same Side Wrist Grab, Opp. Side Wrist Grab, Chicken Wing A, B, Flow 1

	Lesson	Attend. Verification				Techniques				
Mod. 2	A6				1 min test	**Bent Elbow Wrist Lock** From Armbar, rev. wrist lock, chest grb, same side wist, opp. side wrist, Flow 2	Reflex Development Classes			
	A7					**Hammer Lock** From push, armbar, Flow 2				
Mod. 3	A8				3 min test	**Upper Corkscrew** From opp. side wrist grab, two hand grab from behind, Flow 2				
	A9					**Pistol Grip** Same side grab, Rev. wrist lock, Corkscrew				
	A10					**Flow Pattern**				