



Marietta Martial Arts

To become a Red Belt

ONE HAND LAPEL

3. Backward – SS hand grab wrist... OS hand grab hand & rotate pinky side up... OS foot steps to 6:00... rotate body so attacker goes to the ground
4. Overarm wrist elbow lock – (variation to Same Side Wrist - #17 'Over Arm Wrist Elbow Lock')... SS hand grab wrist... OS hand grab hand & rotate pinky side up... SS elbow rotates over attacker's elbow and press down unto elbow
5. Elbow push hair chin takedown – SS hand push elbow in... OS hand goes outside of arm and pushes on attacker's chin... SS hand grabs hair... rotate head & SS foot step back for take down

2 HAND LAPEL

1. Over under armbar – RH over SS arm & under OS arm... RH counter grab wrist... LF step to 11:00... left elbow to elbow
2. Layered arms backhands to face – RH trap both hands to your chest... LH traps both hands (RH & LH are layered)... pull your elbows down – into you chest... double knife hand to neck

ONE HAND SHOULDER (Front)

4. Ki slap inside dive – OS hand grab hand... SS hand ki slap... LH dive (over arm towards your right knee)... OS foot step back
5. Ki slap outside dive – OS hand grab hand... SS hand ki slap... LH dive (over arm towards attacker's knee – away from your body)... SS foot step to 1:30
6. Overarm wrist elbow lock – (variation to Same Side Wrist - #17 'Over Arm Wrist Elbow Lock')... SS hand grab wrist... OS hand grab hand & rotate pinky side up... SS elbow rotates over attacker's elbow and press down unto elbow

ONE HAND MIDDLE SLEEVE

1. Forearm to wrist lock – OS hand grabs hand & rotates pinky side up... SS forearm is placed over attacker's arm & press down (effect is 'Inside S')
2. Wrap around – OS hand grabs elbow & pulls in... SS hand wraps around (go outside & under then in)

2 HAND MIDDLE SLEEVE (F)

1. Layered arms backhands to face – RH traps OS hand to your arm... LH traps OS hand to your arm (RH & LH are layered)... pull your elbows down to your chest... double back fist to face
2. Forearm to wrist lock double trap – RH grabs OS hand and rotates pinky side up (effect is 'Inside S')... LH rotates over & traps other hand (just trap)... pull your elbows down into your chest
3. Forearm to wrist lock – RH grabs OS hand and rotates pinky side up... left arm rotates over attacker's arm & press towards your body (effect is 'Inside S')
4. Cross grab elbow wrap around – OS hand grabs elbow & pulls in... SS hand wraps around (hand goes in, up & under the arm)... your arm should line up with the attacker's elbow

SIDE BODY

1. Elbow break bicep shoulder TD – SS arm wraps under then up against attacker's arm (traps arm to your side... OS arm strikes up to break elbow... OS hand grabs shoulder... OS foot step up for sweep
2. Forearm to elbow bend backfist – SS arm wrap under then up against attacker's arm (no break – just trap)... OS hammer fist down onto elbow (to bend it)... OS back fist to face

BACK COLLAR

1. Ki hands back elbow armbar to chest – SS hand ki slap (in to out)... SS hand pushes elbow up (rotate arm so elbow is up).... Both hands knife hand to the back of elbow and pull towards your chest
2. Head under arm trap hand elbow armbar – while ducking under attacker's arm OS hand trap to neck (OS foot step to 11:00 then SS foot steps behind attacker 12:00)... OS hand pulls attacker's hand off of your neck & rotates elbow up... SS arm does arm bar to elbow
3. Elbow shoulder sweep – SS hand grab elbow... OS hand grabs shoulder... OS foot step for sweep