

Joint Lock Flow Drill #2

1. (A) Punch (B) 9 Block & Hammer Lock
2. (A) Counter Hammer Lock With Shoulder Lock
3. (B) Counter Shoulder Lock With Push
4. (A) Arm Their Pushing Arm
5. (A) Snaking Hammer Lock
6. (B) Counter Hammer Lock With Shoulder
7. (A) Counter Should Lock With Push
8. (B) Arm Bar Their Pushing Arm
9. (A) Counter Their Arm Bar With Arm Bar
- 10.(B) Counter Their Arm Bar With Arm Bar & Side Kick Their Knee

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