

Black			
Katas	<ul style="list-style-type: none"> •Tokomani No Kun 	Chokes	<ul style="list-style-type: none"> •lapel noose choke •sleeve choke: single & double •lapel wing choke
Self Defense	<ul style="list-style-type: none"> •Defenses against moving knife attacks 	Transitional Flow	<ul style="list-style-type: none"> •lock flow from/into - finger to wrist to arm using: index, inverted, two finger, ring finger, all finger compression, reverse finger and two fingerlock, wristlock, reverse wrist lock, bent elbow wrist lock, vertical wrist lock, underhand wrist lock, chicken, goose and pistol grip, armbar, reverse armbar, armlock, reverse armlock, hammerlock, reverse hammerlock, figure-4 armbar, figure-4 armlock
Arm & Shoulder Locks	<ul style="list-style-type: none"> •Figure-4 armbar •Reverse figure-4 armbar •Hand & Elbow from chest shove (1 & 2 hand variation) 	Cane Techniques, Strikes & Blocks	<ul style="list-style-type: none"> Palis Palis (Angle 1): thrust, armbar to cane takedown, cane forearm backward throw & cane leg takedown •Palis Palis (Angle 2): thrust, big armbar, cane center lock/disarm on shoulder, reverse forearm disarm to armbar & reverse cane takedown
Throws & Ground Grappling	<ul style="list-style-type: none"> •Leg Take-downs: front & side, elbow & shoulder strikes (follow-ups: standing leg-bar, sitting leg-bar & heel hook: front & back) •Lying cross-body armbar •Lying cross-body arm lock •Figure-4 leg lock •Figure-4 knee bar (2 variations) •Grapevine 	Drills	<ul style="list-style-type: none"> •Double Stick Combo (10min): single sinawali, double sinawali, redonda, reverse sinawali •Empty-hand tapi-tapi: 3 counter from Inside (slap-off, center lock & wrist wrench) 3 counters from Outside (pull-off, center lock & armbar)
Questions	<ul style="list-style-type: none"> •When do we create space, take away space & why? •Why is the principle of Rotational Momentum a major movement in SCJ? •Create 3 Pressure Point KO's using same element theory. 	Pressure Points: show location, demonstrate angle & direction and effect	<ul style="list-style-type: none"> •GB31, GB32, GB33, GB35, GB36, GB41, SP6, SP9, SP10, SP11, SP12, LV12