



ProMACSM

Professional Martial Arts College

Session 8A, Section # 5

Section #5

Cutting Edge Classroom Concepts

TOPIC 1 – LOCK FLOW PATTERNS	2
#1	2
#2	2
#3	2
TOPIC 2 – Pad Combos	3
3-Count	3
4-Count	3
10-Count	3
12-Count	3

TOPIC 1 – LOCK FLOW PATTERNS

#1

- Inside Wrist Flex
- Outside Wrist Flex
- Cross Wrist Flex
- Downward Wrist Flex
- Collapsing Wrist Flex (Horizontal)
- Collapsing Wrist Flex (Vertical)

#2

- Upward Armbar
- Downward Armbar
- Figure 4
- Horizontal Shoulder Check
- Vertical Shoulder Check
- Underarm Figure 4

#3

Whirlwind Free Flow Combo



TOPIC 2 – Pad Combos

3-Count

1. Jab, cross, back elbow
2. Jab, cross, lead elbow
3. Jab, cross, back knee
4. Jab, cross, switch knee
5. Jab, cross, back leg round kick
6. Jab, cross, switch round kick

4-Count

1. Switch round kick, cross, hook, back leg round kick
2. Switch round kick, cross, hook, switch round kick
3. Back leg round kick, cross, hook, switch round kick
4. Back leg round kick, cross, hook, back leg round kick

10-Count

Jab, cross, lead elbow, back elbow, clear, grab, back knee, switch knee, throw, back leg round kick

12-Count

Left chop block, right chop block, left side crunch, right side crunch, jab, cross, hook, cross, duck, cross, back knee, back leg round kick