



Prof. Muro class #2  
Lock flow sequence  
10-26-2023

<https://youtu.be/79ki6ThjXxY>

**Art #1 Mirror Block Check Punch Drill**



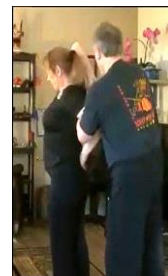
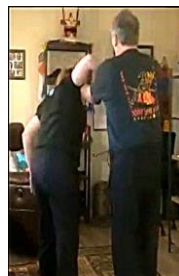
Uki Does right punch to face. Tori steps off to the left slightly, left right mirror block, left cupped hand slap to Uki's right forearm with Tori's left hand to a right punch to Uki's face. Do this drill back and forth

**Art #1 to Art #2 Te Kubi Shigarami (our name figure 4 arm lock)**



Mirror block Tori right hand to the outside of Uke's right wrist, your left forearm over Uke's right bend of their elbow, with your left hand grab the outside of your right arm.

**Counter to Art #2 to Art #3 Read Double Arm Finger Lock**



Tori pushes Uke's head down and around, so Uke is facing away from Tori. Maintain contact with Uke's captured right hand as it goes over Uke's head. Tori is now behind Uke's back with a Kotemaki type hold beside the right side of Uke's head. Tori reaches around Uke's left arm and grabs Uke's right hand fingers palm towards Tori for multiple finger lock.

**Prof Muro Extended Lock Flow Sequence Page 2**  
**Do Art #1 Mirror Block Check Punch Drill**  
**to Art #2 Figure 4 to**  
**Art #4 Pari Punch Take Katate Tori Ni (our Name) To Wrist lock - Neck Hook**



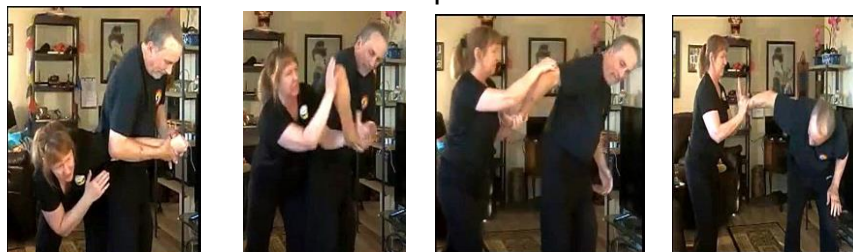
Before Art #2 is applied Tori pushes Uke's right side of their head away with their left-hand. With Tori's right-hand grab and turns Uke's right wrist little finger up placing in on Tori's chest in wrist lock. Tori wraps their left arm under and around the back of Uke's neck for hold while applying wrist lock.

**Art #5 Counter Art #4 to sideways bow arnbar**



Before Art #4 is applied counter it by turning your head to the left, grab uke's right wrist with your left-hand thumb up with both hands grab Uke's right wrist turn to your left your right elbow over Ukes right elbow to sideways arnbar bowing sideways.

**Art #6 to Katate Tori Ni (Our Name) Counter to sideways elbow press**  
**Different Uke-Tori sequence for better view**



Counter before art #5 is applied pushing Uke's right elbow up. Push your knuckles into Uke's right elbow with your right hand take Katate Tori Ni variation with both hands.

**Prof Muro Extended Lock Flow Sequence Page 3  
Art #7 Double front Kotegaeshi Armlock.**



Counter before applied Art #6. Slap with your left hand to the inside of Uke's left wrist your right and left hand grabs the inside of Uke's wrists into straight and bent double armlock.

**Art #8 Right Forearm Side Headlock Kata Hagai (our name) without armlock**



Counter before Art #7 is applied, you parry the inside of Uke's right wrist with your right-hand wrap Uke's right arm around the front of their neck. Grab Uke's wrist from the rear of Uke's head for side neck choke.

**Art #9 Kubi Nuki Tori**



Block art #8 with your left hand straighten Uke's right arm as you extend your right arm past Uke's right ear to do Kubi Nuki head lock.



**Prof Muro Extended Lock Flow Sequence Page 4**

Tori counters Art #9 with Fuji finger choke.



**Art #10 Emon Tori**



Uki does Emon Tori with both hands on Uke's bent arm.



View different Uke-Tori



Tori escapes by pushing Uke's right front shoulder and pulls their hand free

Continue to **Art #1 Mirror Block Check Punch Drill**

