

Sr. Prof. Muro taught this to Alicia and me as his  
Chicken Wing Lock Flow Kata  
5-9-24 at the American Legion Hall Monterey, Calif.



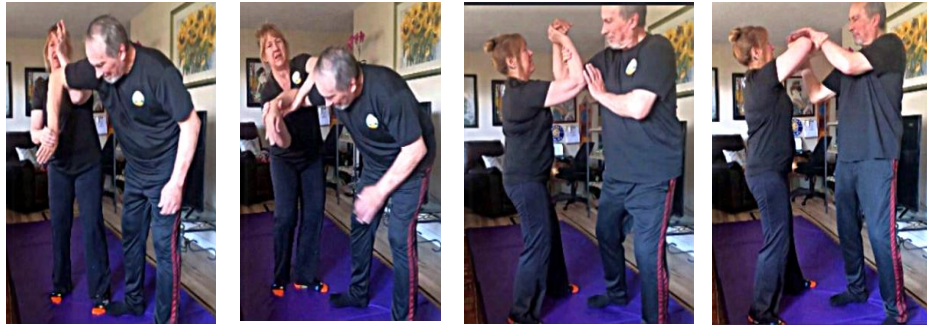
Uki - From a right punch / Tori – parries across to their right and with their left-hand reach under and take a two hand Katate Tori Ni wrist lock fingers up variation.

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Tori – Grabs Uke's thumb with their left hand and with their right wrist in the bend of Tori's wrist rotate into police wrist hold (chicken wing). Tori's right hand extends Uke's right arm and strikes Uke's abdomen with a left back fist. Tori strikes back to the inside of Uke's right arm bending it and goes into a goose neck hold.

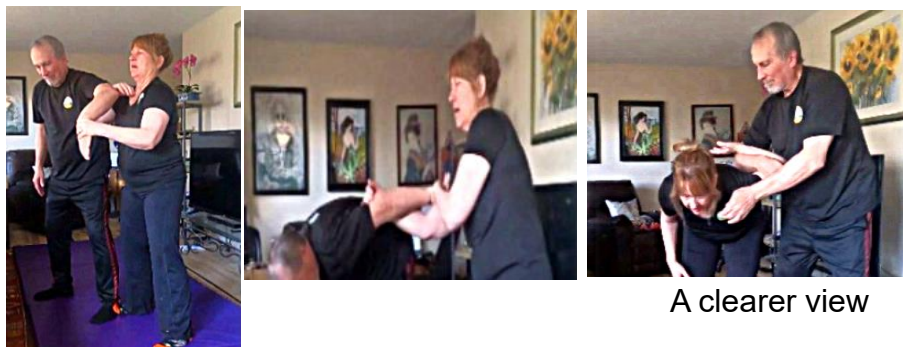
## Chicken wing lock flow page 2



Tori - transitions to arm crank pushing Uke's elbow down then returning to figure 4 arm hold. Uke – Blocks the lock with their left hand on Tori's right elbow.  
Tori – Passes the block from under their right arm.



Repeat Katate Tori Ni, police lock (chicken wing), stretch arm strike abdomen and inside of arm to goose neck.



A clearer view

Tori - With their left hand going to arm crank then place Tori's left hand on top of Tori's left arm into an arm wrap hammer lock.

Tori - Leads Uke into a forward roll releasing the arm lock. As Uke rolls they get a kick from Tori, as Uke turns to face Tori, Tori does a right punch to Uke.

Tori becomes Uke and the new Tori repeats the lock flow.

PBK