

Module #9

Entries, Armbars and ChinNa's Continuation

- Entry Leverage #1 to the ground
- Entry Leverage #2 to the ground
- Entry leverage #2 to ground with chicken wing compliance
- Entry leverage #2 to the ground with Shoulder compliance
- Bicep grab defense (rotating passing arm bar)
- Bicep grab defense (rotating passing arm bar with china)
- Outside parry arm break / Tricep Arm Bar / Wrist ChinNa / neck ChinNa