

Small Circle Juijitsu

Key Movement Exercises:

- 1) Basic Wrist Extension
- 2) Basic Wrist Extension with Rotational Twist
- 3) Wrist Extension exercise using sleeve
- 4) Outward Wrist Stretch
- 5) Inward Wrist Stretch
- 6) Thumb / Wrist entry (for arm bars)
- 7) Thumb / Wrist entry (for arm locks)
- 8) Thumb / Wrist entry (for Leg bars)
- 9) Thumb / Wrist entry (for chocks)
- 10) Pivoting Exercise