



PHOENIX FLOW DRILL FROM MOUNT

- 1) V-ARM LOCK
- 2) CRUCIFIX
- 3) GUILLOTINE
- 4) ENTANGLED ARM CHOKE
- 5) FIGURE 4 NECK CRANK
- 6) SCISSOR CHOKE
- 7) SMOTHER
- 8) CHOKE WITH ARM HOLD
- 9) SIDE STRANGLE
- 10) SINGLE ARM BAR

PHOENIX FLOW DRILL HOLDING GUARD

- 1) STRAIGHT ARM ELBOW LOCK
- 2) FIGURE 4 NECK CRANK
- 3) SCISSOR CHOKE
- 4) SHOULDER CRANK
- 5) CRUCIFIX – BOTH ARMS HOOKED
- 6) CRUCIFIX – ONE ARM HOOKED
- 7) GUILLOTINE
- 8) SIDE STRANGLE
- 9) TRIANGLE CHOKE
- 10) SINGLE ARM BAR WITH LEG SCISSORS

PHOENIX FLOW DRILL FROM STANDING

- 1) CRUCIFIX (FROM TACKLE)
- 2) FIGURE 4 FACE LOCK
- 3) GUILLOTINE
- 4) SHOULDER CRANK
- 5) STRAIGHT ARM ELBOW LOCK
- 6) FOREARM LOCK
- 7) NUT CRACKER
- 8) SIDE STRANGLE
- 9) FIGURE 4 NECK CRANK
- 10) REAR CHOKE