

# Ultimate Front Head Lock Series

*By Daryl Weber*

<b>Beginners</b>	<b>Advanced</b>	<b>Expert</b>
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- **FHL From Knees – Quick Score Series**
  - **Backhand Drill**
  - **Bounce & Backhand**
  - **Shuck**
  - **Hook Ankle**
  - **Run Down Double**
- **FHL From Knees – Torture Series**
  - **Torture Down**
  - **Head-n-Hole Cradle**
  - **Shuck**
  - **Hip Hook**
- **FHL From Knees – Float Series**
  - **Knee Tap**
  - **Knee Tap & Spin**
  - **Dresser Dump**
- **FHL From Feet – Pull Down Go Behind**
- **FHL From Feet – Cross Ankle Pick**
- **FHL From Feet – Dresser Dump**
- **FHL From Feet – Pullout & Side-Step Double**
- **Quick Score Go-Behind**
- **FHL Set-ups**
  - **Pressure Snap**
  - **Fake & Snap**
  - **Under Hook to FHL**
  - **Bang & Cover**
- **FHL Defense**
  - **Circle Off**
  - **Sucker Drag**
- **FHL Drills (Use at all levels with appropriate techniques)**
  - **Down Block Drill**
  - **Force FHL Drill**