

## **3 – 2 Kup**

### **Rear shoulder grab**

#### **Elbow press lock**

Turn away from the grabbing hand, trapping your opponent's arm over your shoulder. Put both hands on the elbow, from either side of the arm and push against the joint whilst rolling the elbow slightly, to force your opponent down. Finish with a knee strike to the face, once they are down.

#### **Rear wrist lock throw**

Turn one way, as a fake. Turn the other way, grasping the hand with your "furthest hand" (left, if you're turning to your right). Break their grip from your collar. The other hand comes over their arm, bend your elbow / wrist and take hold of their wrist. Twist your body back towards the front, to execute the throw.

### **Rear two hand wrist grab**

#### **Twisting wrist lock (rear wrist grab)**

Lift both hands above your head. With one hand, take hold of your opponent's opposite hand, in wrist lock position (meat of the palm, 2 major knuckles). Turn in the direction of the hand you are using to hold your opponent's wrist, putting pressure on the wrist. Place your other hand on your opponent's elbow at the same time, to increase the pressure. Circle your arms, to take your opponent down with Elbow Press Lock technique.

#### **Rear takedown**

Step one leg behind your opponent, while lifting your arms. Twist your body so that they trip over your leg, using your arm as leverage.