

## **4 – 3 Kup**

### **Two Hand Wrist Grab**

#### **Cross elbow throw lock**

Break out one hand and use it to grasp the hand still holding your other hand. Use that hand to grasp your opponent's free hand. Rotate your hands in a big circle, tying up your opponent's arms. Step across them as you continue to circle the arms.

#### **Inward spin wrist lock**

Lift both arms, keeping your elbows close to your body. Break one arm out of the grip and use it to take control of your opponent's other hand (underneath your, still held, arm). Spin around the held hand, dropping to one knee, to increase the pressure on the wrist and elbow.

### **Collar Grab**

#### **Wrist lock**

Reach across with the same hand as your opponent (left / left or right / right), take hold of your opponent's hand and twist inward, to raise the elbow. Using your other hand, pull the elbow back round, putting pressure on your opponent's wrist.

#### **Wrist lock and knee press**

If your opponent grasps with their left hand, lock it off with your right. Your left hand then goes onto their wrist. Twist your body to the right, putting pressure on the wrist and forcing the takedown / throw. When your opponent is on the floor, keep hold of the wrist and put your knee onto the elbow.

### **Rear Bear Hug**

#### **Upward wrist lock**

Use your elbows to keep your opponent's elbows in close. Wrench out their uppermost hand, and then twist it upward, against the wrist joint. As they release the other hand, twist out into wrist lock position at arms-length. Using the leg nearest your opponent, execute a front kick to the chest. Roll your knee over their arm, to execute the take down and arm lock.

#### **Finger lock**

If your opponent's fingers are interlocked, squeeze the hands together, to loosen the grip. Take the hand (fingers), from between the thumb and forefinger, and twist outward. Your opponent's hand should be higher than the elbow. Take out the knee, to take them down.