

6 – 5 Kup

Single Hand Grab

Step in spinning lock

Step across and take the wrist of your opponent's free hand with your free hand. Continue under your opponent's now locked arm. This will free up your other hand. Use this hand to grip your opponent's arm, too. Once completely under your opponent's arm, twist then cut down like a sword strike, to take your opponent down.

Twist push spinning lock

Lock off the attacking hand with your free hand. Circle your arms upwards and outwards, to free the attacked arm. With your now free hand, grip the attacking hand like a sword grip. Lift the hand (under the elbow) to put pressure on the wrist. Step under the arm, twist your body and cut down like a sword strike, dropping your opponent into a throw. Lock off the arm.

Elbow push lock

Take the attacking wrist with your free hand. Break your trapped hand free, through the weak point of the grip. Take hold of the trapping hand with your now free hand, underneath the arm. Step forward, putting pressure onto the elbow and shoulder, using your body.

Wrist twist lock

Lift the held hand. Take your opponent's hand with the free hand. Roll the elbow of your trapped hand over your opponent's arm, whilst bringing your trapped hand to your chest.