

## **7 – 6 Kup**

### **Single Hand Grab**

Your partner takes hold of your wrist – nearest hand – ie. Not across the body - left hand to right hand.

### **Reverse lock**

Low level “butterfly” grip. Break away from opponent’s grip, grip opponent’s arm with the now free hand. Step in, across opponent’s lead leg, twist and push like a sword strike, to throw opponent over your leg.

### **Fulcrum lock**

Lift your hand inwards and grip opponent’s hand with your free hand (underneath, similar to the “shadow puppet” position). Continue the circular movement, adjust “free” hand into kotogaeshi position and continue the circle until the opponent loses balance.

### **Leverage lock**

Lift gripped hand to your shoulder. Grip your opponent’s hand with the free hand. Break the other hand free and grip opponent’s elbow. Push down on the elbow, putting pressure on the wrist.

### **V-press lock**

Twist arm outward. Grip your opponent’s hand with your free hand. Continue the twist of your gripped hand until it breaks free. Grip your opponent’s arm with the now free hand. Step forward and push with the same hand, putting pressure on the elbow.