

8 – 7 Kup

Single-hand Cross Wrist Grab

Your partner takes hold of your wrist, in a cross body position – ie right hand to right hand / left hand to left hand.

Elbow press lock

Rotate your trapped arm upwards and inwards. Continue the circle until you are able to grip your opponent's arm with your previously trapped hand. Your free arm then puts pressure on the elbow joint, rotating it around the line between their wrist and shoulder. Step across your opponent's stance (or spin behind) to increase the pressure.

Twist grab wrist lock

Lift the trapped arm up and inward, turning your opponent's elbow outward. Take your opponent's hand / wrist with your free hand as you break your trapped hand out (similar to "shadow puppet" position). Push your opponent's elbow down, with the now free hand.

Outside turn wrist lock

"Punch" down, to break the grip. This creates a space between your opponent's fingers and your hand. With your free hand, put your fingers into this space, with your thumb into the back of their hand. Grip the fingers and lift the hand, putting pressure on the wrist and forcing the elbow up. For extra emphasis, twist under the arm, cutting down like a sword strike, to take your opponent down. Alternatively, pull on the elbow, while keeping the wrist in the same position.

Elbow twist shoulder throw

Reach for the trapping hand with your free hand. Punch the trapped hand down, to break the grip. Step in and execute a shoulder throw.

Elbow twist neck throw

Similar to the Elbow Twist Shoulder Throw but step further behind your opponent as you execute a neck throw, to ensure that your opponent trips over your lead leg.

Would also work with a belt throw.