

1st Kyu Tuite

1. A: Elbow grab and hook punch. D: Shuto block and strike to neck. Trap A's hand to elbow. Turn A's little finger up. Change body out and bring trapped arm over A's forearm bending his arm. Grab gi underneath at elbow and pull down with change body to takedown. Lock A's wrist and elbow at 90 degree angles. Continue to lock elbow over D's knee.
2. A: Same side wrist grab and attempted face punch. D: Block punch at biceps and shuto strike to neck. Regrab A's hand. Pivot under regrabbed arm and elbow to ribs. Drop to one knee and elbow groin, while hyperextending A's elbow over shoulder. Pivot to other knee while taking A down to ground, Maintain hold on A's hand and twist wrist and forearm.
3. A: Wrist grab and punch to face, D: Block punch at biceps and shuto to side of neck. Regrab A's hand and pivot to outside while maintaining grip. Pull down and push down on A's elbow to take him down. Push A's elbow down so ground and wrist lock against ground. Keep wrist deep under elbow. Punch to face.
4. A: Same side lapel grab. D: Trap A's hand to Lapel with opposite hand. Bring arm up under A's elbow to hyperextend. Switch hands to inside wristlock and throw with head slap and push. Follow A to ground with one knee under A's arm and Inside knee on top. Twist wrist and hyper extend elbow.
5. A: Two hand front choke. D: Forward hand pushes into A's throat while rear hand pulls back on A's belt. Optional: take to ground while D does breakfall over A's body.