

4th Kyu Tuite

1. A: Two hand grab of one arm. (one hand high; one low). D: Change body forward to A's outside and rotate lower hand outside of A's hands. Push against A's arms with double knife hands as D pivots 90 deg. D has one hand at wrist and one at elbow. Optional: continue to an elbow hyperextension.
2. A: Lapel grab with one hand. D: Strike up underneath A's wrist and rotate hand to an inside wristlock, change body. Can use D's elbow over top of A's elbow to increase pressure. Drop down.
3. A: Lapel grab with one hand. D: Strike up underneath A's wrist and rotate hand to an outside wristlock; change body (Go to take down).
4. A: Double lapel grab (one hand high and one low). D: Counter as in #3 against lower hand. (going to an outside wristlock).
5. A: Wrist grab and hook punch to face. D: Block punch with knifehand to bicep, than bring blocking hand to back of A's head, Change body and throw A by pushing on head at a 45 deg. angle and pulling and twisting on grabbing arm.