

6th Kyu Tuite

1. A: Attempted two-hand choke. D: Grab A's hands and rotate them high to lock the shoulders keeping little finger toward A. Keep bending the hands back toward A and keep A's elbows and wrists at 90 deg. Lock wrists and apply pressure inward and downward.
2. A: Attempted two-hand choke, one hand long and one short. D: Grab A's hands and rotate one arm at a time, (like #1) while changing body toward the short arm. Keep pressure on wrists as D pushes one hand toward A and pulls and twists one hand away.
3. A: Two hand grab of D's wrists while in "praying hands" position. D: Pull both hands to chest while stepping back (crane wings). Rotate hands over top of A's hands to wristlocks with fingers grasping wrists and palms pressuring back of A's hands. Step forward and apply pressure upward and forward.
4. A: Two hand grab of D's wrists while in "praying hands" position. D: Step in and change body. Forward hand strikes A's shoulder with knife hand while other hand rotates over and locks A's wrist and twists inward while other hand presses fingertips into vital point on neck. (LI-18 or SI-16)
5. A: Two hand grab of both D's wrists. D: Bring one hand under the other and pry one of A's hands off. Twist A's hand outward, (to an outside wrist lock) while changing body away from A. Optional: continue to a take down.
6. A: Same side wrist grab. D: Grab attacker's hand with opposite hand. Change body as D peels attacker's hand off. Lock A's wrist (rotate and twist to palm up) while sliding in with foot behind A's. Elbow A's ribs followed by hammer fist to groin and back fist to A's face. Optional: hyperextend A's elbow over shoulder.