

1. A: Same side wrist grab. D: Outside spear hand, over A's wrist driving down and then forward into A's solar plexus. Optional: change body
2. A: Opposite side wrist grab. D: Outside spear hand over A's wrist driving down and forward into A's solar plexus. Optional: change body
3. A: Double wrist grab. D: Both hands make outside spear hand, over A's wrists driving both hands down and forward into A's solar plexus. Optional: change body
4. A: Same side wrist grab. D: Make fist as wrist is grabbed, open hand and snap back to opposite side chest. Optional: change body
5. A: Same side wrist grab. D: Wrist lock (like yoi in Wansu). Rotate grabbed wrist to hyperextend A's fingers as D's other wrist pulls A's wrist toward D's center. Step forward.
6. A: Same side elbow grab. D: Trap A's hand to grabbed elbow by reaching up and under. Change body to trap A's wrist to D's elbow while apply pressure to fingers.
7. A: Same side shoulder grab. D: Pivot and turn the grabbing hand to little finger up position. Bring the arm of the grabbed shoulder over A's arm and push down locking A's elbow in a bent position. Drive downward.