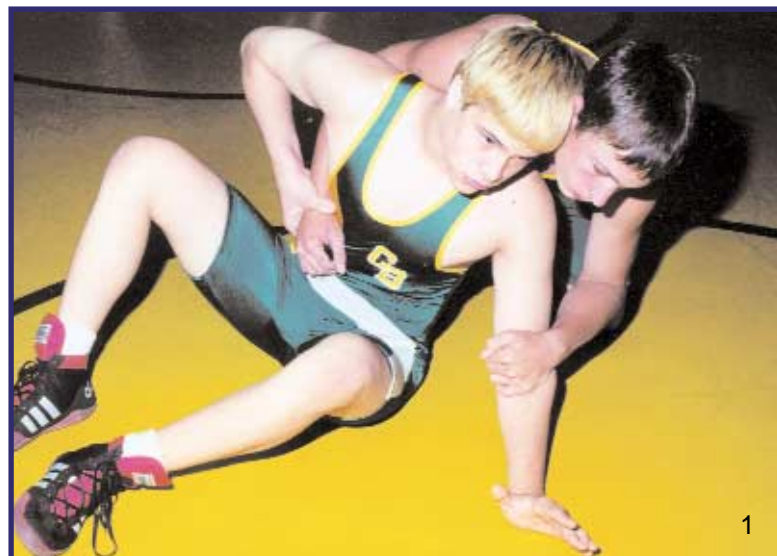


Top e c h n i q u e



1-The offensive man is in a sit-out position and the opponent has an overhook.



2-The offensive man has stepped his right foot in a 1/2 foot, lifted his butt off the mat and dropped to his left elbow.



3-The offensive man has stepped his left foot in and has rotated to his left toe. He is beginning to shrug his head over his left elbow.