

Top e c h n i q u e

Arm Spin with Low

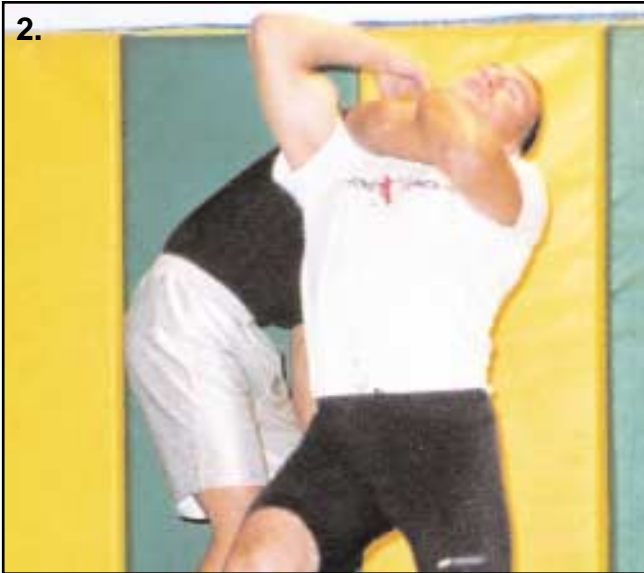
1.



1 - The opponent is trying to take "collar tie". The offensive man locates hand on top of opponent's arm from outside and steps same side leg forward. The offensive man controls opponent's other arm by holding his wrist.

Double Leg Attack

By Vladimir Anoshenko



2 - The offensive man turns his body at a 90 degree angle and steps forward with his back leg. At the same time, the offensive man relocates his hand from opponent's wrist to opponent's other under upper arm. The offensive man holds tight to opponent's arm arching his back and begins spinning.



3 - The offensive man spins on opponent's arm and turns his body 180 degrees.