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Knee Split Cradle



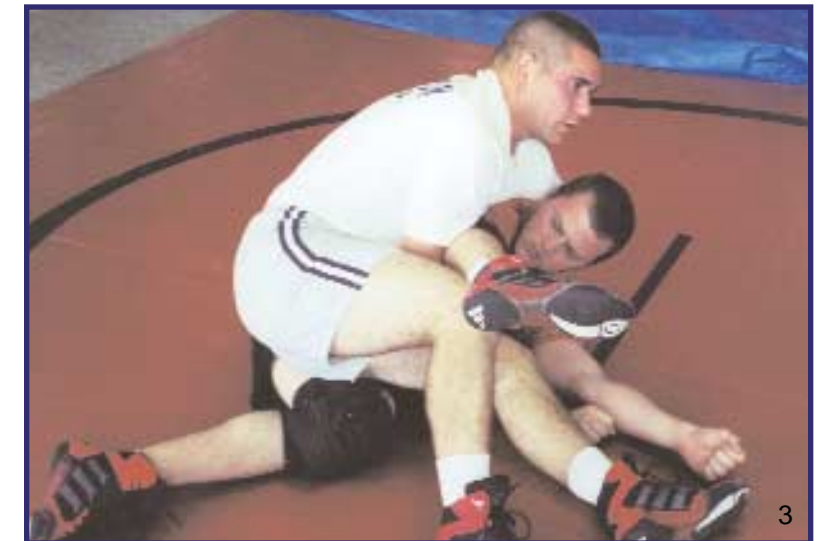
By Raymond Miro
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Williamstown, MA



1 - Step behind and in between your opponent's legs.



2 - Spread your opponent's legs as wide as you can.



3 - Then sit under your opponent's leg walking and adjusting your hips upward.