

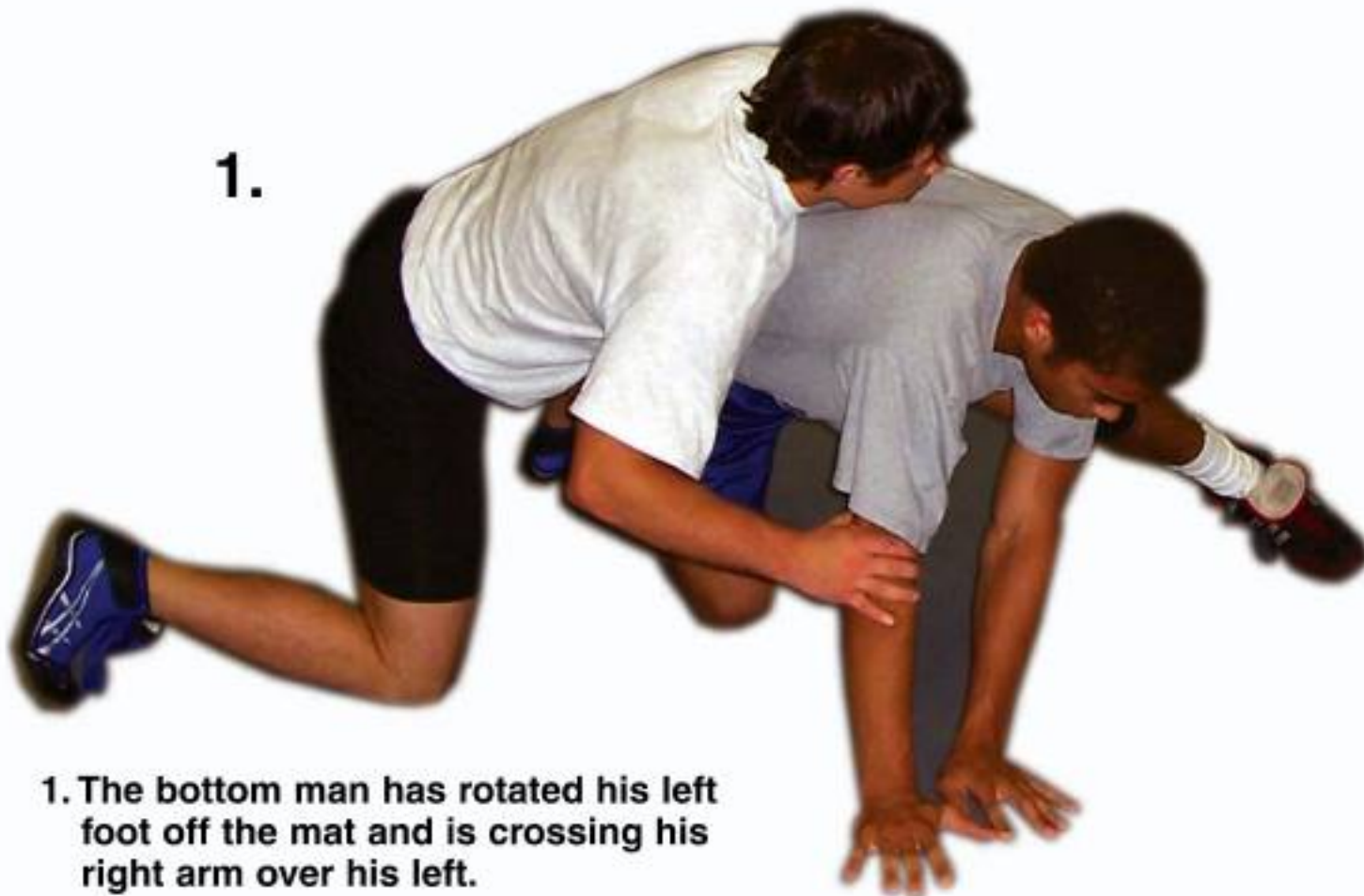
Top e c h n i q u e



Change

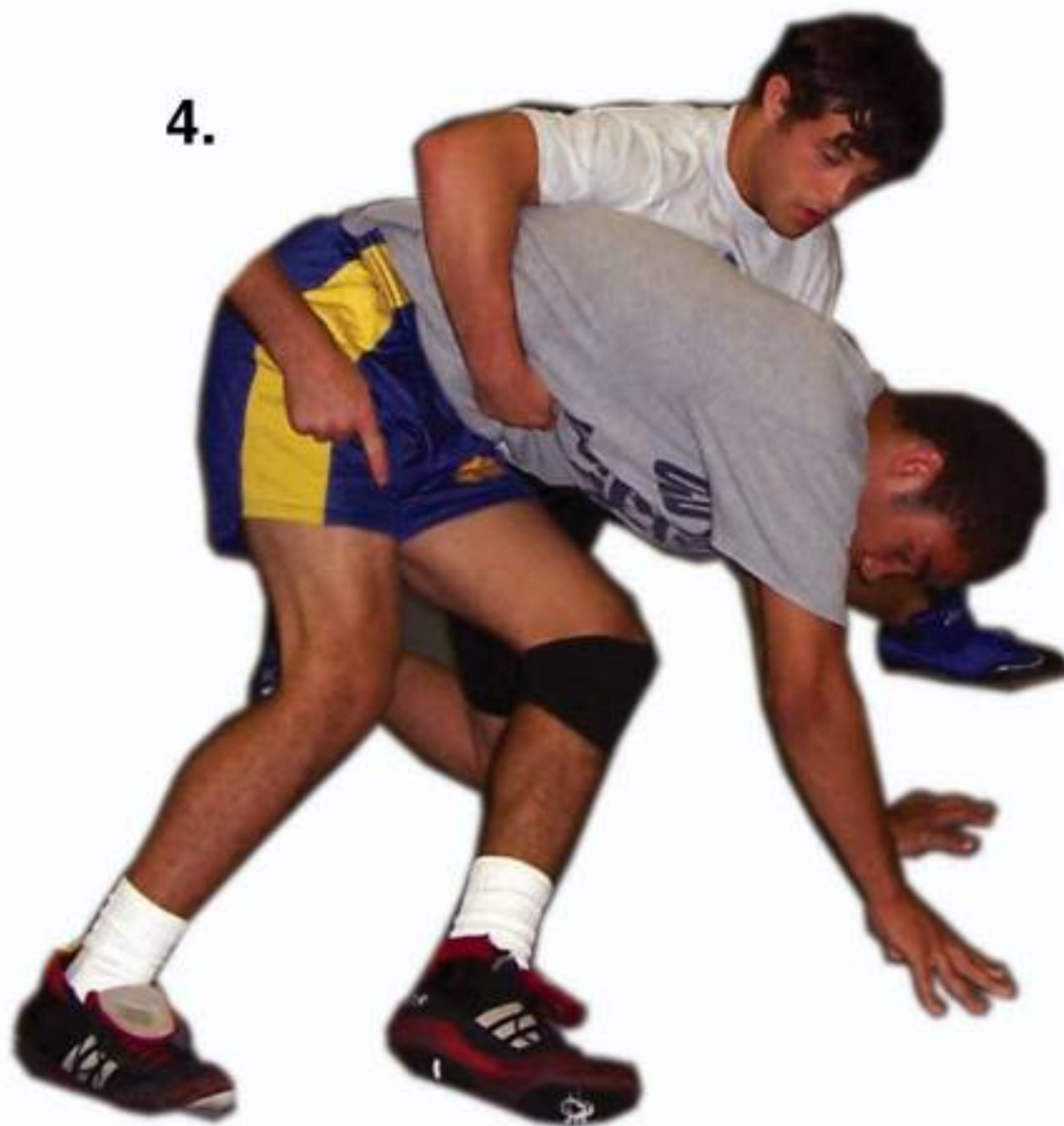
By Steve Martin

1.



1. The bottom man has rotated his left foot off the mat and is crossing his right arm over his left.

4.



4. The bottom man has begun to rotate up to his cross step Granby Roll position.

Over Granby



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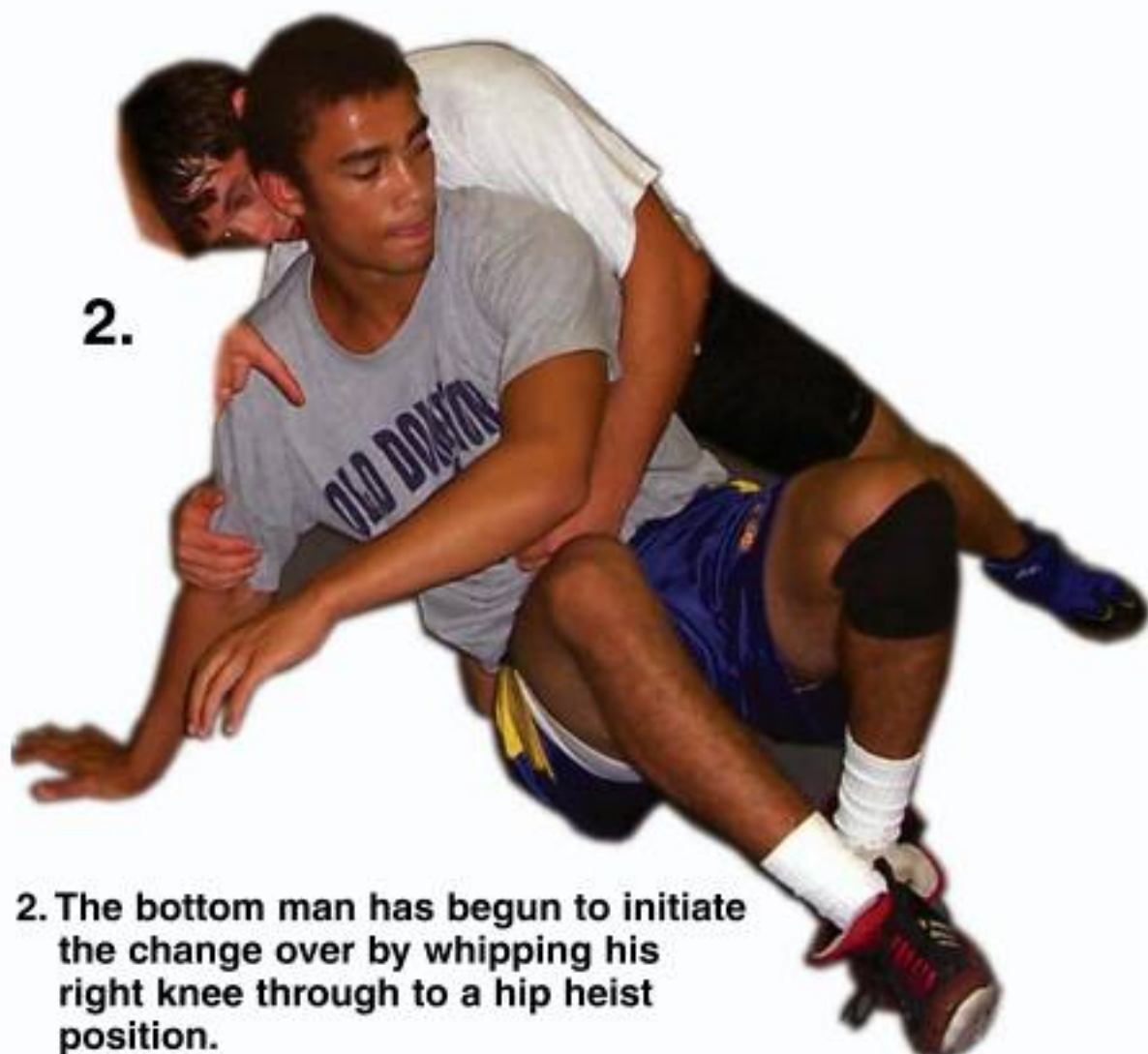
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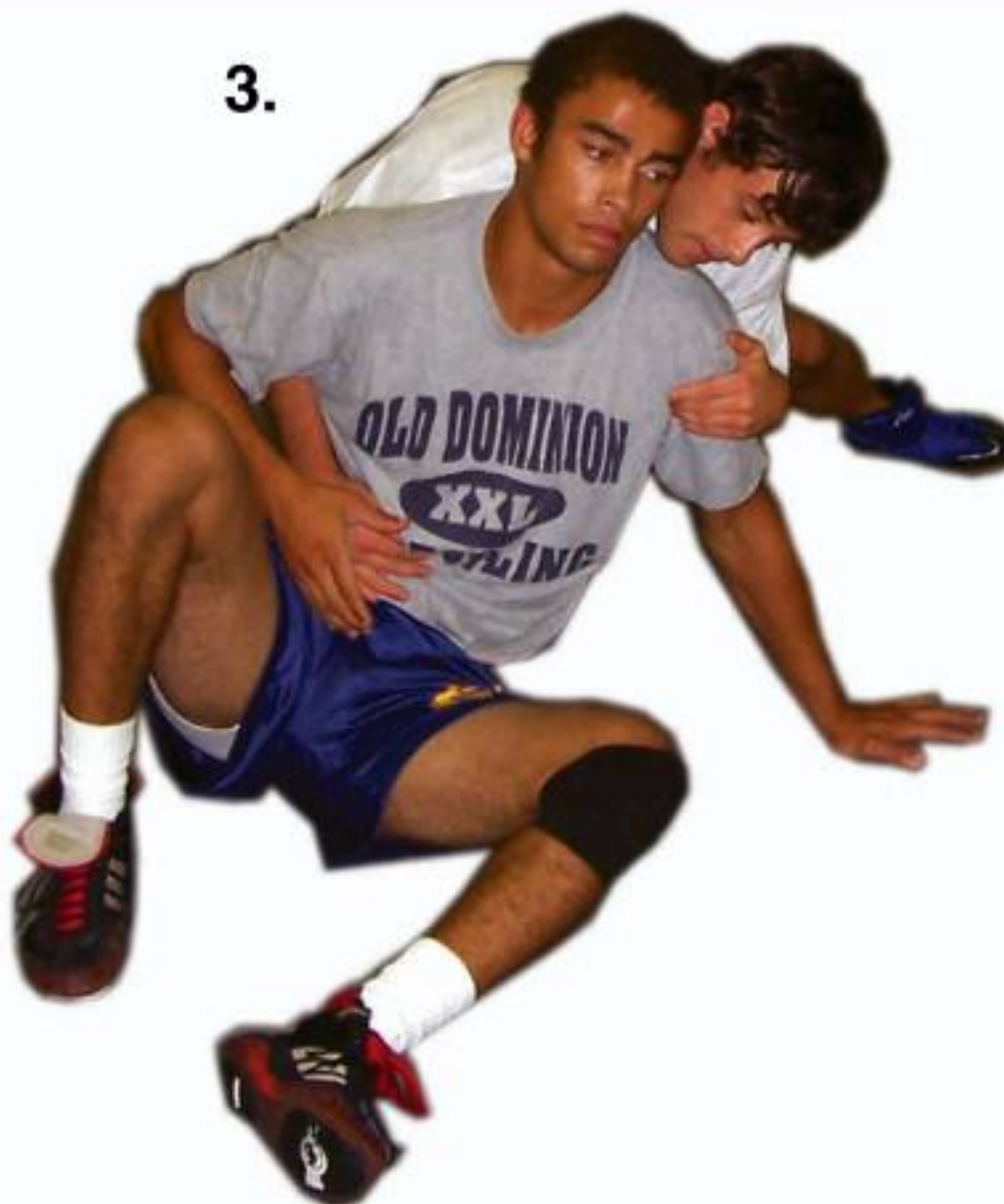
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2.



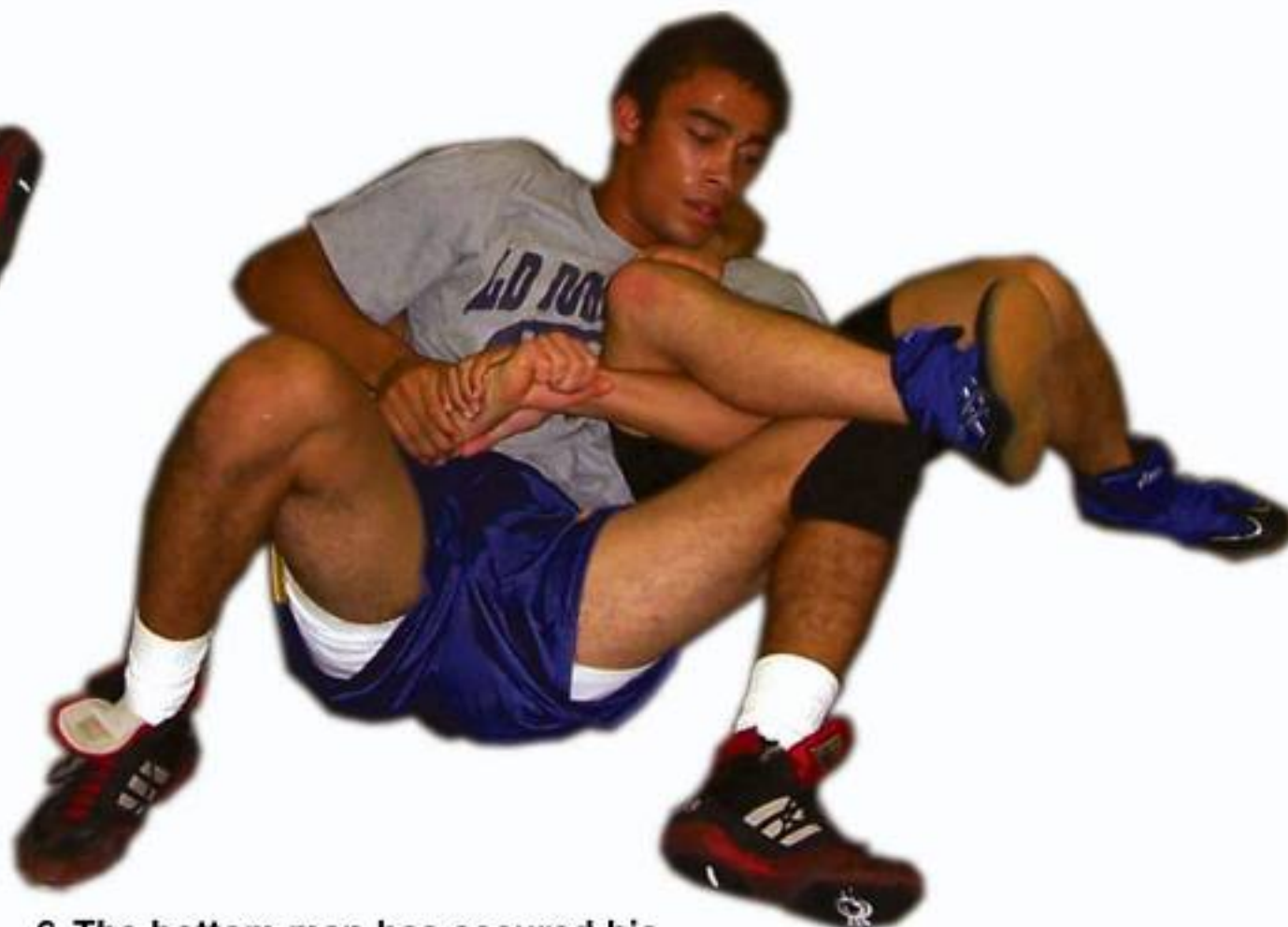
2. The bottom man has begun to initiate the change over by whipping his right knee through to a hip heist position.

3.



3. The bottom man is landing in good position with his body underneath him on his left hip and left hand.

5. The bottom man will throw his left arm under his left armpit and roll across his shoulders into the Granby Roll.



6. The bottom man has secured his Granby Roll finish by securing a two-on-one on his opponents' wrist.

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