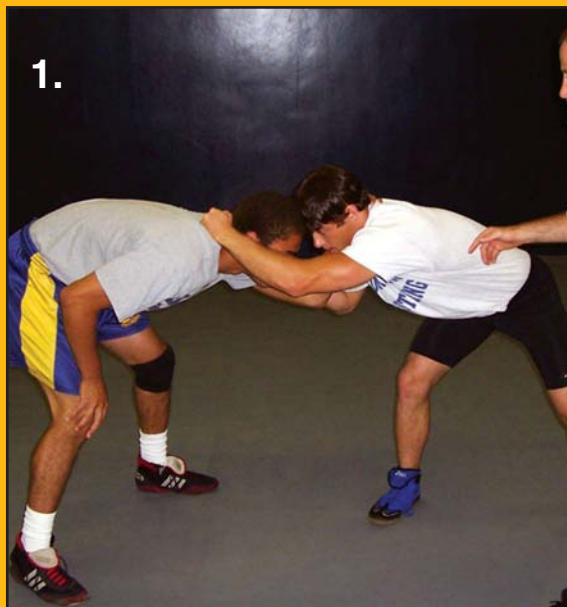


# Zeke

# Top e c h n i q u e



1. The offensive man (right) has a collar tie with his left hand and is snapping with his right.



4. The offensive man has swept around his opponent and has landed with his right hip in his opponent's left ankle.



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# Sweep

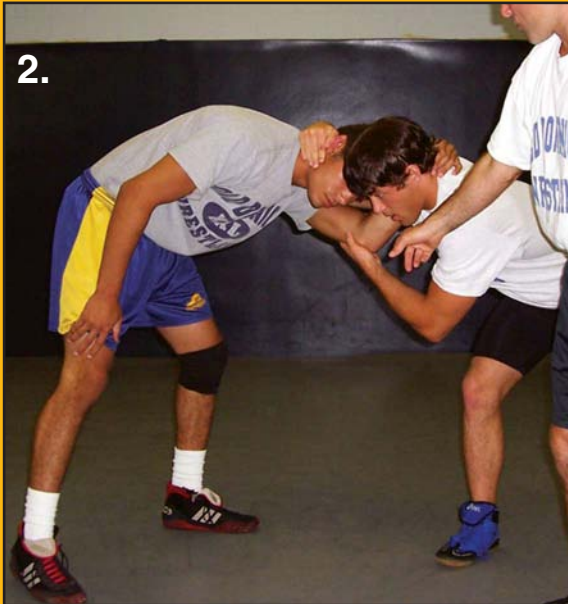


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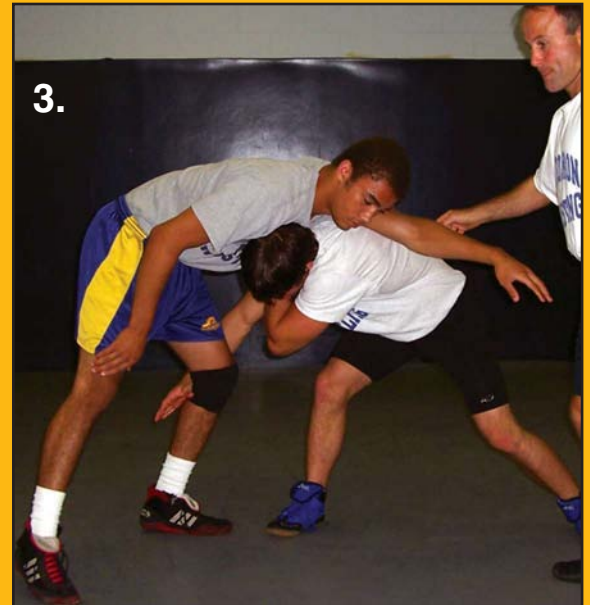
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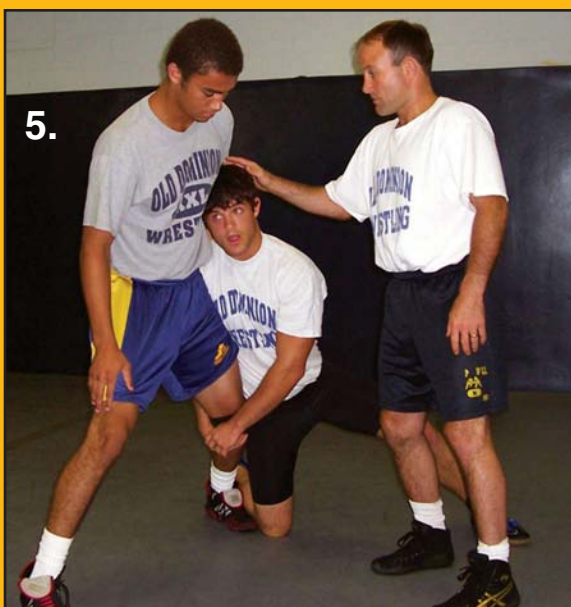
2.

2. His opponent has reacted by raising up out of his stance. The offensive man has switched to an over tie with his right hand and is going palm up with his left hand on his opponent's elbow.



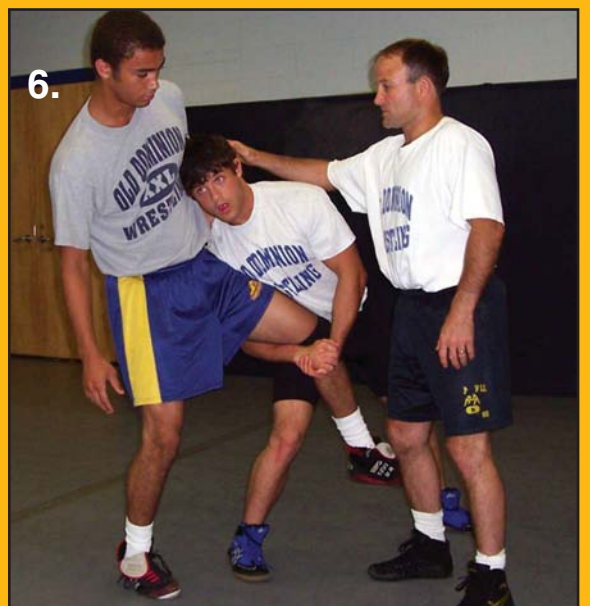
3.

3. The offensive man has slipped his opponent over his back by pulling with his right hand, popping with his left.



5.

5. The offensive man is driving up to his feet by keeping shoulder-knee alignment.



6.

6. The offensive man will now finish the shot on his feet in good position with his head in his opponent's chest and a correct grip.