TECHNIQUE

TOP Scoring From t

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The split the middle position is a c
funk and scrambling become mor
position it is essential to keep you

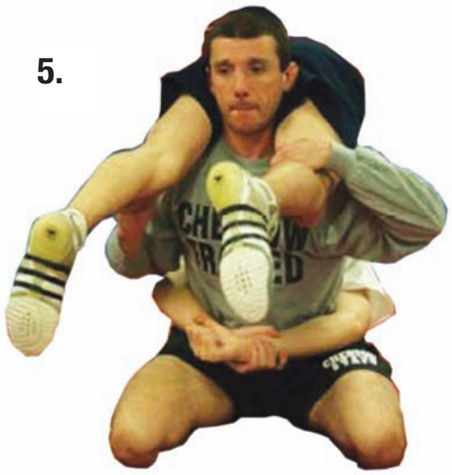
1.

1. The first finish begins by clearing of f one of the legs of your opponent. The push should be hard and just above the knee. This clear can go either direction, typically clearing and finishing to the side that you finish your double and hi crotch to is more fluid.

2.

2. The hand that pushes of f your opponent's leg goes quickly to the calf of his other leg. As soon as you gain control of the calf with your cross hand, the same side hand that was on the leg that you now control drops to your side.

5.



5. The second finish is utilized when your opponent locks around your waist to counter your attack. His goal by locking your waist is to roll you through and create a scramble or score, especially in free style.

6.

6. To prevent the roll through you need to prevent your opponent' s feet from touching the mat so he can't generate power to push off. In order to do this you should clear both legs to one side of your head.