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1.

1. With the arm secured across the back and constant pressure applied, drop your right leg inside your opponent's left leg, with your knee.

2.

2. Take your left elbow and put it to the side of your opponent's face. With a strong circular motion but being careful not to elbow him and get called for an illegal hold, drag his face upwards toward your inside hip.

5.

5. The tilt from the hammer lock is particularly effective when the opponent pushes off with his free hand to gain elevation and base up. You reach under his shoulder and grab his scapula; the deeper your arm is the better. A shallow hook in this position is not nearly as effective for scoring.

6.

6. As you pull his shoulder toward your body you should drive your left knee into his elbow or tricep. This will help to turn him as simply pulling on the far shoulder is not enough force to turn a quality opponent.