



We derive our joint locking from the art of Aikido. While joint locking should not be your primary objective in a self-defense situation, you should be familiar with the basic ways to twist and lock an opponent's arm should the opportunity present itself. Joint locking also provides you with methods of control without inflicting unnecessary damage. If a joint lock fails, quickly revert to your primary strategy.

Practice each technique against the six basic grabs, a chop, and a punch. Utilize movement such as irimi (entering) and tenkan (turning). Incorporate atemi (striking) to stun your opponent before or even during a technique. Finish with a lock or pin. Ukes should begin with minimal resistance, and gradually increase the strength and realism of their attacks.

### **Level I: Kote Gaeshi (wrist twist)**

### **One Brown Stripe**

In kote gaeshi you want your opponent's arm bent, therefore begin the technique with a atemi strike such as a quick front snap kick to the groin.

### **Level II: Ude Osae (pressing arm)**

### **Two Brown Stripes**

In ude osae you want your opponent's arm straight, therefore a good atemi technique might be a quick tiger strike to the eyes. Collar your opponent's wrist, make a "J hook" to raise your opponent's hand above his shoulder. Take your partner to the ground as smoothly as possible. Follow up with the 5 finishes.

### **Level III: Shiho Nage (four direction throw) One Black Stripe**

In shiho nage you want to pull your opponent's arm, then spin when he pulls back. There are two versions: ura (behind) has four moves, while omote (in front) only has three.

### **Level IV: Juji Nage (crossed arm throw)**

### **Two Black Stripes**

When practicing the crossed arm throw, remember that although the technique should be executed strongly, you must also be careful not to injure your partner during practice.

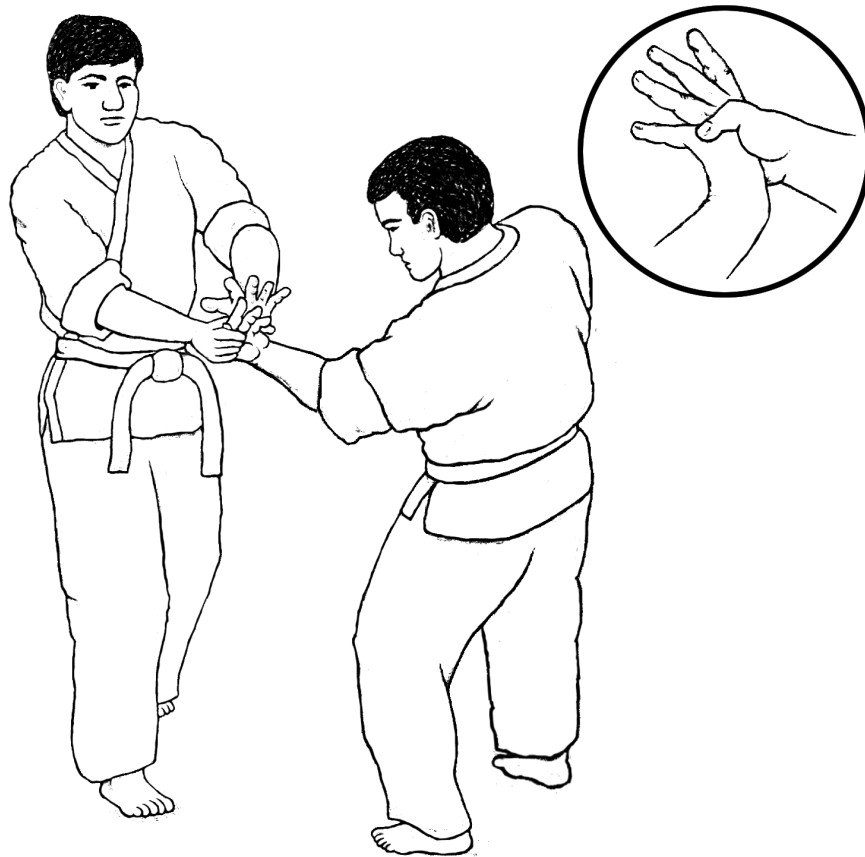
### **Level V: Kokyo Nage/Irimi Nage (over neck) Black Belt**

There are two types of over neck throws, yin (kokyu nage) and yang (irimi nage). When performing yin style, face the same direction as your attacker, opposite hips touching, with your over neck hand palm up. When doing yang style, face the opposite direction as your attacker, same side hips touching, with your over neck hand palm down.

## Level I: Kote Gaeshi (wrist twist)

Kote gaeshi is a wrist manipulation where you twist the attacker's wrist in an unnatural direction. It can be executed against a variety of grabs, punches, or chokes. Like all locks, the success of this technique depends heavily on the element of surprise. Once an opponent knows what you are doing, your odds of successfully applying the technique are reduced dramatically. Therefore, once you begin to feel you have lost the initiative, transition to a different technique such as a strike or foot sweep.

While the various set-ups for kote gaeshi may differ, once the opponent's hand has been secured, the technique is executed in basically the same way. Twist the opponent's hand outward and down with one hand while your other hand assists the lock by pressing on the back of the attacker's hand, directing his fingers to the floor. If the opponent resists, try using a roundhouse elbow strike to the opponent's head or roundhouse knee to his body break his structure and split his attention. As soon as the attacker hits the ground, follow up by pinning him with your knee as you finish with kote gaeshi. Be prepared to quickly and smoothly transition to alternative tactics (i.e. striking or grappling) should the opponent escape the lock.



### **1. Attacker's left hand grasps your right wrist (same side)**

Slide your left foot back as you simultaneously circle your right hand up in a clockwise motion. Grasp the attacker's left hand from underneath with your left hand (palm up), your left thumb on the base of the little finger, your fingers wrapped around the base of the thumb. Step back with your right foot as you twist the attacker's left hand outward and down, reinforcing with your right hand pushing on the back of the attacker's left hand. Complete the technique following the directions in the introduction.

### **2. Attacker's right hand grasps your right wrist (opposite side)**

Slide your right foot back as you simultaneously grasp the back of your attacker's right hand with your left hand (palm down), your left thumb on the base of the little finger, your fingers wrapped around the base of the thumb (palm side). Breaking through the gap between the thumb and forefinger, twist your right hand out of the attacker's grasp. Twist the attacker's right hand clockwise outward and downward, reinforcing with your right hand on the back of the attacker's right hand.

### **3. Both hands grasp your right wrist (two-on-one)**

Follow defense 1 above, turning your opponent's left wrist clockwise, or execute defense number 2, turning your opponent's right wrist counter-clockwise.

### **4. Both wrists are grasped in front (two-on-two)**

Follow defense 1 above.

### **5. Choke or lapel grab**

Perform a turtle maneuver to protect your neck. Turn 90 degrees left by stepping your left foot back as you grasp the attacker's left hand with your right hand (palm down). Your right thumb is on the base of the little finger, your fingers wrapped around the base of the thumb (palm side). At the same time move your left hand under the attacker's right arm to reinforce your right hand. Retreat with your right foot to escape the choke while twisting the attacker's right hand outward and down, reinforcing with your left hand pushing on the back of the attacker's right hand.

### **6. Both wrists are grasped from behind**

Draw your hands arms close to your body as you execute a right stamping kick to your opponent's knee, scraping down his shin to strike the instep. Simultaneously strip and grasp your attacker's left hand with a right downward tiger mouth strike. Your left thumb should be on the base of the little finger, with your fingers wrapped around the base of the thumb. Turn 180 degrees to your right, sliding your right foot to your right and turning your hips clockwise. Bring your right hand, still grasping your attacker's left hand, up in a clockwise circle, twisting the attacker's right hand outward and down, reinforcing with your left hand applying pressure to the back of the attacker's right hand.

## **7. Defense against a wide punch (haymaker)**

Block an incoming wide right punch with a right outer chop. Maintain cohesion with the opponent's wrist as you deflect his hand downwards in a counter-clockwise circle. At the lowest point of the circle, begin grasping the opponent's hand with both your hands, left hand on top. Complete the circle twisting the attacker's right hand outward and down, reinforcing with your left hand pushing the back of the attacker's right hand.

## **8. Defense against a straight punch (jab)**

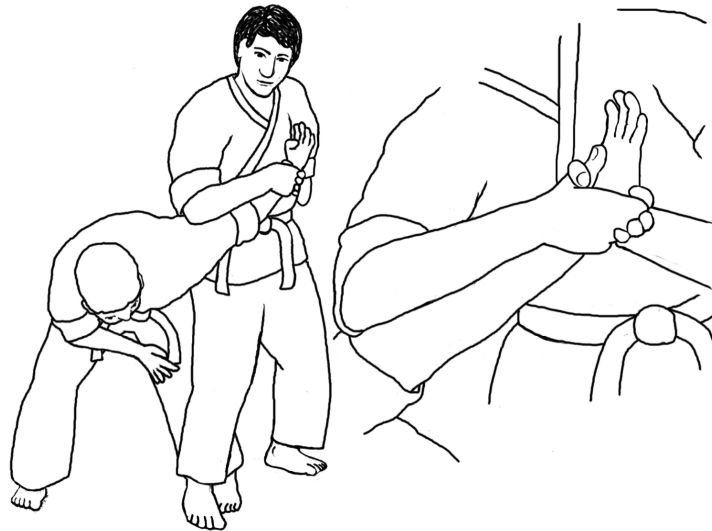
Deflect the opponent's left straight punch to the inside with a right monkey block. Grasp the attacker's left hand with your right hand (palm down), your right thumb on the base of the little finger, your fingers wrapped around the base of the thumb (palm side). At the same time move your left hand to reinforce your right hand. Twist the attacker's right hand outward and down, reinforcing with your left hand by pressing against the back of the attacker's right hand.



## Level II: Ude Osae (pressing arm)

Ude osae, meaning pressing arm or arm pin, is an elbow lock executed by straightening and locking your opponent's arm at the elbow. It can be executed against a variety of wrist grabs, punches, or chokes. Like all locks, the success of this technique depends heavily on the element of surprise. Once an opponent knows what you are doing, your odds of successfully applying the technique are reduced dramatically.

While the various set-ups may differ, once the opponent's arm has been secured, the technique is the same. In all cases, grasp your opponent's wrist, placing your elbow tightly against his as you turn his arm so that his elbow faces up. Make a "J-hook" maneuver to raise your opponent's hand above his shoulder. Then, using his arm as a lever, apply pressure on his shoulder to direct him to the ground. Should the opponent's arm slip inside your elbow, quickly transition to a sit-through ikkyo pin. If he slips to the outside, transition to kote gaeshi. While excessive force may be required for self-defense, during practice, use control and take your partner to the ground as quickly, yet as gently, as possible. Follow up by flowing through the five hold-down techniques: ude gatame, tricep roll, elbow break, ikkyo pin, and the three palms-up hold down.



### 1. Attacker's left hand grasps your right wrist (same side)

Step to your opponent's left side with your right foot, transitioning through a low horse stance in order to slip your right wrist through the gap between the opponent's thumb and forefinger. Grasp the attacker's left wrist from underneath with a right tiger mouth, collaring it from the other side with your left hand, grasping his wrist tightly. Keeping the attacker's arm straight, perform a tenkan turn, pivoting on your right foot as you move your left foot. While turning, exert constant pressure on the attacker's elbow to keep his elbow straight and his body bent forward. Finish the technique by following the directions listed above.

## **2. Attacker's right hand grasps your right wrist (opposite side)**

Step to your opponent's right side with your left foot, transitioning through a low horse stance in order to slip your right wrist through the gap between the opponent's thumb and forefinger. Grasp the attacker's right wrist from underneath with your right tiger mouth, collaring it on the opposite side with your left hand, grasping his wrist tightly. Keeping the attacker's elbow straight, perform a tenkan turn, pivoting on your left foot as you move your right foot behind you. Simultaneously make the "J-hook" maneuver to raise your opponent's hand above his shoulder. Finish the technique by following the directions listed in the introduction.

## **3. Both hands grasp your right wrist (two-on-one)**

Follow defense 1 above, moving to the opponent's left, or execute defense number 2, turning to your opponent's right.

## **4. Both wrists are grasped in front (two-on-two)**

Follow defense 1 above.

## **5. Choke or lapel grab**

Perform a turtle maneuver to protect your neck. Grasp the attacker's left wrist from underneath with your right tiger mouth, collaring it on the opposite side with your left hand, grasping his wrist tightly. At the same time, pivot on your right foot as you step your left foot behind you. Simultaneously make the "J-hook" maneuver to raise your opponent's hand above his shoulder. Finish the technique by following the directions listed in the introduction.

## **6. Both wrists are grasped from behind**

Perform a right back stamping kick as you snap your right elbow down against the opponent's forearm, levering your right hand out of his grip. While the opponent's attention is momentarily on defending his right side, switch directions, spin on your left foot, turning 270 degrees with your right foot. Simultaneously make the "J-hook" maneuver to raise your opponent's hand above his shoulder. Finish the technique by following the directions listed in the introduction.

## **7. Defense against a straight punch (jab)**

Deflect the opponent's left straight punch to the inside with a right monkey block. Grasp the attacker's left wrist with your right tiger mouth, collaring it on the opposite side with your right hand. Grasp his wrist tightly turn his elbow up as you pivot on your right foot, stepping your left foot behind you. Simultaneously make the "J-hook" maneuver to raise your opponent's hand above his shoulder. Finish the technique by following the directions listed in the introduction.

## Level III: Shiho Nage (four direction throw)

Shiho Nage is a spinning shoulder lock that allows you to twist the attacker's arm in an unnatural direction. Shiho nage is called the four-direction throw because, as you spin, you face all four cardinal directions (this is a bit of a misnomer, as the omote version only faces three of the four).

You can begin the technique by distracting your opponent with an atemi strike such as a quick front snap kick to the groin. Like all locks, the success of this technique depends heavily on the element of surprise. Once an opponent knows what you are doing, your odds of successfully applying the technique are reduced dramatically. Therefore, once you begin to feel you have lost the initiative, transition to a different technique such as a strike or foot sweep.



While the various set-ups for shiho nage may differ, once the opponent's hand has been secured, the technique is executed in basically the same way. Raise your hands up to your forehead as you pivot 180 degrees on both of your feet. While you are turning and raising your hands, remove your grabbed hand from the attacker's grasp and grab the attacker's wrist just above your other hand. Finally, drop your hands down in an outward circular motion, as if chopping wood with a long-handled axe, to take the attacker down. Use your low stances to duck under the arm rather than leaning forward. As soon as the attacker hits the ground, follow up by pinning him with your knee as you finish with kote gaeshi. Be prepared to quickly and smoothly transition to alternative tactics such as transitioning to a face-down ude osae pin.

### 1. Left hand grasps your right wrist (same side)

#### A. Omote (attacker falls to their front)

Grasp the attacker's left hand with your left hand as you slide your left foot to your left, pulling the attacker's left arm strongly across the front of their body, turning their live side away from you. Step forward with your right foot and raise your hands up to your forehead as you pivot 180 degrees counterclockwise on both of your feet. While you are turning and raising your hands, remove your right hand from the attacker's grasp and grab the attacker's left wrist just above your left hand. Complete the technique as described above.

### **B. Ura (attacker falls to their rear)**

Grasp the attacker's left wrist with your left hand. Slide your right foot forward turning your body 180 degrees as you slide your left foot behind you to complete a tenkan movement. Flow through a right stance, next to your attacker's left side, with your right hip touching their left hip. Raise your hands up to your forehead as you turn behind 180 degrees, pivoting on both feet. While you are turning and raising your hands, remove your right hand from the attacker's grasp and grab their left wrist (above your left hand). Finally, drop your hands down in an outward circular motion (as if chopping wood with a long handled axe) to take the attacker down. Complete the technique as described above.

## **2. Attacker's right hand grasps your right wrist (opposite side)**

### **A. Omote (attacker falls to their front)**

Grasp the attacker's right wrist with your right hand (you are now holding each other's wrists) and grasp the other side of his right wrist with your left hand as you slide your right foot forward to your right, pulling attacker's right arm strongly across the front of their body, turning their live side away from you. Step forward with your left foot and raise your hands up to your forehead as you turn behind 180 degrees, pivoting on both feet. While you are turning and raising your hands, remove your right hand from the attacker's grasp and grab their left wrist (above your left hand). Finally, drop your hands down in an outward circular motion (as if chopping wood with a long handled axe) to take the attacker down. Complete the technique as described above.

### **B. Ura (attacker falls to their rear)**

Grasp the attacker's right wrist with your right hand (you are now holding each other's wrists) and grasp the other side of his right wrist with your left hand as you step forward to his right side with your left foot. Turn 180 degrees as you slide your left foot behind you to complete a tenkan movement. Flow through a right stance, next to your attacker's left side, with your right hip touching their left hip. Raise your hands up to your forehead as you turn behind 180 degrees, pivoting on both feet. While you are turning and raising your hands, remove your right hand from the attacker's grasp and grab their left wrist (above your left hand). Finally, drop your hands down in an outward circular motion (as if chopping wood with a long handled axe) to take the attacker down. Complete the technique as described above.

## **3. Both attacker's hands grasp your right wrist (two-on-one)**

Follow directions for same side grab or opposite side grab above.

## **4. Both wrists are grasped in front (both hands grasp both wrists)**

Follow directions for same side grab above.



## **5. Choke or lapel grab**

### **A. Omote (attacker falls to their front)**

Perform a turtle maneuver to protect your neck. Grasp the attacker's left wrist with your right hand from above, thumb facing up, and collar it with your left hand from below. At the same time, step your right foot across your body to your left, pulling the attacker's left arm strongly across the front of their body. Raise your hands up to your forehead as you pivot 180 degrees counterclockwise on both of your feet. From here, follow directions for same side grab above.

### **B. Ura (attacker falls to their rear)**

Perform a turtle maneuver to protect your neck. Grasp the attacker's left wrist with your right hand from above, thumb facing up, and collar it with your left hand from below. Slide your right foot forward turning your body 180 degrees as you slide your left foot behind you to complete a tenkan movement. Flow through a right stance, next to your attacker's left side, with your right hip touching their left hip. Raise your hands up to your forehead as you turn behind 180 degrees, pivoting on both feet. Complete the technique as described above.

## **6. Both wrists are grasped from behind**

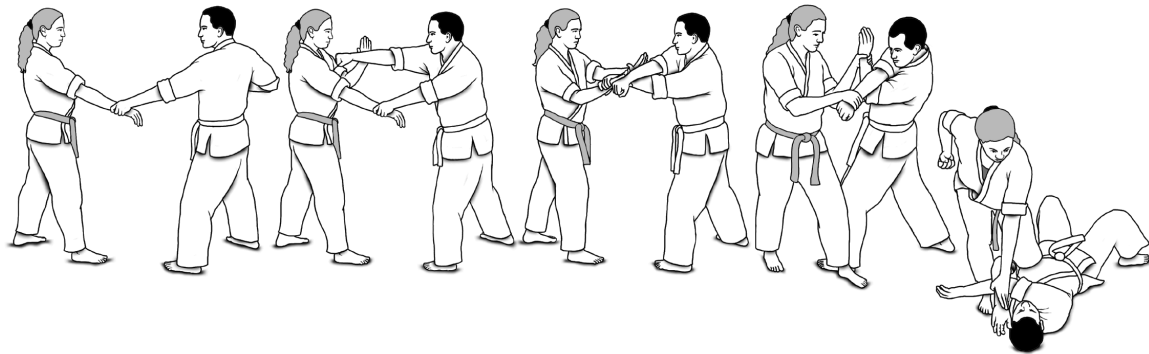
### **A. Omote Style (in front of the attacker)**

Simultaneously slide your right foot back to your right as you elbow strike downwards striking the top of the opponent's forearm, slipping your wrist through the gap between his thumb and forefinger. Bounce your right foot forward into a 270 degree spin, pulling the attacker's left arm strongly across the front of their body, turning the attacker's live side away from you. Flow through a right stance, next to your attacker's left side, with your right hip touching their left hip. Raise your hands up to your forehead as you turn behind 180 degrees, pivoting on both feet. From here, follow directions for same side grab above.

### **B. Ura Style (to the rear of the attacker)**

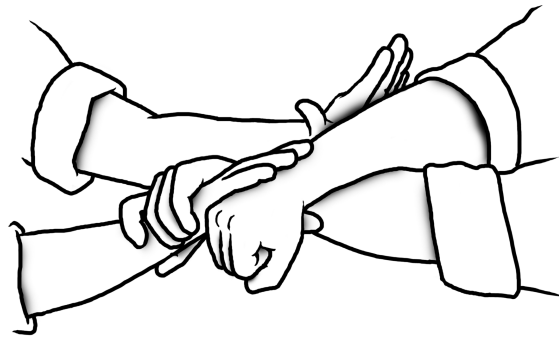
Simultaneously slide your right foot back to your right as you elbow strike downwards striking the top of the opponent's forearm, slipping your wrist through the gap between his thumb and forefinger. Bounce your right foot forward into a 360 degree spin. Flow through a right stance, next to your attacker's left side, with your right hip touching their left hip. Raise your hands up to your forehead as you turn behind 180 degrees, pivoting on both feet. From here, follow directions for same side grab above.

## Level IV: Juji Nage (crossed arm throw)



### 1. Left hand grasps your right wrist (same side)

An attacker has grabbed one of your wrists (same side) and launches a right punch at you with his free hand. Evade the punch, using your free hand to parry his punch across your centerline and into your other hand grabbing his wrist. Grasp the opponent's left wrist with your free hand, pulling it off of your wrist. Use your bottom arm to help lever out of his grasp. Lock the opponent's arms tightly together at the elbows, using his left arm to press against the elbow of his right arm, applying an ude gatame arm lock. Continue applying pressure, taking the opponent to the ground. Trap the opponent's top arm and pin his body with your knee on his belly. From here you could follow up with strikes or continue into the mount.



### 2. Right hand grasps your right wrist (opposite side)

An attacker has grabbed your right wrist with both hands and launches a left punch at you with his free hand. Evade the punch, using your free hand to parry his punch into your other hand, grabbing his wrist. Grasp the opponent's right wrist with your free hand, pulling it off of your wrist as you use your bottom arm to help lever out of his grasp. Lock the opponent's arms tightly together at the elbows, using his right arm to press against the elbow of his left arm, applying an ude gatame arm lock. Continue pressure, taking the opponent to the ground. Trap the opponent's top arm and pin his body with your knee on his belly. From here you could follow up with strikes or continue into the mount.

### **3. Both attacker's hands grasp your right wrist (two-on-one)**

Grasp the opponent's right wrist with your free hand, pulling it off of your wrist as you use your bottom arm to help lever out of his grasp. Lock the opponent's arms tightly together at the elbows, using his right arm to press against the elbow of his left arm, applying an ude gatame arm lock. Finish as described above.

### **4. Both wrists are grasped in front (both hands grasp both wrists)**

Strike downward on his right wrist with your right tiger mouth, stripping his grip as you grasp his right wrist. Repeat the motion on the left side. Step back with your left foot, straightening the opponent's left arm and locking his arms tightly together at the elbows, using his right arm to apply pressure against the elbow of his left arm. Finish as described above.

### **5. Choke or lapel grab**

Perform a turtle maneuver to protect your neck. Reach over the opponent's right arm with your left hand, grasping his left wrist from the top while you grasp his right wrist with your right hand from below. Simultaneously step back with your left foot, pulling your neck out of their grasp as you turn to your left. Straighten the opponent's left arm and lock tightly at the elbows, using his right arm to press against the elbow of his left arm, applying an ude gatame arm lock. Continue pressure, taking the opponent to the ground. Trap the opponent's top arm and pin his body with your knee on his belly. From here you could follow up with strikes or continue into the mount.

### **6. Both wrists are grasped from behind**

Step your right foot back 45 degrees to your left, sinking under the opponent's left arm and levering out of his grasp. Grab the opponent's wrists, straightening the opponent's left arm and locking his arms tightly together at the elbows, using his right arm to apply pressure against the elbow of his left arm. Finish as described above.

### **7. Defense against a jab cross combination**

The opponent punches with a right jab. knifehand block with your right hand, grabbing his right wrist. As he counters with a left cross, block it with a left knifehand and grasp his left wrist. Pivot to your left, straightening the opponent's left arm and locking his arms tightly together at the elbows, using his right arm to apply pressure against the elbow of his left arm. Finish as described above.

## Level V: Kokyo Nage/Irimi Nage (over neck throws)

There are two types of over neck throws, yin (kokyu nage) and yang (irimi nage). When performing yin style, face the same direction as your attacker, opposite hips touching, with your over neck hand palm up. When doing yang style, face the opposite direction as your attacker, same side hips touching, with your over neck hand palm down.

The over neck throw requires that you get very close to your opponent. Once inside, slide your arm smoothly across your opponent's chest and over their shoulder, breaking their balance and throwing them to the rear. Move into position quickly so that your side is touching your opponent's and slide your arm as softly as possible into position, smoothly lifting your opponent's chin (where the head goes, the body will follow). Once in position, turn your upper body as a single unit, unbalancing the attacker and throwing them to the ground. Your knees and legs can also be used to aid in the throw.



## **1. Attacker's left hand grasps your right wrist (same side)**

### **A. Kokyo Nage/Yin Style (facing the same direction as your attacker)**

#### **Over the arms (easier for taller people)**

Step with your right foot to your attacker's left side bringing your right hip to their left hip. Simultaneously slide your right hand smoothly over your opponent's arms, across your opponent's chest and over his shoulder (palm up, elbow against their chest). Move into position quickly so that your side is touching your opponent's and slide your arm as softly as possible into position (simply ignore the grasping hand). Lifting your opponent's chin or turning his head helps to take the opponent's balance. Once in position, turn your upper body as a single unit to your right, unbalancing the attacker and throwing him to the ground.

#### **Under the arms/elbow compression variation (easier for smaller people)**

Step with your right foot to your attacker's left side bringing your right hip to their left hip. Simultaneously slide your right hand smoothly under your opponent's arms and across their midsection. Move into position quickly so that your side is touching your opponent's and slide your arm as softly as possible into position (simply ignore the grasping hand). Once in position, turn your upper body as a single unit to your right, unbalancing the attacker as you press the opponent over your thigh with your elbow, cutting his weight and throwing him down to the ground. Pushing forward with the penetrating thigh helps to off balance and throw the opponent.

### **B. Irimi Nage/Yang Style (facing the opposite direction as your attacker)**

Step with your left foot to your attacker's left side, bringing your left hip to his left hip. Grasp the attacker's left wrist with your right hand as you simultaneously slide your left hand smoothly across your opponent's chest and over his right shoulder (palm down, elbow against their chest). Move into position quickly so that your side is touching your opponent's as you slide your arm as softly as possible into position, lifting your opponent's chin. Once in position, turn your upper body as a single unit to your right, unbalancing the attacker and throwing him to the ground. Checking the opponent's hip with your hip prevents the opponent from stepping backward and so aids off balancing him and completing the throw.

## **2. Attacker's right hand grasps your right wrist (opposite side)**

### **A. Kokyo Nage/Yin Style (facing the same direction as your attacker)**

Step with your left foot to your attacker's right side bringing your left hip to his right hip. Simultaneously grasp the attacker's right wrist with your right hand as you slide your left hand smoothly across your opponent's chest and over his left shoulder (palm up, elbow against his chest). Move into position quickly so that your side is touching your opponent's as you slide your arm as softly as possible into position, smoothly lifting your opponent's chin. Once in position, turn your upper body as a single unit to your left, unbalancing the attacker as you press the opponent over your thigh, cutting his weight and throwing him down to the ground. Pushing forward with the penetrating thigh helps to complete the throw.

### **Under the arms/elbow compression variation (easier for smaller people)**

Step with your left foot to your attacker's right side bringing your left hip to his right hip. Simultaneously slide your left hand smoothly under your opponent's arms and across his midsection. Move into position quickly so that your side is touching your opponent's and slide your arm as softly as possible into position (simply ignore the grasping hand). Once in position, turn your upper body as a single unit to your left, unbalancing the attacker as you press the opponent over your thigh with your elbow, cutting his weight and throwing him down to the ground. Pushing forward with the penetrating thigh helps to off balance the opponent and complete the throw.

### **B. Irimi Nage/Yang Style (facing the opposite direction as your attacker)**

Step with your right foot to your attacker's right side, bringing your right hip to their right hip. Ignore the grasping hand as you simultaneously slide your right hand smoothly up your opponent's chest and over their left shoulder (palm down, elbow against their chest). Move into position quickly so that your side is touching your opponent's and slide your arm as softly as possible into position, lifting your opponent's chin. Once in position, turn your upper body as a single unit to your left, unbalancing the attacker and throwing him to the ground.

## **3. Both attacker's hands grasp your right wrist (two-on-one)**

Follow throwing directions for opposite side grab (2 above).

## **4. Both wrists are grasped in front (both hands grasp both wrists)**

Follow throwing directions for a same side grab (1 above).

## **5. Both wrists are grasped from behind**

### **A. Yin Style (facing the same direction as your attacker)**

Step with your right foot around and behind your attacker's left foot, bringing your right hip to their left hip. Ignore the grasping hands. Simultaneously slide your right hand smoothly across your opponent's chest and over their right shoulder (palm up, elbow against their chest). Move into position quickly so that your side is touching your opponent's and slide your arm as softly as possible into position, lifting your opponent's chin. Once in position, turn your upper body as a single unit to your right, unbalancing the attacker and throwing him to the ground.

### **B. Irimi Nage/Yang Style (facing the opposite direction as your attacker)**

Simultaneously slide your right foot back to your right as you elbow strike downwards striking the top of the opponent's forearm, slipping your wrist through the gap between his thumb and forefinger. Step your left foot back and to your right, then pivot to face the attacker and slide your right hand up his chest and over his left shoulder. Step behind the attacker with your right foot as you lift your opponent's chin and turn your upper body as a single unit to your left, unbalancing the attacker and throwing him to the ground.

## **6. Choke or lapel grab**

### **A. Kokyo Nage/Yin Style (facing the same direction as your attacker)**

Tuck your chin and step with your right foot to your attacker's left side bringing your right hip to their left hip. Simultaneously slide your right hand smoothly up your opponent's chest and over his shoulder (palm up, elbow against their chest). Move into position quickly so that your side is touching your opponent's and slide your arm as softly as possible into position (simply ignore the grasping hand). Lifting your opponent's chin or turning his head helps to take the opponent's balance. Once in position, turn your upper body as a single unit to your right, unbalancing the attacker and throwing them to the ground.

### **B. Irimi Nage/Yang Style (facing the opposite direction as your attacker)**

Tuck your chin and duck your head between the attackers arms, making a tight circle under his right arm as you step your right foot to your attacker's right side, bringing your right hip to his right hip. Slide your right hand smoothly across your opponent's chest and over his left shoulder (palm down, elbow against his chest). Move into position quickly so that your side is touching your opponent's as you slide your arm as softly as possible into position, smoothly lifting your opponent's chin. Once in position, turn your upper body as a single unit to your left, unbalancing the attacker and throwing them to the ground.

## **7. Defense against a straight right punch (jab or lunge punch)**

### **A. Kokyo Nage/Yin Style (facing the same direction as your attacker)**

Block the incoming punch with your left hand, parrying his arm into your right hand enabling you to grasp his right wrist. Step in with a left knifehand block, sliding your arm across his midsection. Once in position, turn your upper body as a single unit to your left, unbalancing the attacker as you press the opponent over your thigh with your elbow, cutting his weight and throwing him down to the ground. Pushing forward with the penetrating thigh helps to off balance and throw the opponent.

### **B. Irimi Nage/Yang Style (facing the opposite direction as your attacker)**

Parry the opponent's punch to your right with your left hand as you step your right foot to your attacker's right side, bringing your right hip to his right hip. Slide your right hand smoothly across your opponent's chest and over his left shoulder (palm down, elbow against his chest). Move into position quickly so that your side is touching your opponent's as you slide your arm as softly as possible into position, smoothly lifting your opponent's chin. Once in position, turn your upper body as a single unit to your left, unbalancing the attacker and throwing them to the ground.