

GYAKU UDE GARAMI A



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3. Tori slides a bit forward with his left foot and closer to Uke's right foot, pushes with his left hand upward with an unscrewing like motion which releases it from Uke's right hand grab and makes contact at the inside of Uke's right elbow joint.

4,5,6. Tori brings the edge of his right hand palm on top of Uke's right elbow joint and across his left hand, turning his body about 270°towards his left shoulder while moving his left foot slightly towards his right rear and kneeling on his right knee.

* The turning of Tori's hip produces a very strong arm lock on Uke's left elbow joint. Do it with caution not to injure Uke.

7. Tori maintains the pulling and twisting pressure with his right hand edge on Uke's inside elbow joint and pushes with his left hand towards Uke's head and upward to execute a very painful arm lock on Uke's right hand elbow joint to submit him.

* Repeat the same with the other side.



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