

Self Defense Set #3

Strong arms with variations of the hip throw and other takedowns.

1) Hip Throw 1

Strong arms, grab the right elbow with your left. Bring your left arm under the left and around the back. Twist to your left, pull the right arm down, drape the uki over your back and hip throw the uki.

2) Hip Throw 2

Strong arms, grab the right elbow with your left. Bring your left arm around the uki's head. Twist to your left, pull the right arm down, drape the uki over your back and hip throw the uki.

3) Leg Sweep

Strong arms, twist to the left, drive your right hip into the uki's center. Hook the uki's left leg with your right leg and drive them back and down.

4) Scissor

Strong arms, set for a hip throw but set your right hip to the uki's left hip and scissor takedown. On the ground, side thrust kick to the head of your uki into an axe kick. Roll and clear out.

5) Push or Twist

Off of a wrestling leg shoot, place your hand on the head of your uki and force them down. If the uki does not go down, put one arm under and one arm over the uki's arms and twist the uki to the ground.