



Sanseiru Applications

1. **A: Reach for a chest grab**
D: check and block chudan, punch chin and empi with pull back into the collar bone

2. **A: Reach for double chest grab**
D: Double chudan
A: Punch
D: Block with pullback move and punch

3. **A: Bear hug from behind over the arms**
D: Hit the groin
A: Grab arm and hit
D: Turn around, trap hand and pull out, duck and lock with both hand on knee and throw

4. **A: Grab both wrist from the front**
D: Hold one wrist and twist the wrist upwards to lock and mae-geri, (duck under arms and throw)

5. **A: Grab upper arm and hit**
D: (Mae-geri), block with “empi”, grab head behind, (punch with bent arm) and kansetsu

6. **A: Under arm Bear hug from the front**
D: Push and empi (like kururunfa), grab shoulder and hook punch, kansetsu

7. **A: Bear hug from behind under the arms**
D: Stamp feet, hit with head back to loosen the grip, grab hand same side, turn and swing leg over and land in shiko, arm lock

8. **A: Bear hug from behind over the arms**
D: Stamp feet, hit with head back to loosen the grip, open with the little finger and grab hand, duck underneath (no turn), drop into shiko, wristlock over arm

9. **A: Wrestling with grabbing behind neck, then knee kick**
D: Low block with outside arm and throw

10. **A: Grab upper arm and round hit high, then low**
D: Block up then down, grab with other arm clothing close to the neck, slide around the low arm and press down, apply throat choke with upper wrist