



# Seipai Applications

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1. **A: Strangle from the front with both hands**  
D: Step back with left leg, hit right elbow with left hand, strike throat with right fingers, step forward with left leg, slide under left triceps with left hand, bend arm to grab the other hand to cause an arm lock  
**A: Reach over with right hand, grab the left one and break out**  
**Grab left shoulder with right hand and hook punch with left arm**  
D: Left Gedan-Barrai over right elbow while blocking the strike with right arm  
Pull up head with left hand, Shuto to the neck with right hand  
Mae-Geri to back knee with right leg, step back and roll arm over with the body turn stay close enough to keep the arm bent, wrist lock with right hand, left Empi on elbow and Uraken to face
2. **A: Grab both wrists from the front**  
D: Roll left hand over wrist, Gedan-Barrai with right arm, keep the right arm being grabbed  
**A: Reach for a grab with the free right hand**  
D: Pré-block and Chudan-Uke, grab hand and armlock  
**A: Grab locked fist and pull out**  
D: Let go of right hand, go with the pull, Empi to face with pulled arm, armlock next to head and strike groin with open right hand
3. **A: Double chest grab from the front**  
D: Slide forward with left leg, hit the elbow with left hand, strike chest with right hand step forward with right leg, (push chin with left hand) and grab head from behind with right hand, turn the head with a pull on the chin and throw, to assist the throw use the right leg, two knuckle strike – step away and gedan to hit grabbing arm away
4. **A: Bearhug over the arms from the front**  
D: Pinch both legs  
**A: Grab both arms**  
D: Break out and grab both arms, cross the arms and lift up to the right, then to the left side, duck underneath and throw with crossed arms
5. **A: Reach for a chest grab with left hand**  
D: Hike-Uke with right hand  
**A: Grab right shoulder with left hand**  
D: Hit down on elbow with right hand and Uraken  
**A: Hook punch with the right arm**  
D: Chudan-Uke with left arm, Mae-Geri with left leg and step back, right Ura-Zuki step behind with left leg, push elbow with left hand, grab neck with right hand, apply sleeper
6. **A: Strike down with left hand (maybe grab chest with same hand to assist falling)**  
D: Step forward with left leg, block with right arm while sliding left arm under the armpit, turn body and throw, pull body up and strike the head or ear