



Seisan Applications

1. **A: Double wrist grab from the front**
D: Preblock left, Chudan-Uke right and around right arm, grab shoulder
A: Turn and Empi left
D: Chudan-Uke left and around the arm, grab 2nd shoulder too
2. **A: Double wrist grab from the front**
D: Double Chudan-Uke, pull back left and punch to break out, grab neck behind with left hand and Shuto to push head around, pull down on head and hit face from behind, throw
3. **A: Bearhug from behind over the arms**
D: Kick back, lift arms, lean forward and break out, while sliding forwards
4. **A: Double wrist grab from the front**
D: Break out from outside (double Nukite move), and grab hands, pull back with wristlock, Kansetsu-Geri, with turn hit head and elbow joint with Gedan-Barai
5. **A: Double wrist grab from behind**
D: Turn anticlockwise, Gedan right over the arm, grab throat left
A: Grab hand and pull off and hit left
D: Block Kake-Uke right and grab
A: Hit right
D: Block Kake-Uke left and move around arm to lock, grab throat with right hand
6. **A: Grab Gi at right upper arm with left hand**
D: Gedan right over left arm, push with left arm
A: Trying to hit right
D: Preblock right and Hike-Uke left on left elbow, step in, 3x punch
A: Empi left
D: Grab shoulder with right hand, a little pull, "Ashi" and Kansetsu-Geri with right leg
7. **A: Double upper arm grab and knee kick**
D: Lift right knee, turn to the right to block the knee kick, hit right elbow joint with left hand, Punch up with right fist to chin, Uraken, Empi to the chest, Gedan over the left arm, hook punch into the ribs, Kansetsu-Geri to the knee
8. **A: Punch right**
D: Hike-Uke left, grab chest with both hands and pull, head butt, let go and Mae-Geri
A: Grab left upper arm with left hand and punch with right hand to the head
D: Lift elbow with left hand and hit armpit with right punch
A: Lower hook punch with right arm
D: Low block with right hand and grab, together with left hand Mawashi-Uke to throw