



# Shisochin Applications

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1.     **A: Bear hug from behind**  
      D: Hit groin  
      **A: Grab hand**  
      D: Turn around, "chudan-uke" and biceps punch
2.     **A: Reach for chest grab with one hand**  
      D: check, block, around the arm, during that strike face with other arm, the strike is "lock"
3.     **A: Strangle from the front with both hands**  
      D: Press elbows together and lift, break out with head, press arms down  
      **A: Grab chest and round hit**  
      D: Hit elbow joint and block with other arm, grab arm from underneath and elbow lock
4.     **A: Bear hug from behind**  
      D: stamp feet, knock head back etc. drop weight and "empi and up strike to loosen the grip, turn and strike head
5.     **A: Strangle from the front with one hand**  
      D: Hit the elbow joint and strike the head, push head down, lift up the arm and throw
6.     **A: Escorting grab(Shoulder and wrist) from the side**  
      D: Double Hike-uke, Mae-geri and break out with empi and hit with the same move
7.     **A: Grab chest with one arm**  
      D: Hit elbow joint or push elbow towards inside and empi, roll around head with empi arm and head lock (lift the chin)
8.     **A: Two hand reach for chest**  
      D: Double open hand block from inside and downwards, grab arm or Gi and head strike on chest
9.     **A: Big high hook punch**  
      D: Block with arm same side, grab with other arm and lock arm over the chest  
      **A: Grab arm and pull down**  
      D: Turn and hit head, wrist lock as yamae move