



Naifunchin Applications

1. A: Grab both hands from the front
D: Break out and hit neck
2. A: Push chest and hit with other hand
D: Block, grab neck and Empi - pull down and hammer
3. A: Grab throat from the front (close version)
D: Gedan-Barrai - hook punch past face - step and pull down
4. A: Grab chest and hit
D: Block and hammer hit - press down on triceps tendon and Ura-Zuki
5. A: Grab throat and push
D: Hammer inside elbow and hammer on head (with leg kick)
A: Grab upper arm and hit
D: Push elbow in from outside - block and hit (with leg kick)
6. A: Rugby tackle
D: Grab head and throw