



Seiyunchin Applications

1. A: Grab both hands from behind
D: Almost break out - duck under arm and arm lock
2. A: Grab both hands from the front
D: Grab hand and index finger and Empi
3. A: Push Chest
D: Arms up
A: Grab one hand and pull down - then grab with other hand too
D: Augmented Block - hit groin
A: Grab hand
D: Step back with Gedan-Barrai and throw
4. A: Grab neck with both hands from behind
D: Trap opposite hand - duck and turn - arm lock (throw)
5. A: Bear hug from the front
D: Hit groin
A: Grab hand and hit
D: Block with grabbed hand from outside - push head down
- step and Empi on the back
6. A: Grab neck and one arm from behind
D: Lift grabbed arm - hold with other hand and turn - hit chin
and Uraken - Gedan-Barrai on elbow
A: Turn around and try to hit
D: Gedan-Barrai under arm onto face and throw with step
7. A: Bear hug from behind
D: Hit groin
A: Grab hand
D: Turn around - shoulder lock and Empi
8. A: Grab upper arm from the front and hit
D: Hit on the triceps tendon - block and Uraken - big circle
with uraken arm and throw