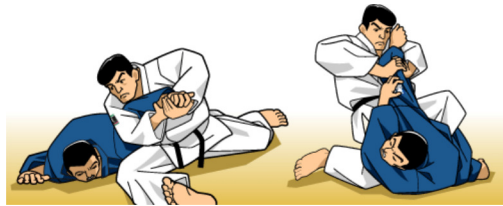




BBC – JOINT LOCKS & TAKEDOWNS (NOV 2016)



Kansetsu-waza (関節技): joint locks

Hon Gyaku vs Cross Wrist Grab

U: Grab Tori in cross wrist grab

- Trap Uke's hand on your wrist, (your hand over pushing into theirs to keep it trapped, move with them if they try to pull away, keep it trapped).
- Circle towards outside captured hand over uke's hand and grab uke's wrist. (circle captured hand clockwise to grab Tori's wrist)
- Keep in power triangle (I found more effective if at my chest)
- Apply downward pressure

O Gyaku (Teki otoshi – large shoulder break)

VIDEO

Defense

U: Right stepping punch

- Move inside and counter strike
- Left hand grabs uke's wrist and Right hand grabs uke's shoulder (I prefer to grab back of head instead of shoulder, knee strike then move to next stage)
- Right kick to uke's near leg

- Pull uke's shoulder down while pushing wrist behind back and taking to ground or throwing

Ude Garmi (arm wrap, bent arm lock)

VIDEO

U: Right leg back Jumonji

- Right hand grab uke's Left wrist (Cross wrist grab)
- Left arm goes over uke's Left arm.
- Left hand hand grabs your own Right wrist.
- Elevate uke's arm and put them on stomach. (I like to step around towards the back of them while bending their arm up (like a chicken wing

Oya Goroshi (2-Handed Thumb Break/Thumb Crush)

VIDEO

U: Lapel Grab

- step to blade at same time grabbing hand with both hands and thrusting up to break (with inside hand try to grab hand where your palm is on their thumb)
- squeeze hands tight crushing thumb.

Ura oni Kudaki (Inside Demon Crusher)

VIDEO

Modified Version Video

U: Right stepping punch

- Left hand grabs uke's Left wrist,.
- Fold Right arm over uke's Right elbow and grabbing your other wrist
- Apply lock with Osoto Gake (rear leg sweep)

U: Lapel Grab

- Left hand pizza tray on their right hand
- Fold Right arm over uke's Right elbow and grabbing your other wrist
- allow elbow to rotate through as stepping forward and to their back, elbow should be above their shoulder.
- Drop them
- Follow up
- Kamae

Yubi Kudaki (Finger Break)

VIDEO

U: Lapel Grab

- Use Takagi Yoshin Ryu style grab on uke's hand (grab fingers around bottom of palm thumb up so it can be slid between fingers)
- Use thumb to grip the small fingers of the uke.
- Step outside in hira movement as you bring the uke's hand up (lock out wrist/fingers, if there arm is bent you need to crank finger back more.
- Grip other fingers using the other hand and throw.

Kakae Hiji Dori (first policemen hold)

VIDEO

U: Stands in Shizen

- Use Right hand to grab uke's wrist in cross wrist grab.
- Step to the outside turning in Hira to bring your Left arm over Uke's bicep (I found the higher you go the better off you are, as long as you can still grab your wrist).
- Left hand grabs your Right wrist
- Apply pressure to uke's elbow.

Ura Gosha Dori (first policemen hold)

VIDEO

PAGE

U: Start in Kumi Uchi

- Start in Kumi Uchi
- Step back with the left foot pulling uke so that he takes a Right step forward
- Circle your Right arm over uke's Right arm and under capturing uke's right elbow and elevating it.

Hiza Juji Gatame (Rolling Knee Bar)

U: Grabs tori in Rear Bear Hug with hands free around waste

- Right Rear Elbow, Left Rear Elbow to loosen up.
- Step to side and grab uke's thing between your legs (you have to lean forward to do this which means you don't have balance, which is why you do next move.

- Roll to side of leg capture.
- Knee bar. (need to fill in more information here)



Posted on: November 19, 2016, by : jsnyder

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