

## SAMPLE

Another variation is when an opponent attempts to shake you with both of his hands on your lapels, or a two hand lapel grip, near the chest. First, slip your left arm under his right arm close to your own chest, and, simultaneously place your right arm over his left arm and clasp your hands together in the center of your chest, now keeping the forearms straight as if they were a wooden bar, twist them to your chest, left forearm going up in the right going down, so as to break his hold, or if not, to throw him over your hip.



### 10. Hagai Shime Hazushi

To apply a full nelson when an opponent attempts to strike you with a right hand blow to your face. Duck under the swing and to the outside of it and simultaneously throw your right hand up and inside of the blow and over his shoulder, and slip around in back of him and bring the left arm under his left in the same manner as the right, and place your palms against the back of his head rather high, keep pressure by forcing your arms straight keeping your chest in the opponent's back and keeping the opponent from bending over.



To break a full nelson: After the art has been applied, first, put or clasp your hands together in front of your forehead to ward off the pressure and you can maintain this until your opponent's strength gives out, then, stepping back with your left leg in back of your opponent, with your left thigh resting on his right thigh, your foot in rear of his, then straightening your body, throwing him to the mat, follow this art with an arm bar or kick to the nerve center in the side.



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