

SAMBO WRESTLING

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Valmont 12 1010 Lausanne, SWITZERLAND**



FOREWORD

Sambo, which means self-defense without weapons, originated as a sport in the Soviet Union in 1938. Since, 1968, when I was designated as President of the Sambo Committee of FILA, I have been dedicated to its international growth and development. I believe sambo has great appeal to young people because it is a combination of wrestling and self-defence techniques and is an excellent physical conditioner. As sambo techniques can help wrestling and other combat sports it would be to the advantage of students of these related sports to also study sambo.

Herbert Jacob

President of the Sambo Committee of FILA

A handwritten signature in black ink, appearing to read 'Herbert Jacob', written in a cursive style.



FOREWORD

Sambo, which originated in the Soviet Union, was recognized as the third style of international wrestling governed by FILA in 1968. Physical educators are becoming increasingly interested in this most exciting combat sport since it combines techniques from both wrestling and self-defense and has widespread appeal. Sambo's growth in recent years is evidenced by the first European Championships, which were held in the Soviet Union in 1972, and the first World Championships, which will be held in Japan in 1973. It is my sincerest wish that this book will be helpful in continuing this growth in many new countries.

I would like to personally thank Mr. Shozo Sasahara, for his preparation of the photographs, and Mr. B.M. Andreev, for his technical assistance in preparing this book.

Milan Ercegan

President of FILA

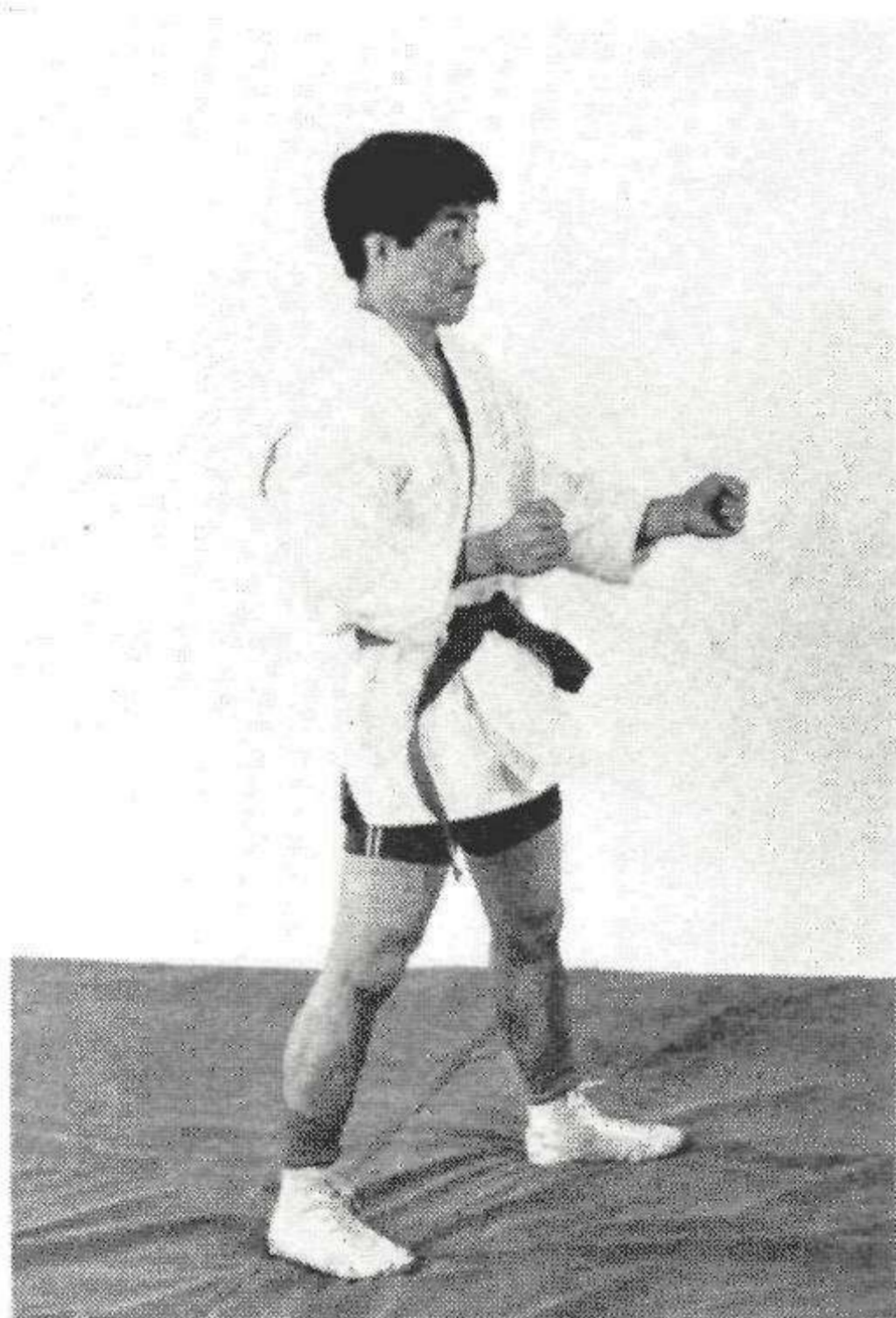
Milan Ercegan

F.I.L.A.

**TECHNIQUES OF
THE SAMBO-WRESTLING**

THROWS

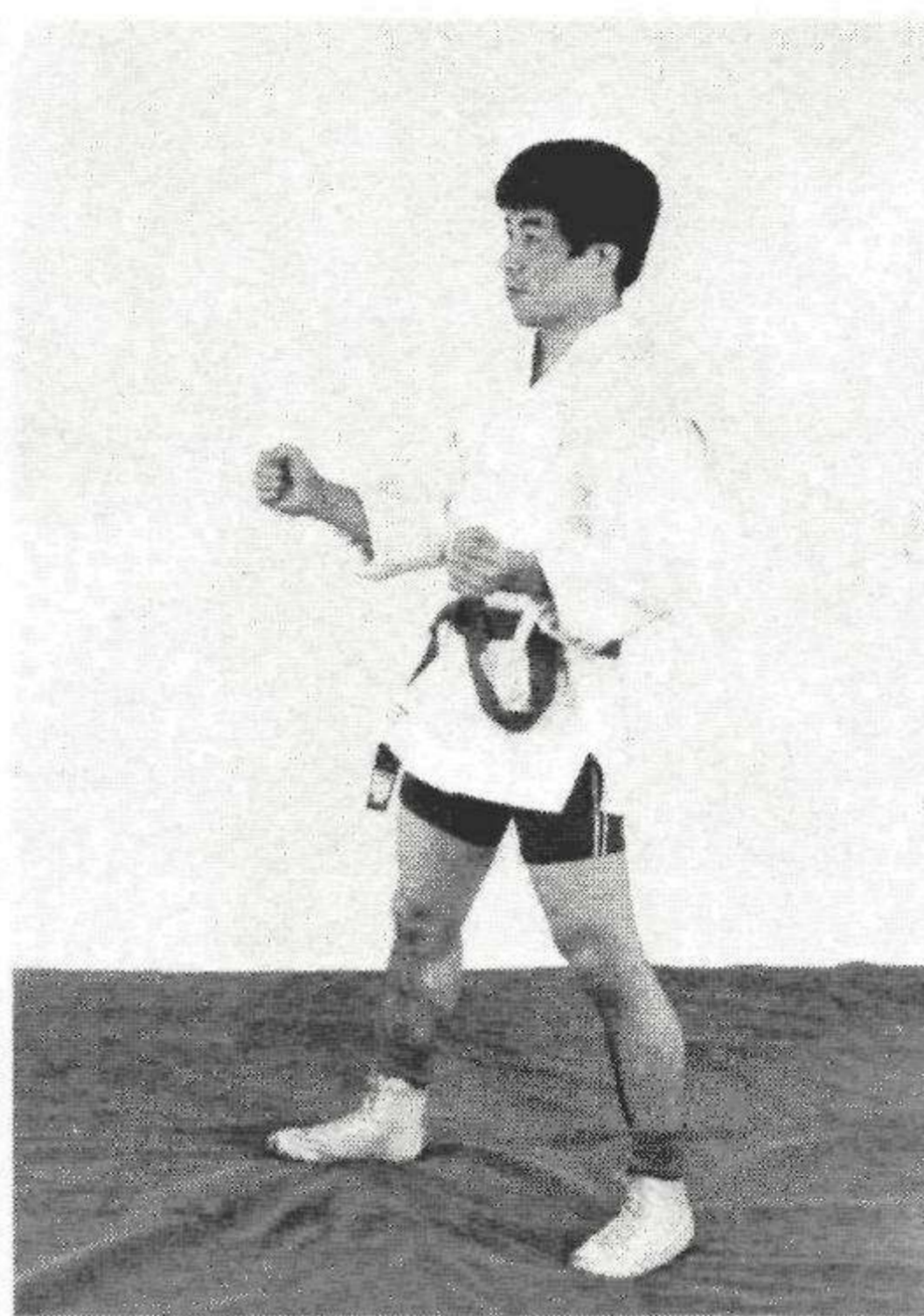
POSTURE OF THE SAMBO-WRESTLER



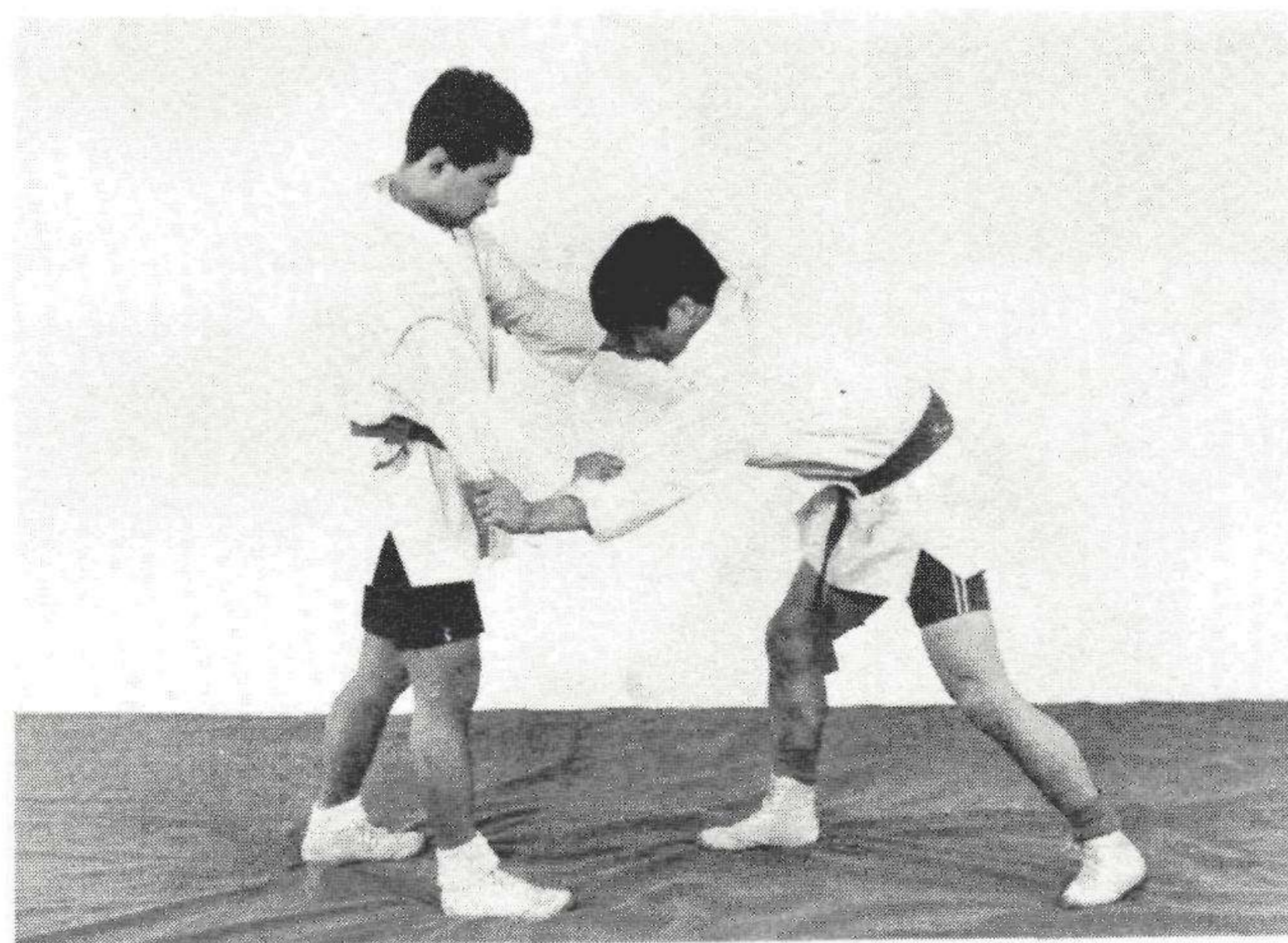
1. -Left



2. -Frontal

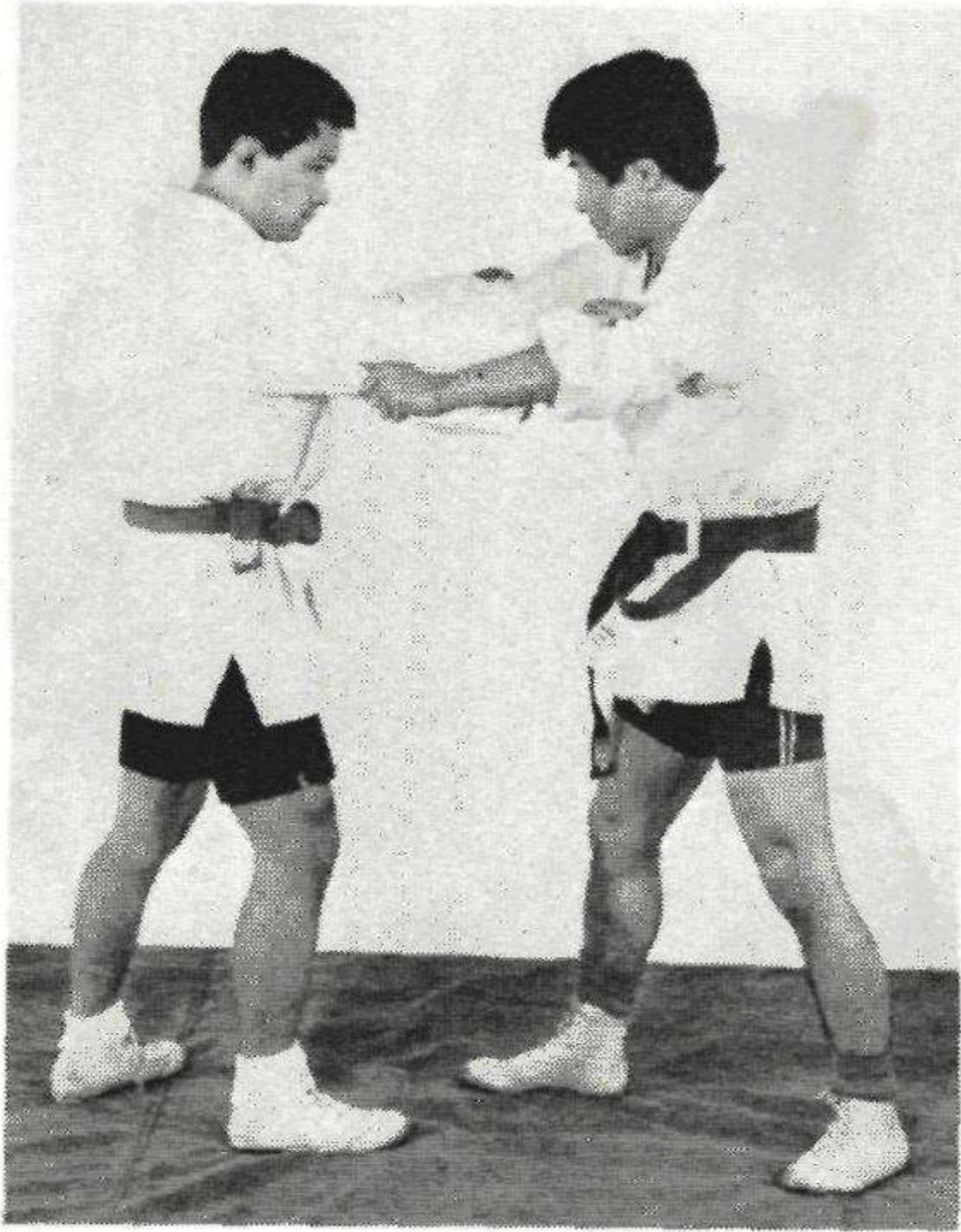


3. -Right

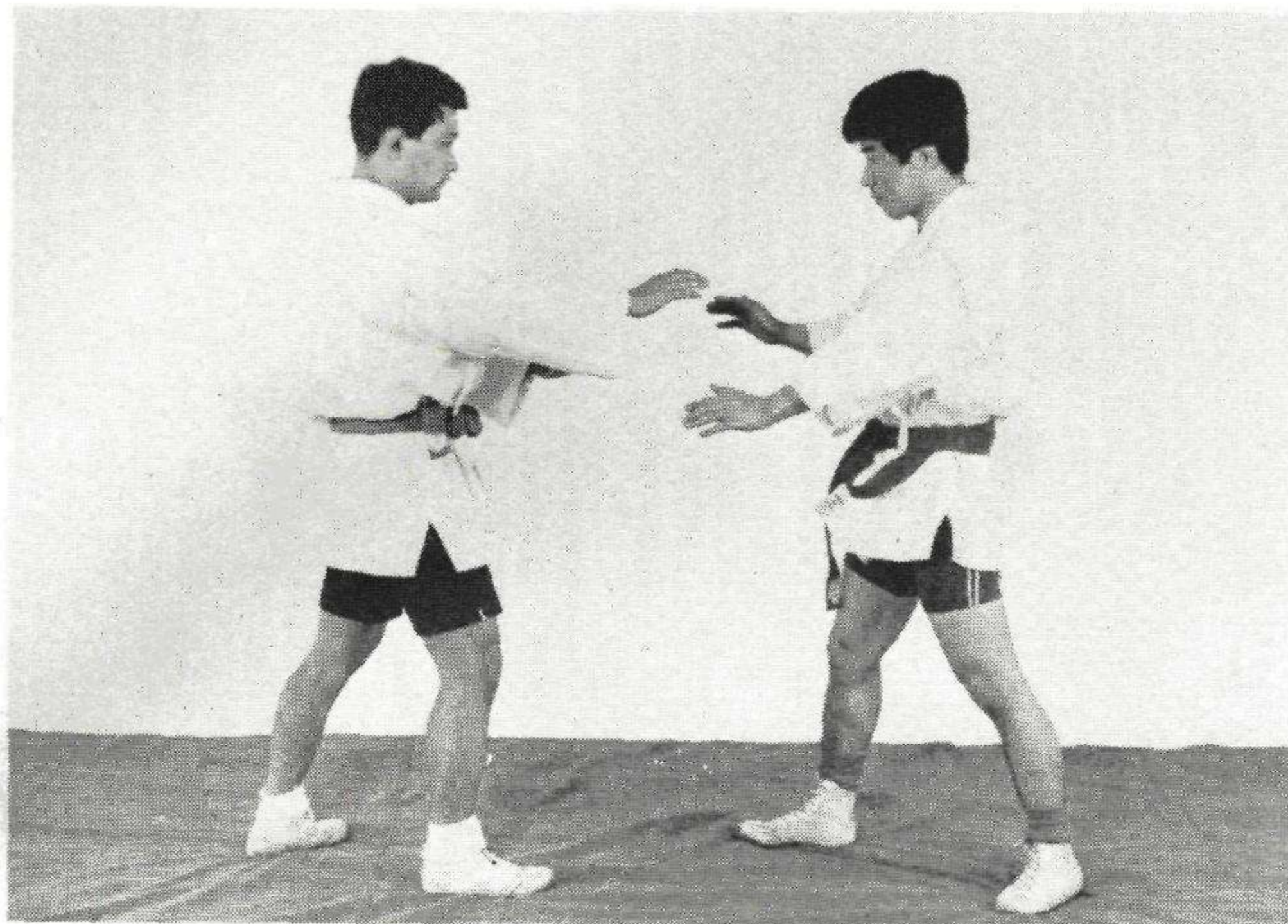


4. -Straight crouch

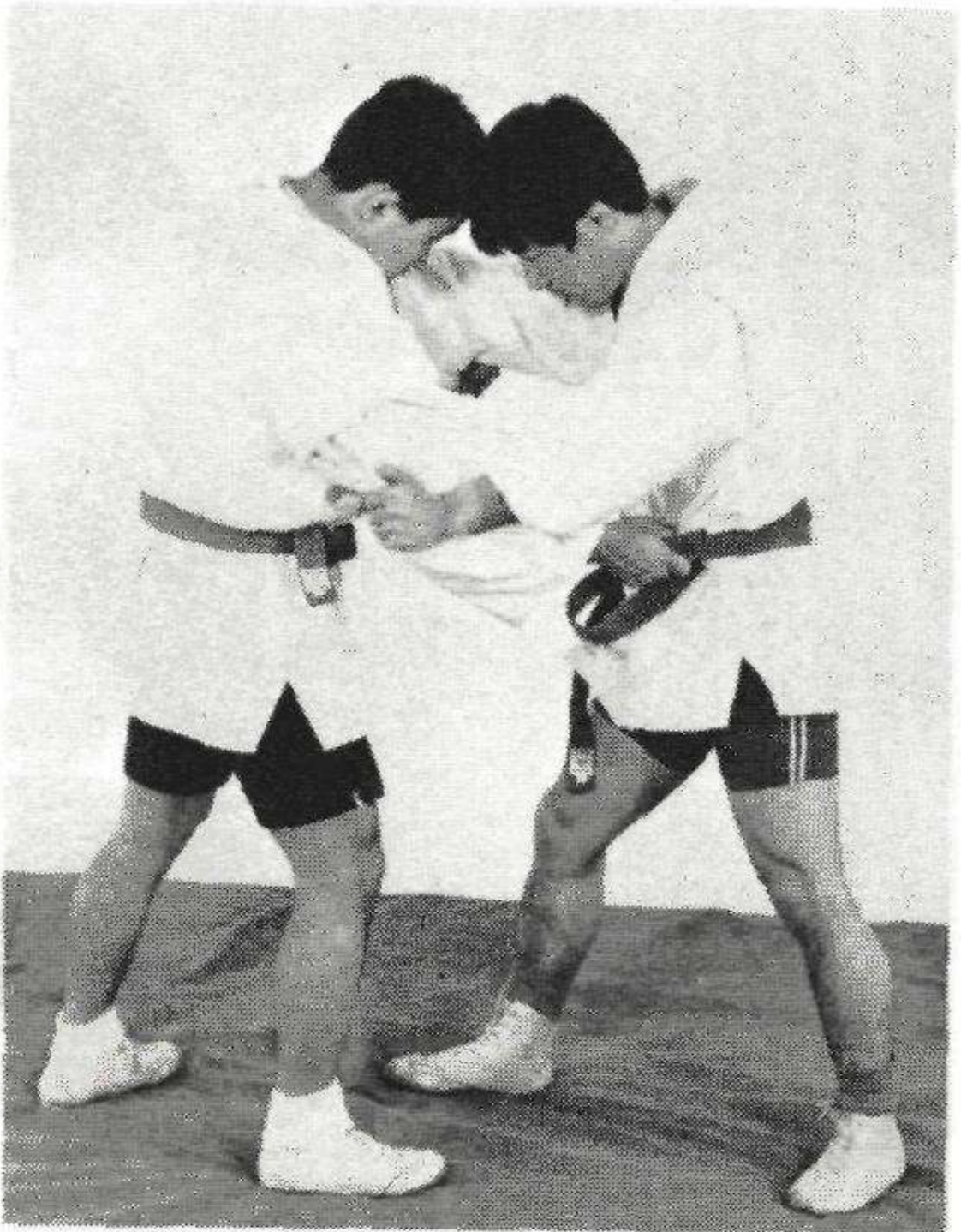
DISTANCE DEFINITIONS



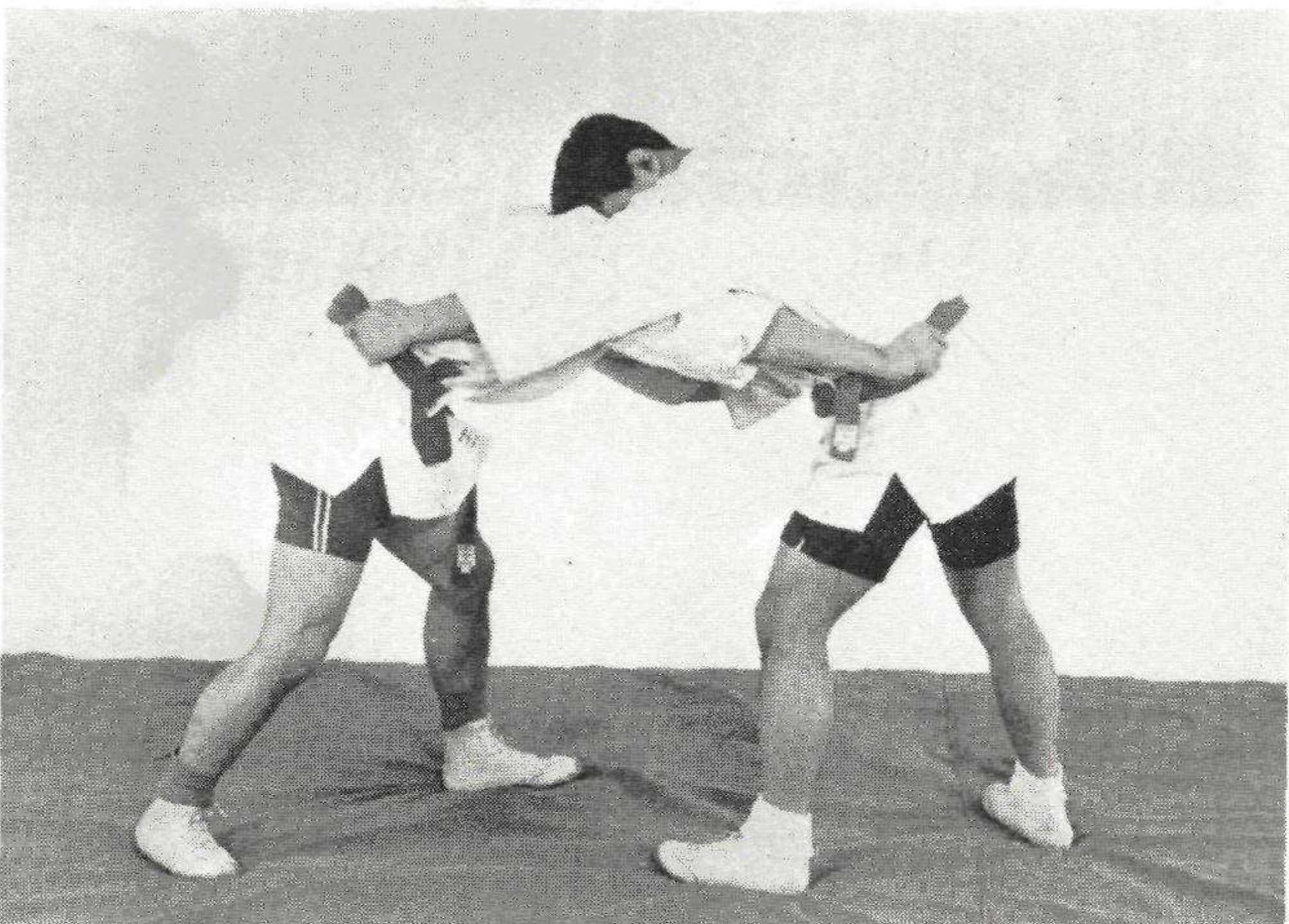
1. -Out of hold



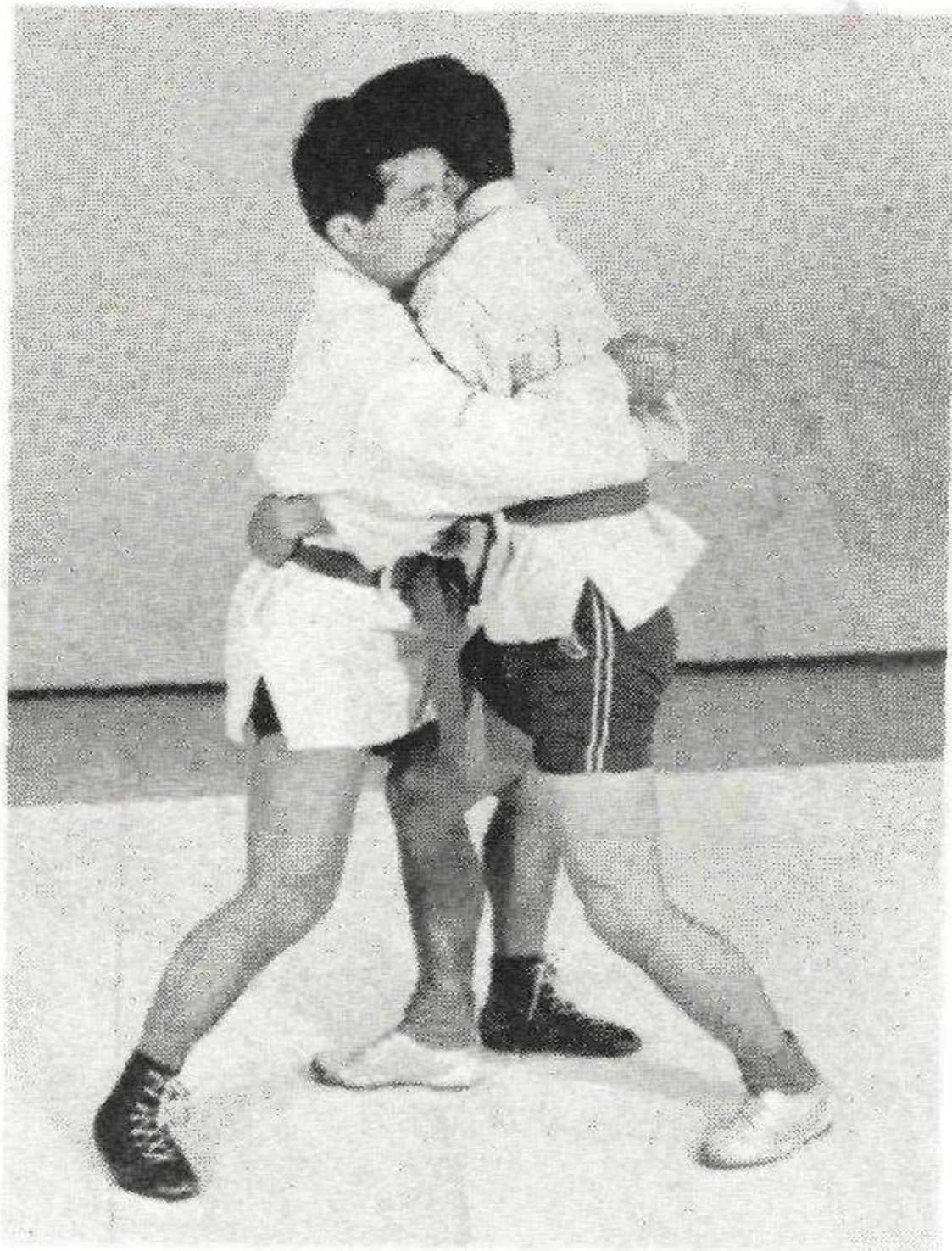
2. -Far



3. -Clinch



4. -Medium

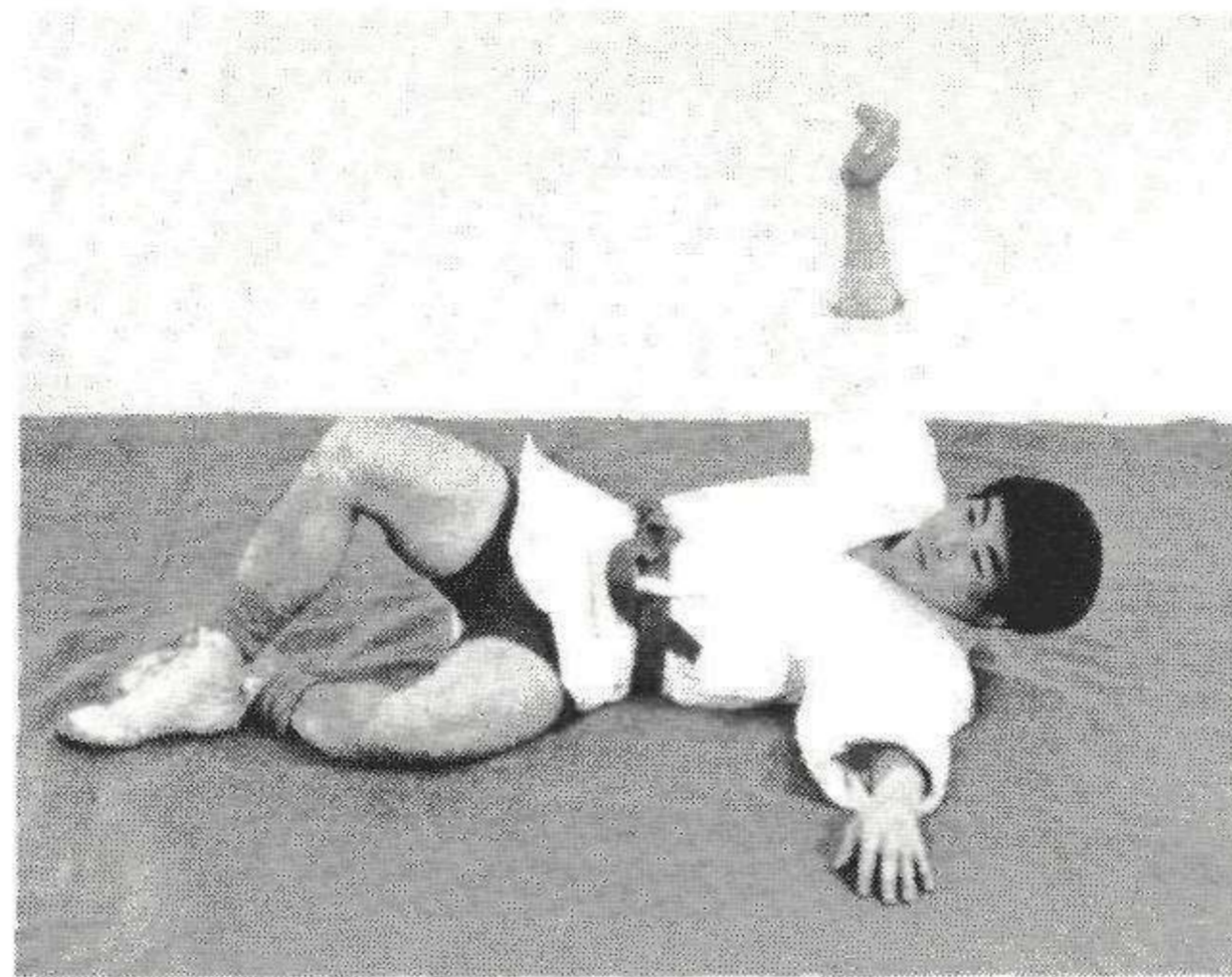


5. -Nearby

SAFEGUARDING FINAL POSITIONS AFTER THE FALL

1. LEFT SIDE FALL

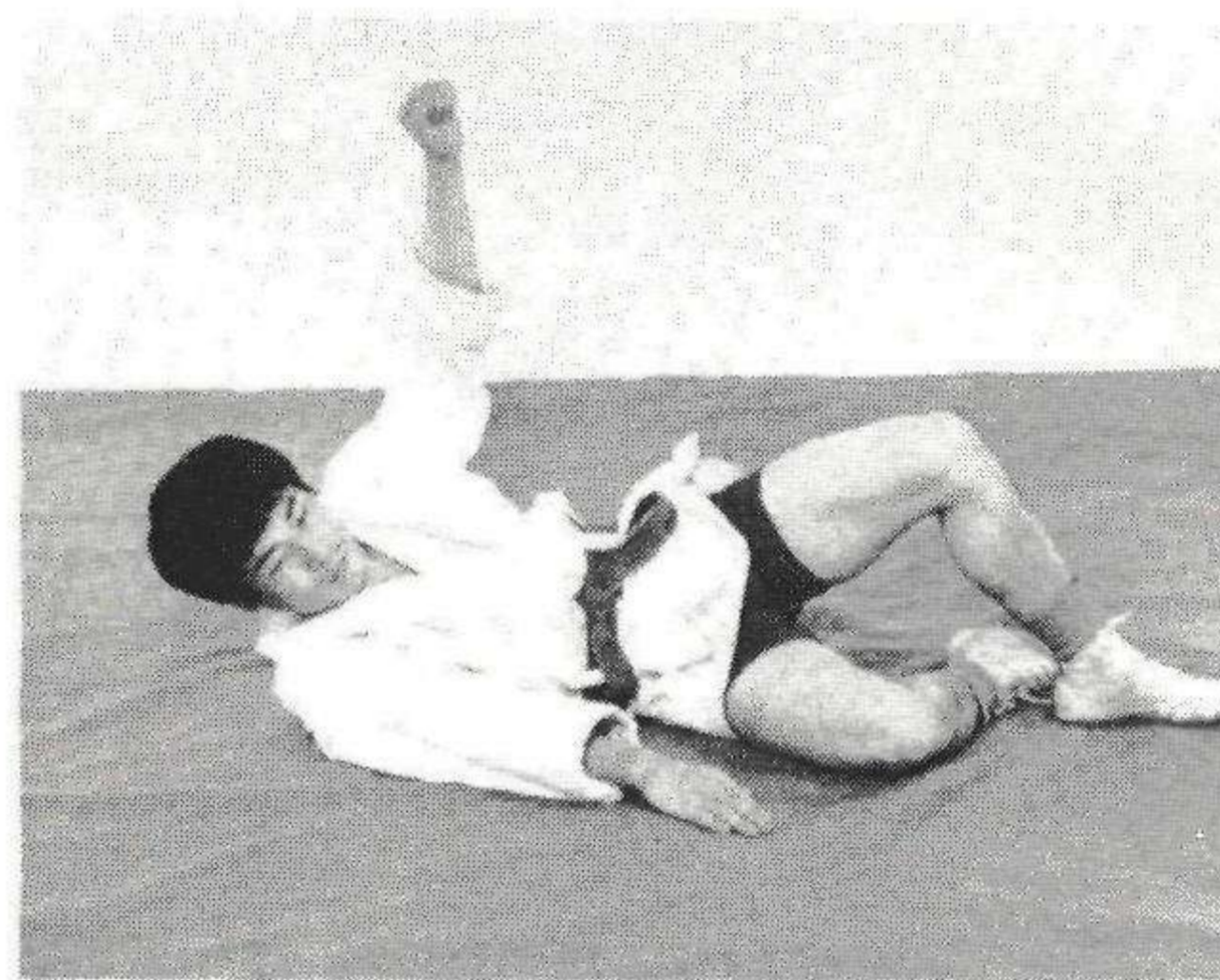
Lie down on the left side, bend the left leg in the knee, pull the leg up to the breast; set the right foot by the left knee, legs crosswise. The arm must be at around 10 centimeters off the left knee. Hold the right hand up, pull the head, with the chin pressed against the breast, up to the right arm.



(1)

2. RIGHT SIDE FALL

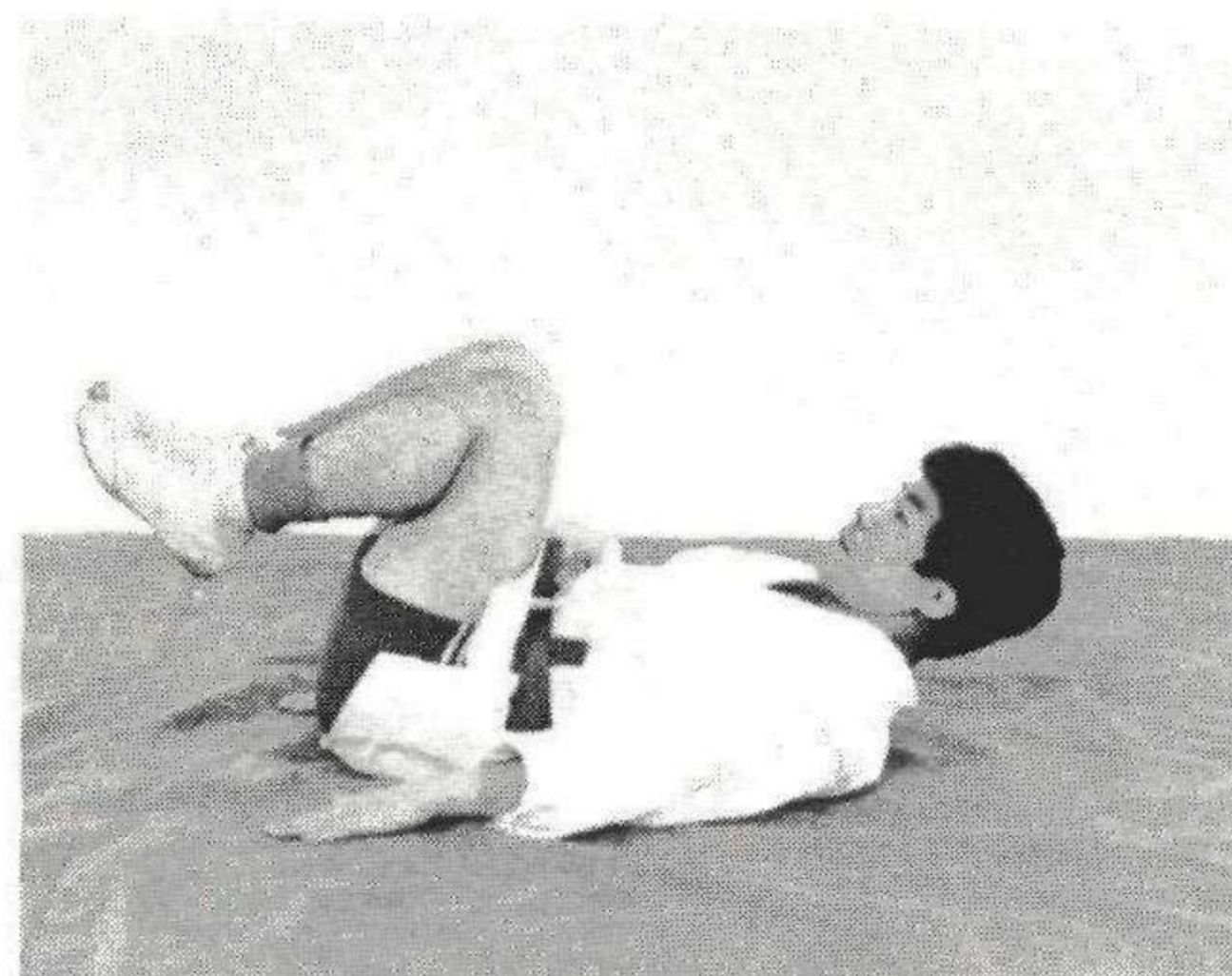
(Same as above, with the stand of the arms and the legs reversed)



(2)

3. BACK FALL

Lie down on the back, bend the legs in the knee and pull the legs up to the breast. Hands on the mat, palms downwards, around 45 degrees to the body.



(3)

INITIATIVE POSITIONS FOR THE FALL TRAINING

1. SITTING ON THE MAT

Sit down on the mat. Stretch the arms forward. Rolling from the right buttock onto the left shoulder-blade, give, when the shoulder-blade touches the mat, a strong clap against the mat and assume the final left side fall position.

(Same by the right side fall).

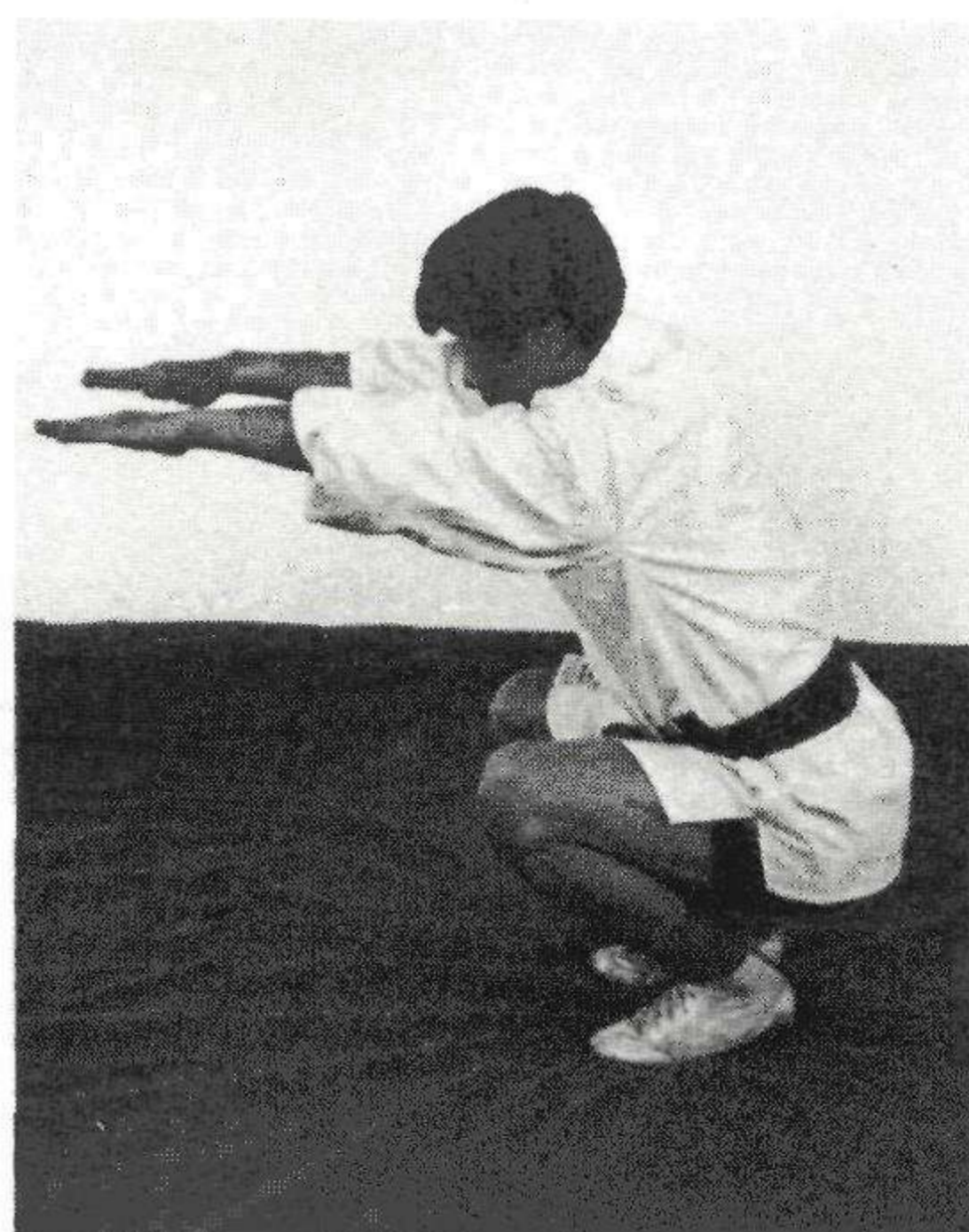
2. FROM THE FULL SQUATTING POSITION

Assume the full squatting position. Stretch the arms forward, the chin pressed against the chest. From this position sit down on the mat, close to the heels, and roll without interrupting the fall into the final left side fall position. Finish the fall with a clap on the mat.

(Same by the right side fall).



(1)



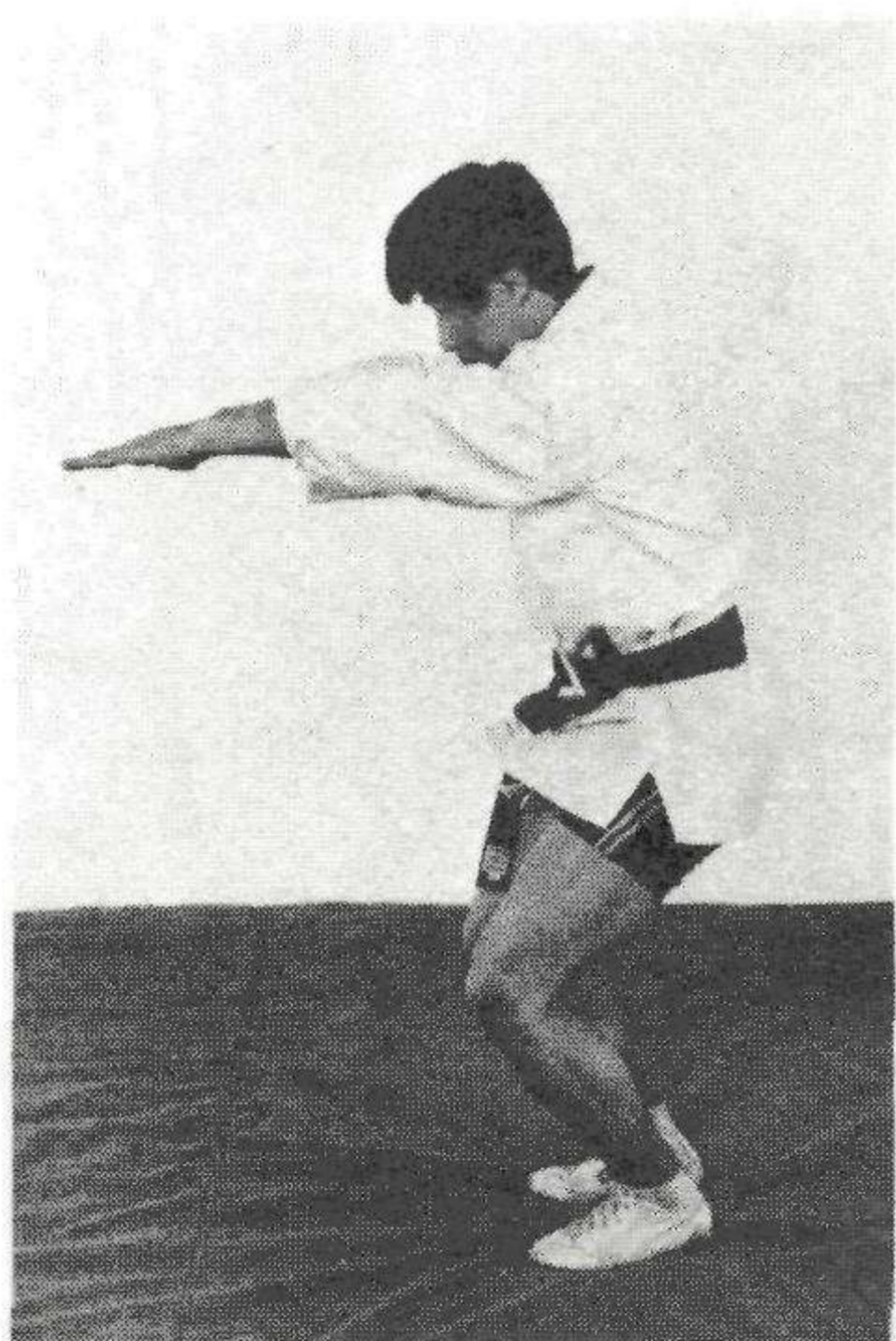
(2)

3-4. FROM THE HALF-SQUATTING OR UPRIGHT POSITION

Assume the half-squatting position or the general upright standing position; stretch the arms forward, press the chin against the chest. Float out of this position into the full squatting position, then sit down and roll without interrupting the fall movement in to the final left (right) side position as described above.

Safeguarding by the backfall should be worked out in the same sequence as by the side falls (sitting, full-squatting, half-squatting, upright).

When rehearsing the back fall see to it that the head does not touch the mat.



(3)



(4)

ROLL OVER THE BAR

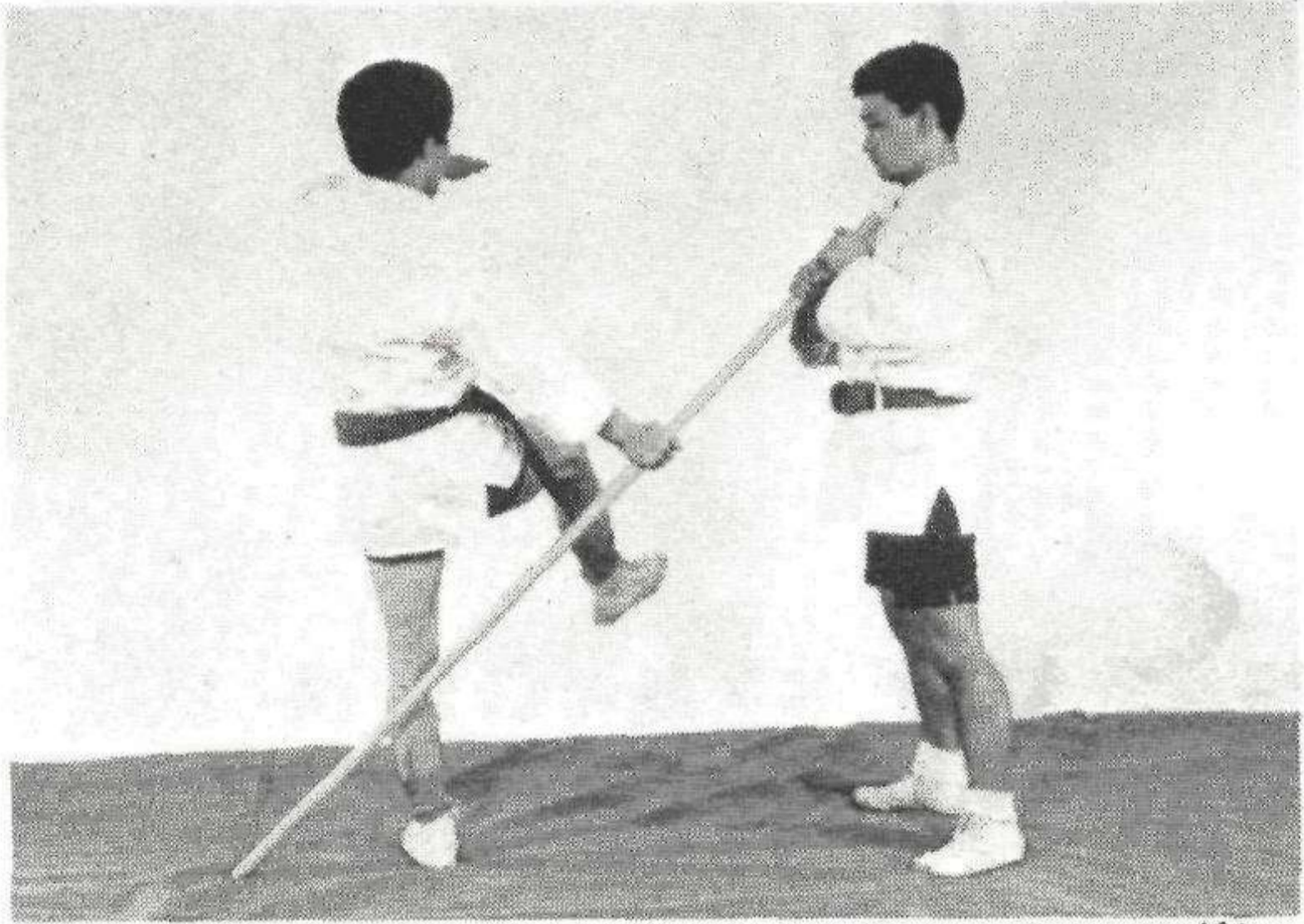
LEFT(RIGHT)SIDE FALL, BAR BACKWARDS

By the rehearsing of the side falls one of the trainees holds the bar with both hands at its upper end, while the lower end comes down on the mat. Stand back the bar so as to be able to grasp it with the right hand hanging down.

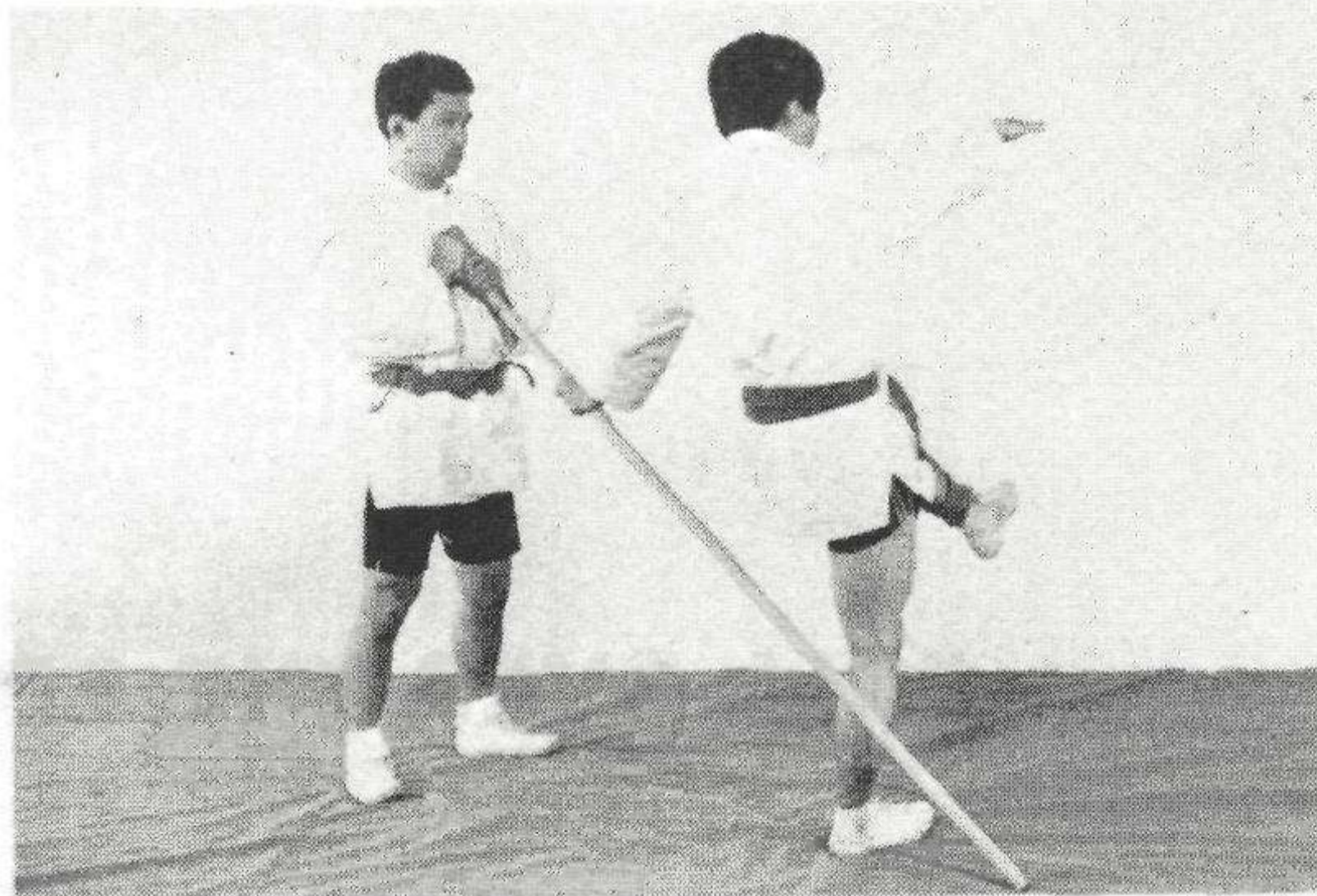
Lift the right leg, touch the pole (bar) with the left knee socket, stretch the left

arm forward, press the chin against the chest (1-1a). Holding fast on the bar, sit down over it, floating to the left (right) (2-2a) and clap with the whole plane of the left (right) hand against the mat (3-3a).

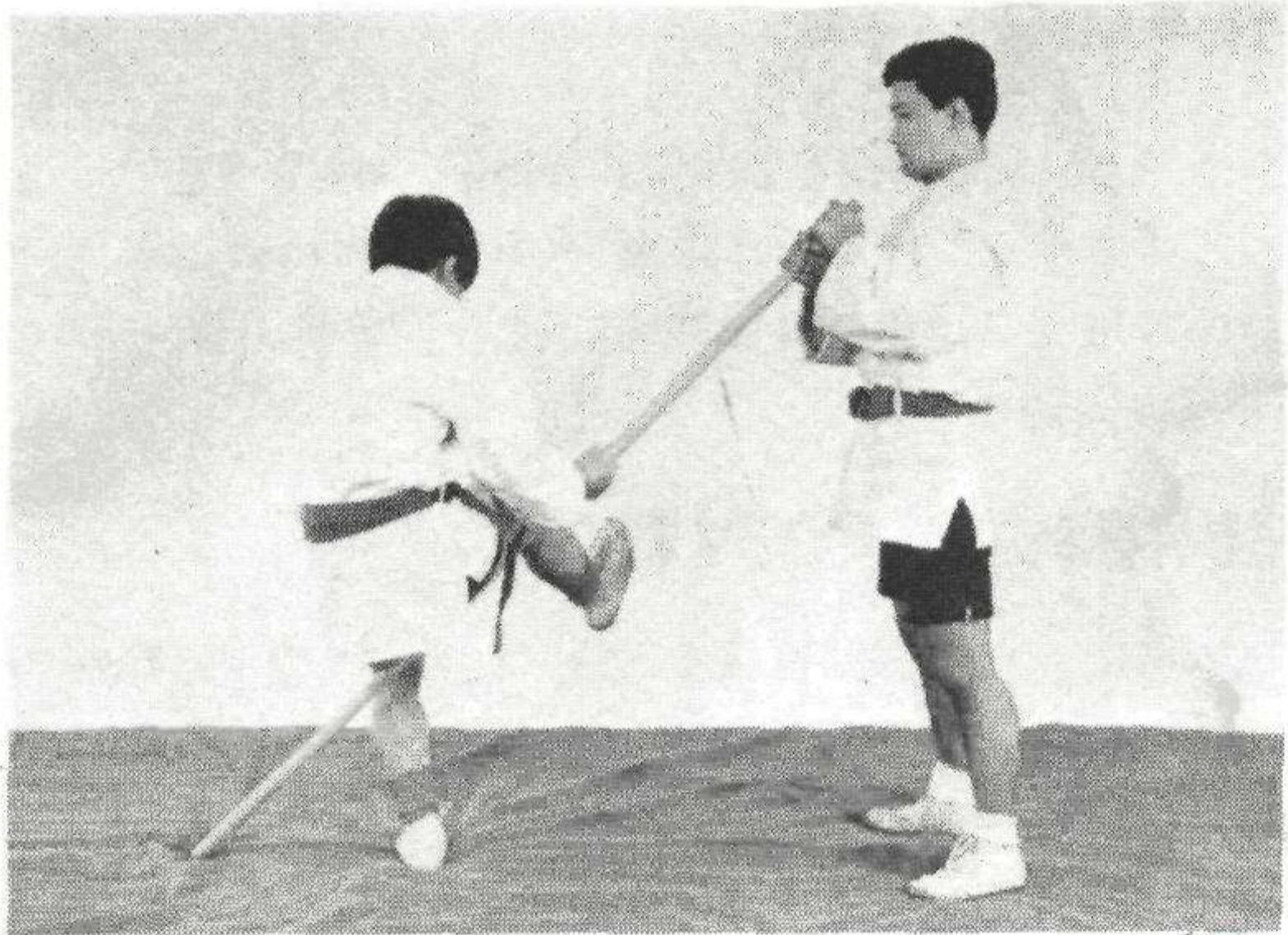
Assume the final left (right) side fall position.



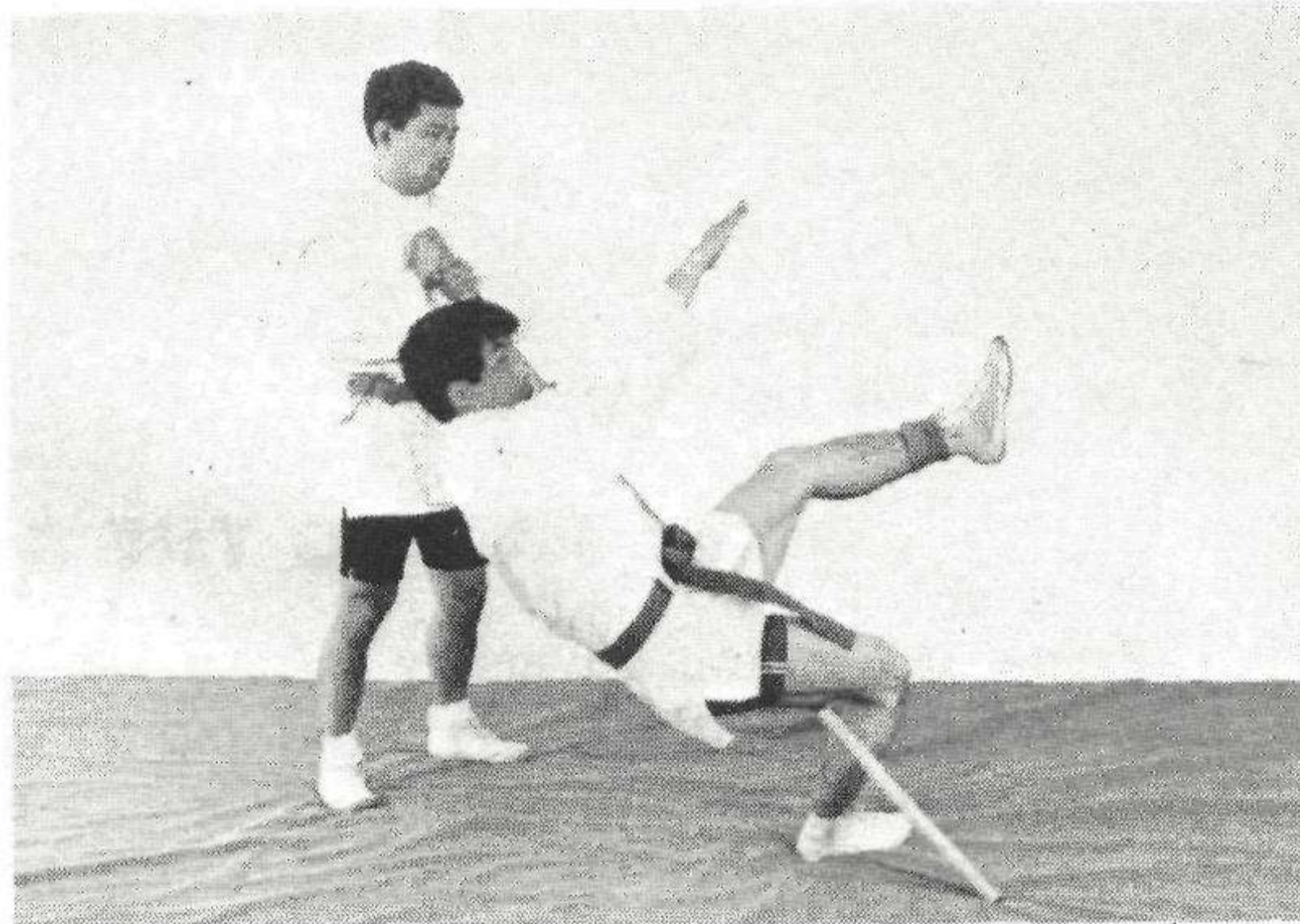
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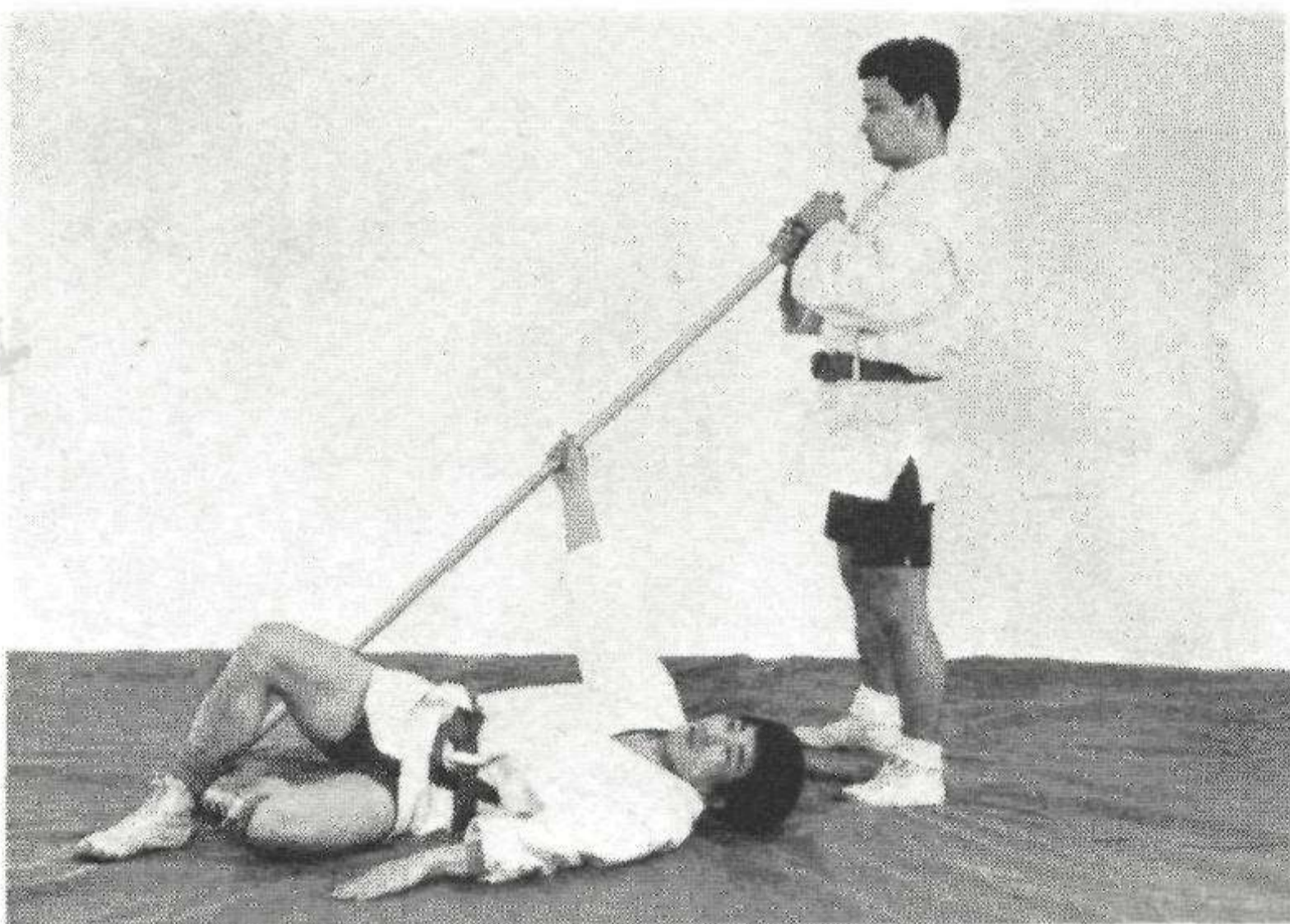
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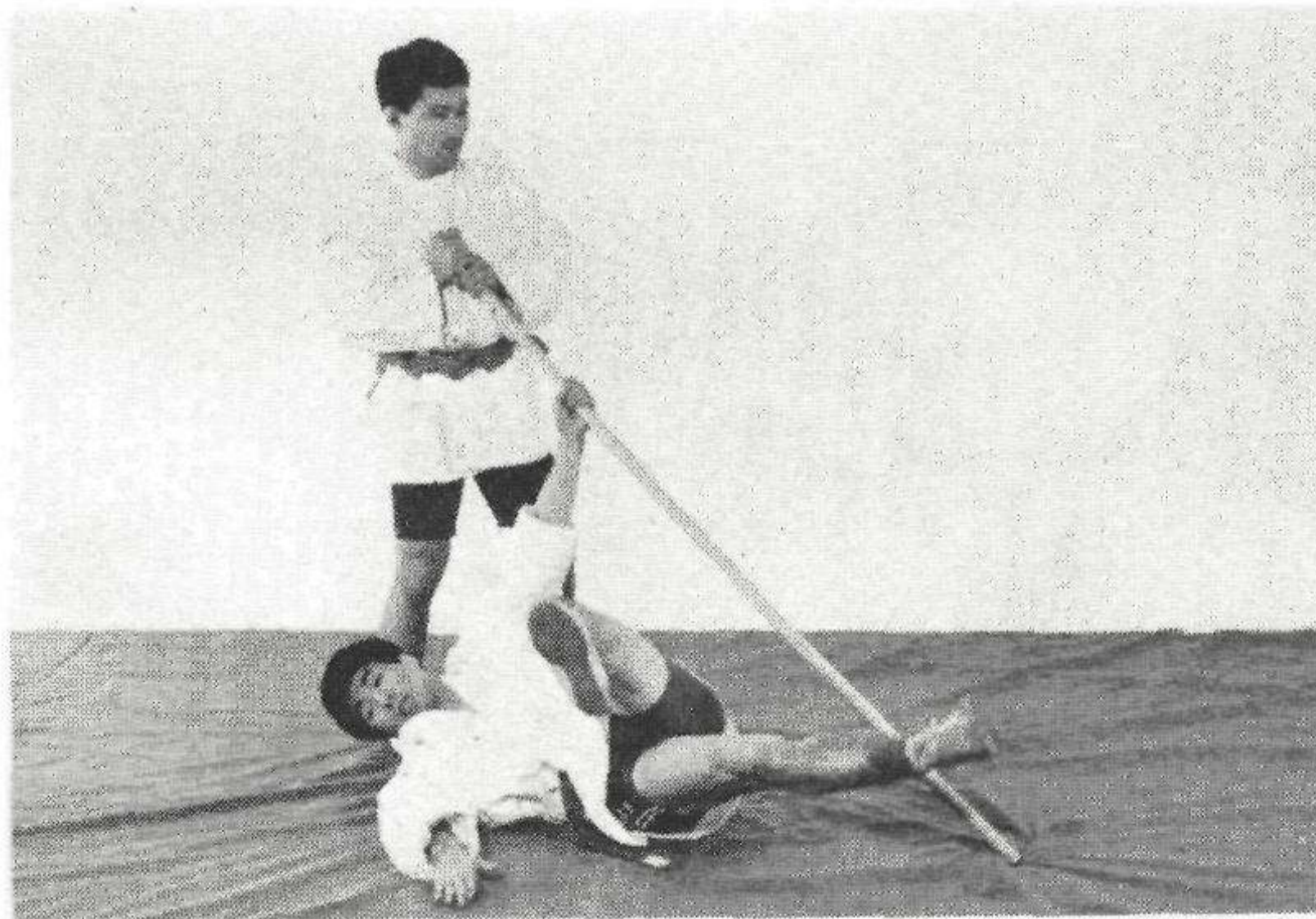
(2)



(2a)



(3)



(3a)

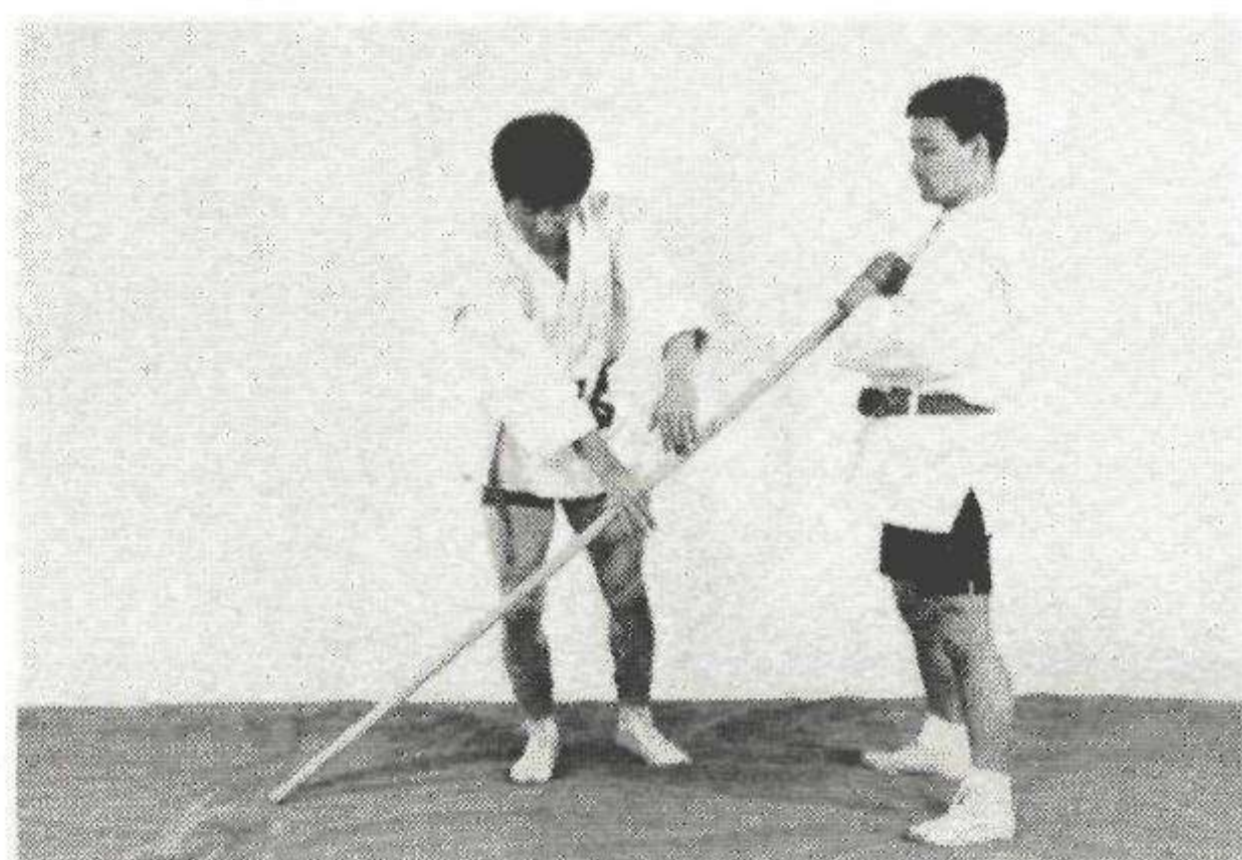
LEFT(RIGHT)SIDE ROLL, FACING THE BAR

Face the bar so as to be able to grasp it off the belt level. Stretch the left (right) arm forward (1,5). Holding fast on the bar, tumble over the right shoulder over the bar (2,3). When falling down clap with the whole plane of the left (right) hand on the mat and assume the final left (right) side fall position (4,6).

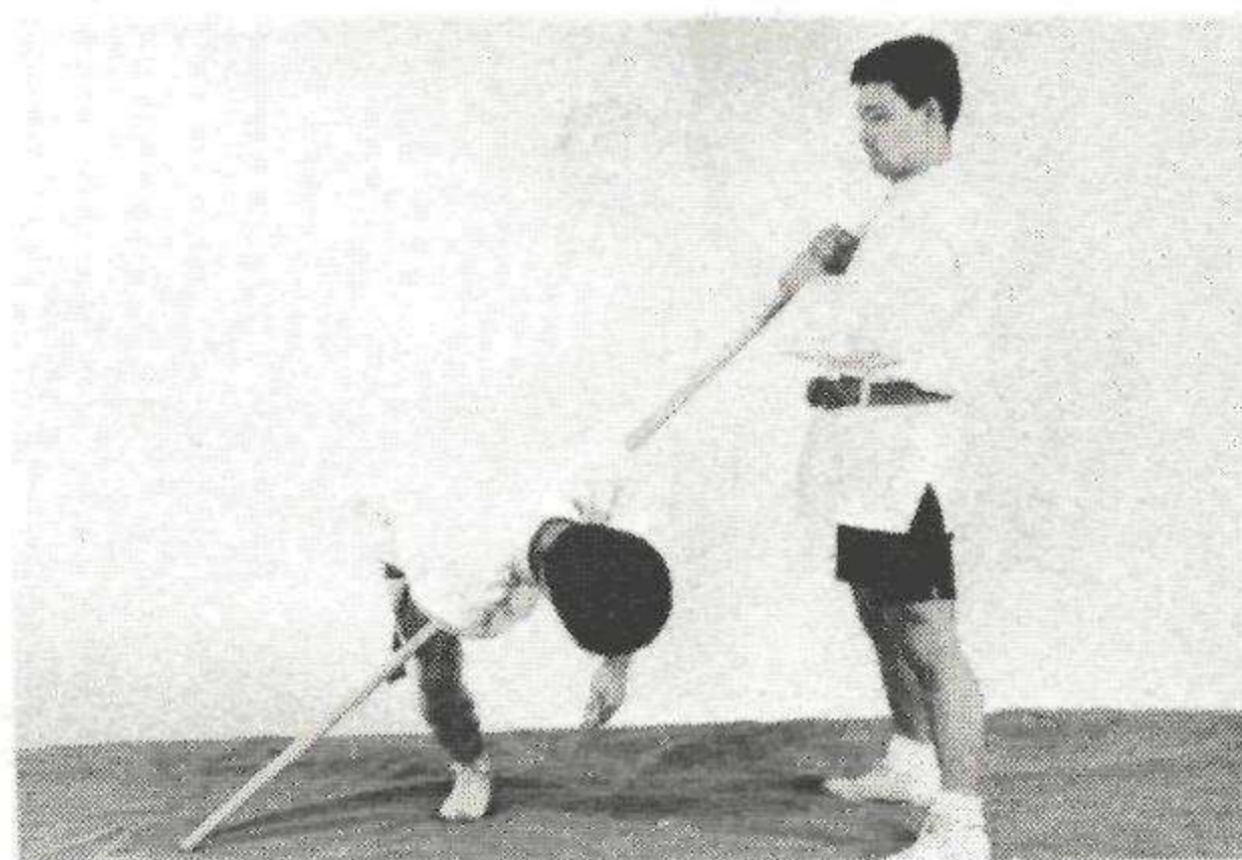
Two trainees hold the bar on both ends on a level with the knee socket of the wrestler rehearsing the fall.

Stand backing the bar so as to touch it with the knee socket stretch the arms forward, chin pressed against the chest (7).

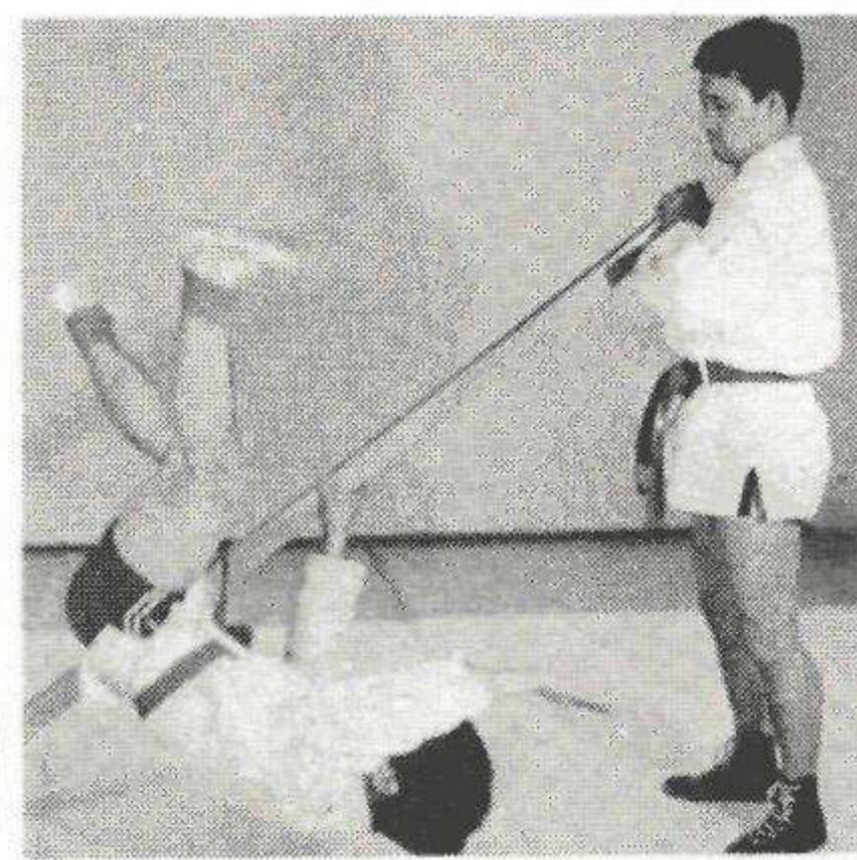
Sit down over the pole. When falling down, clap with outstretched hands on the mat (palms downwards) and assume the final back fall position. See to it that the head does not hit the mat.



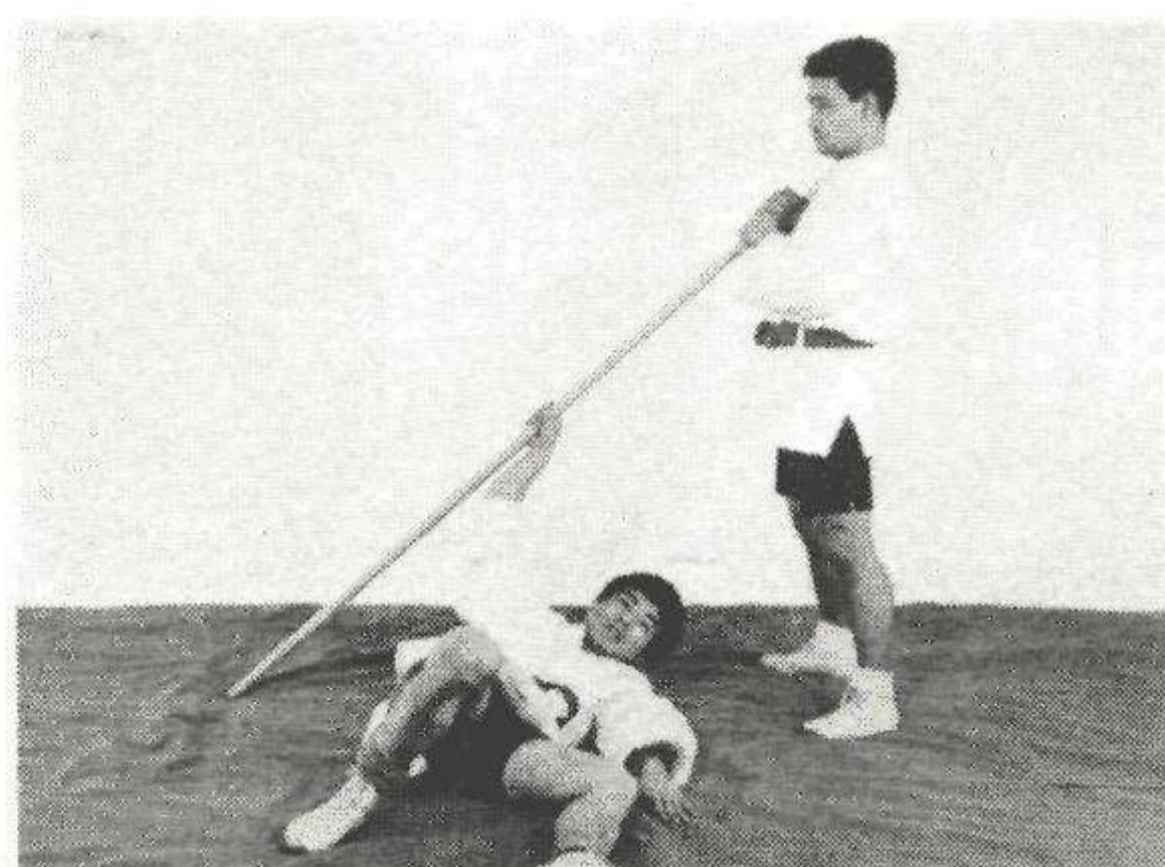
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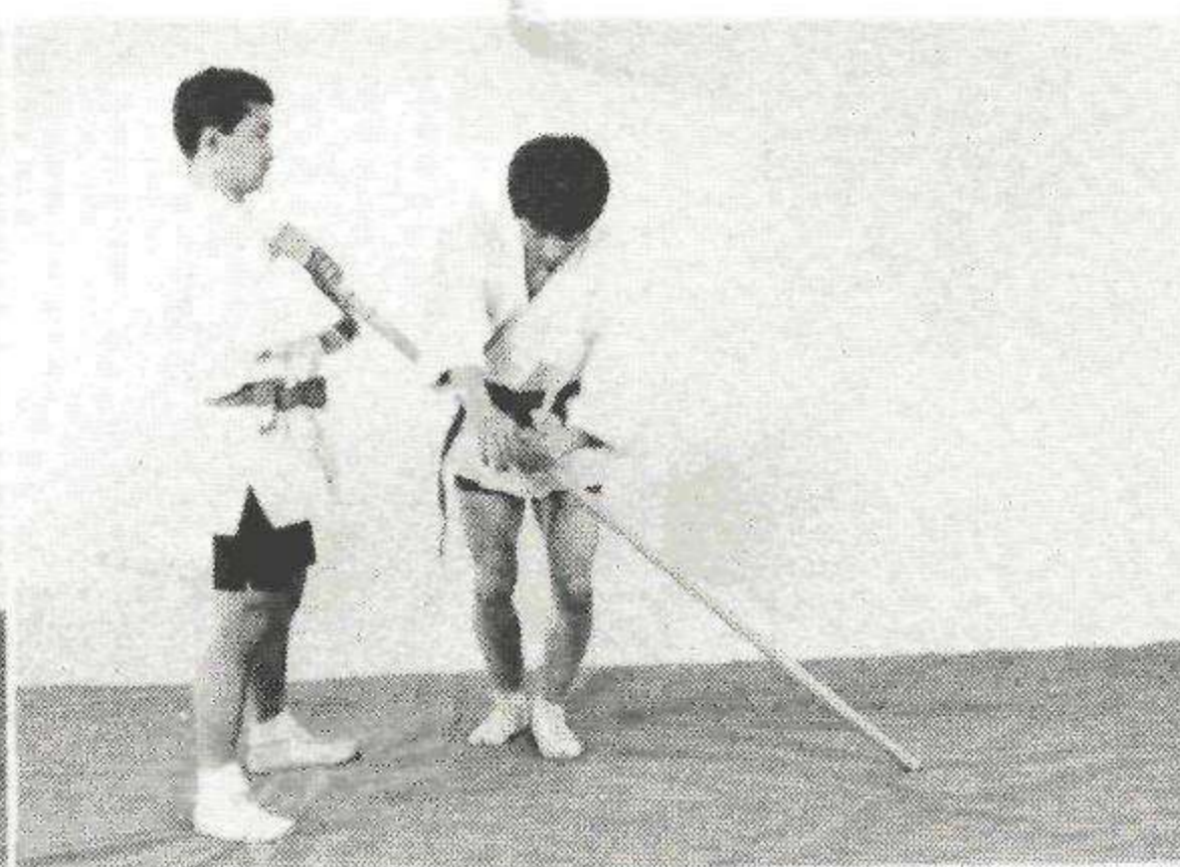
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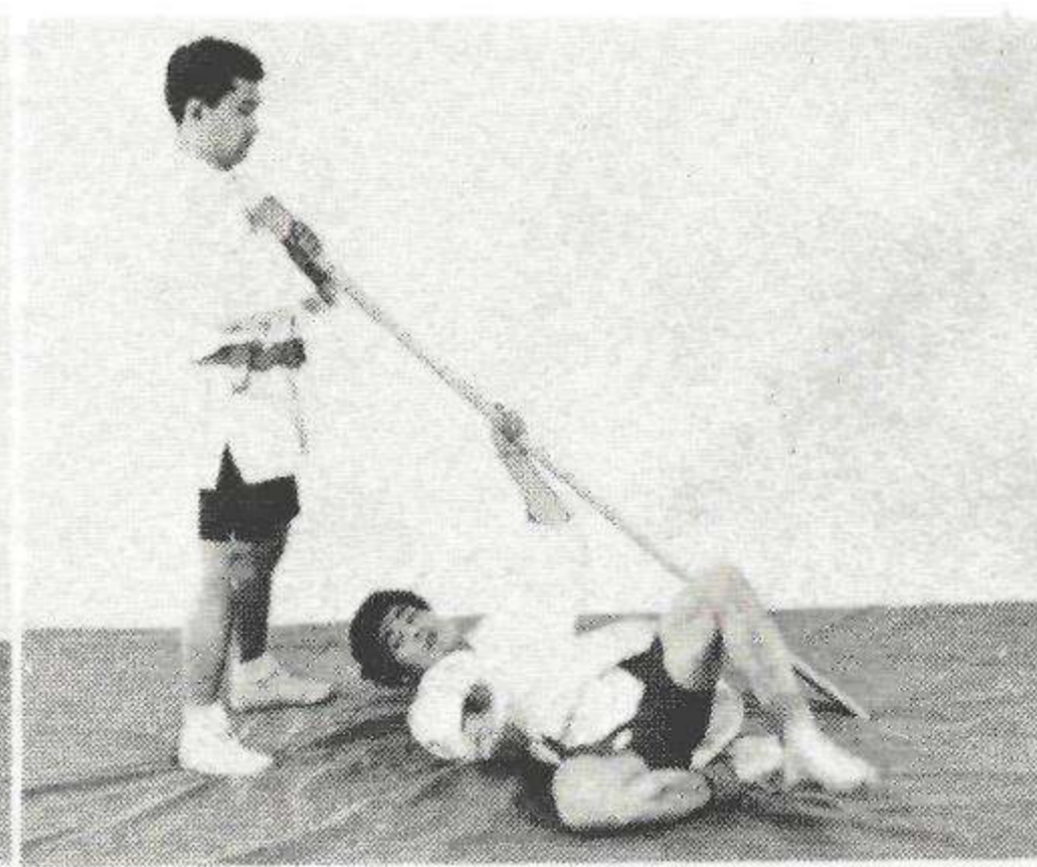
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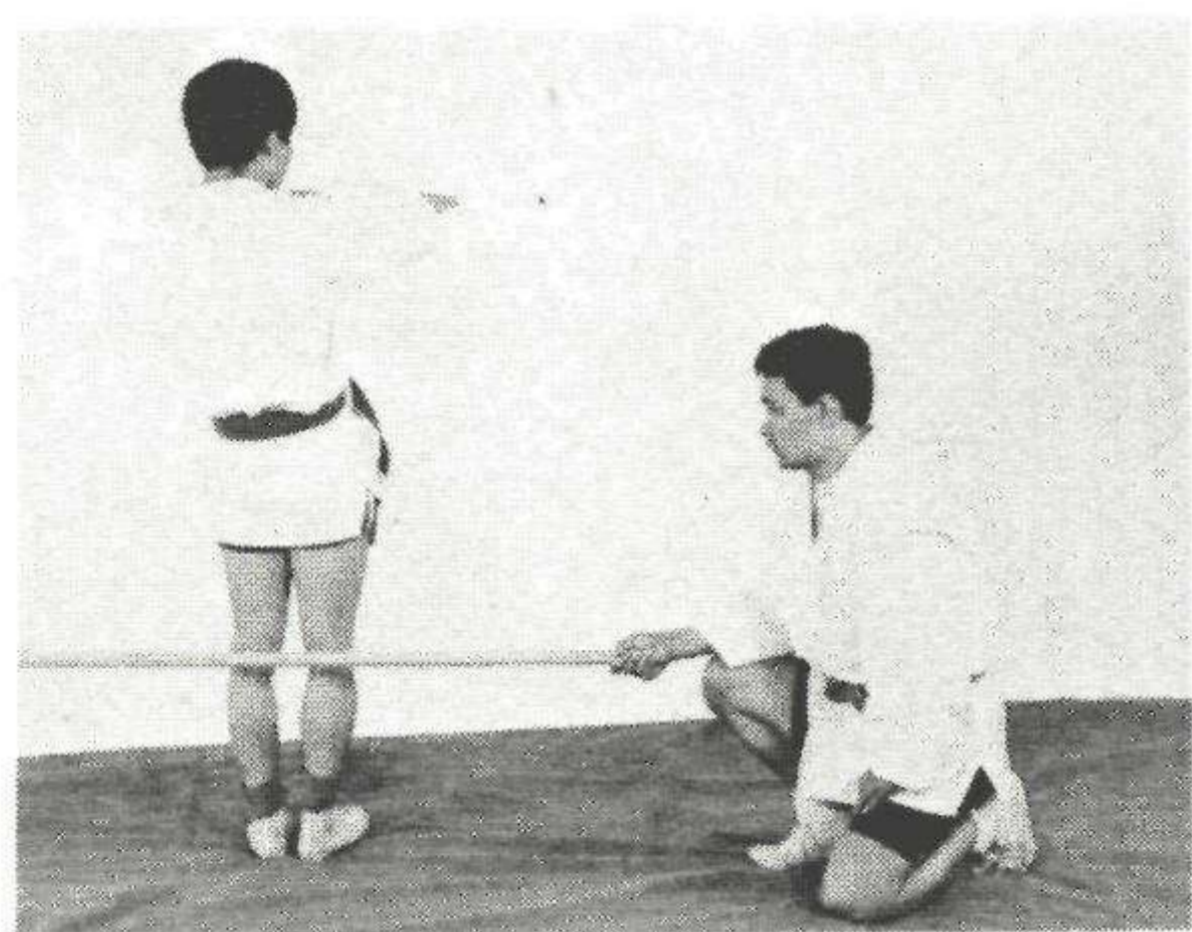
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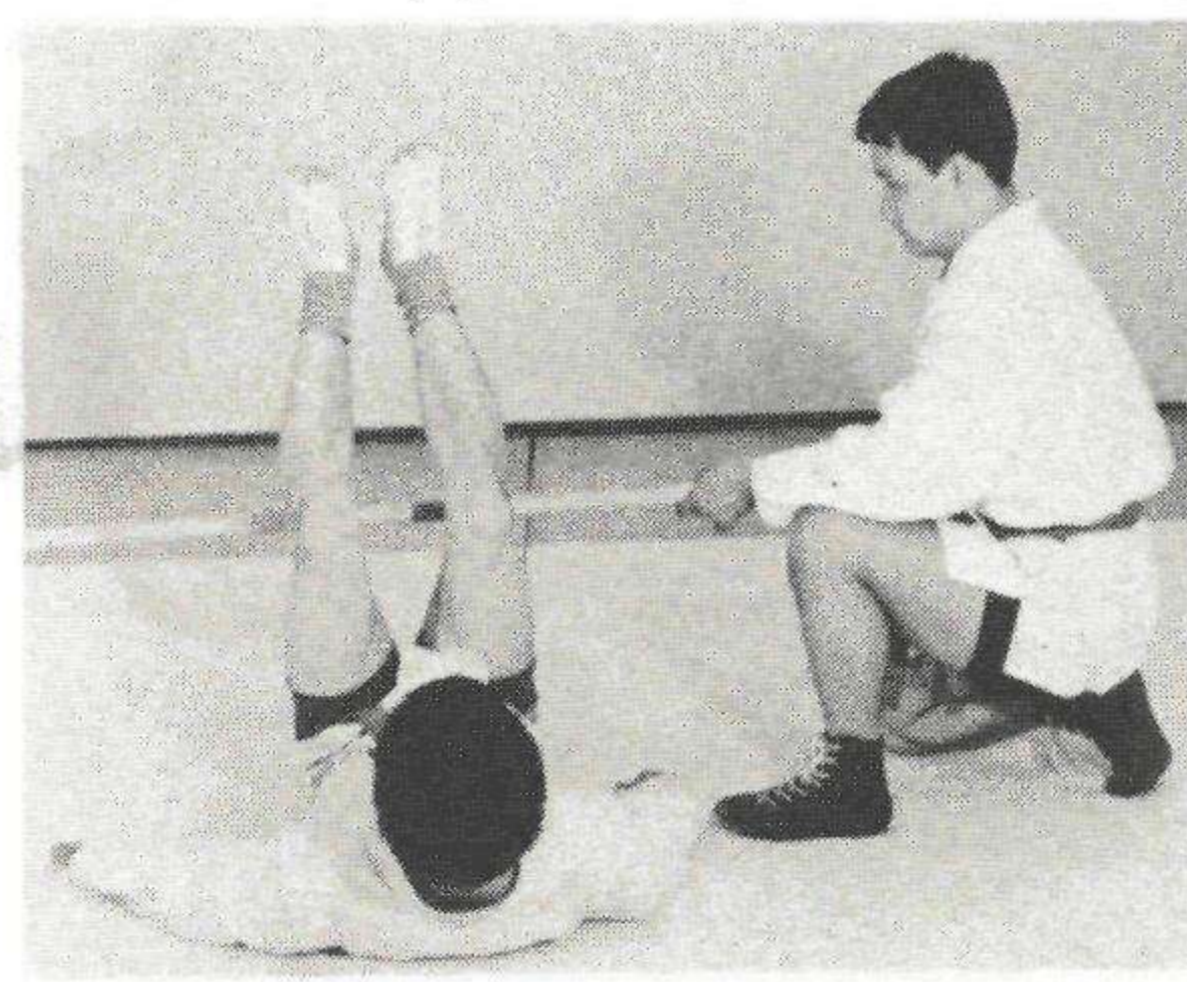
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(6)



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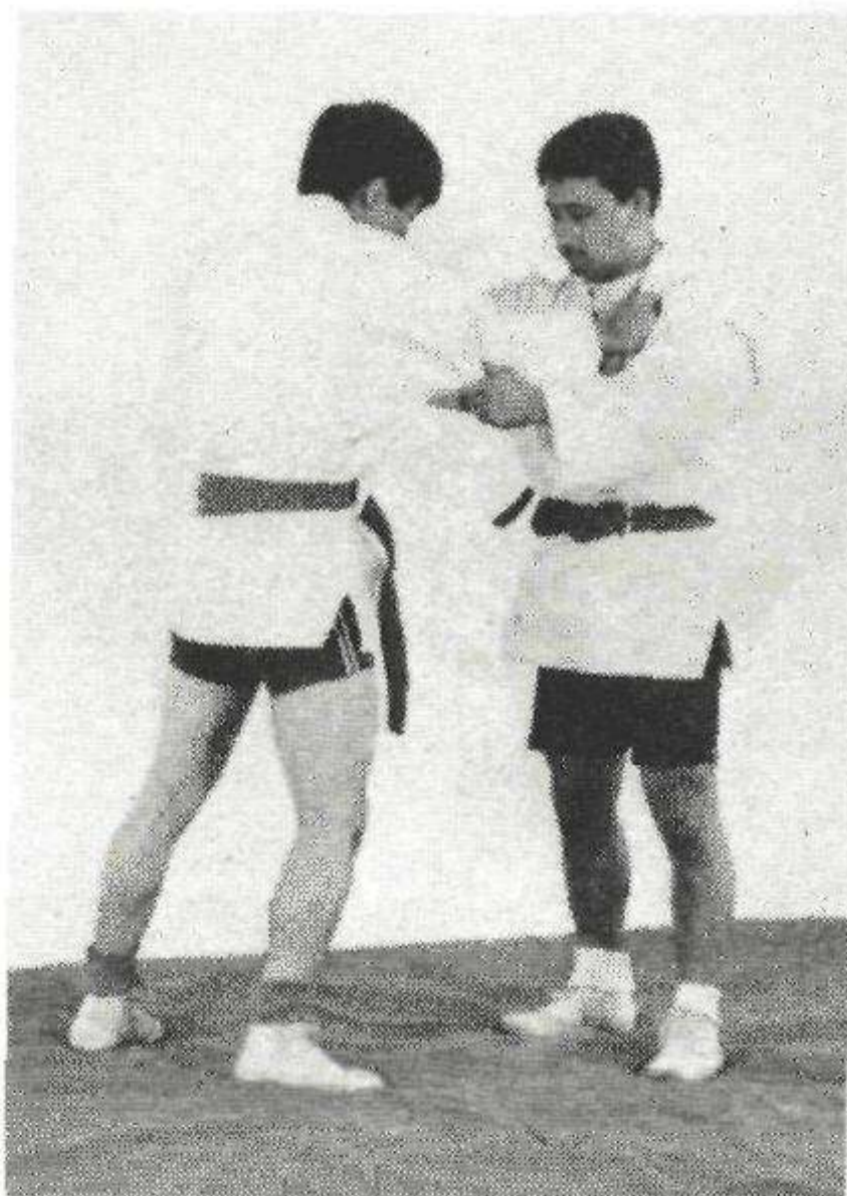
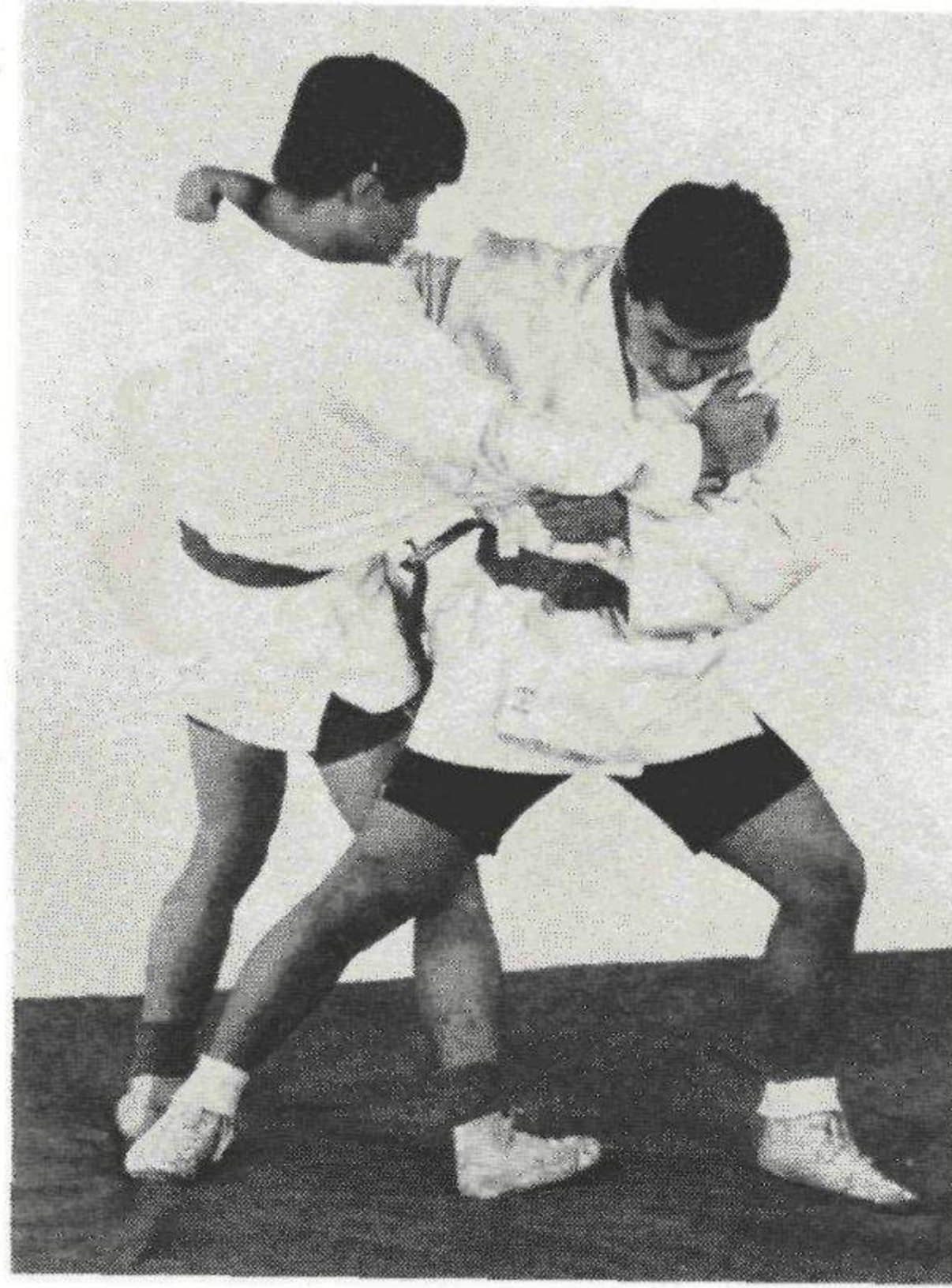


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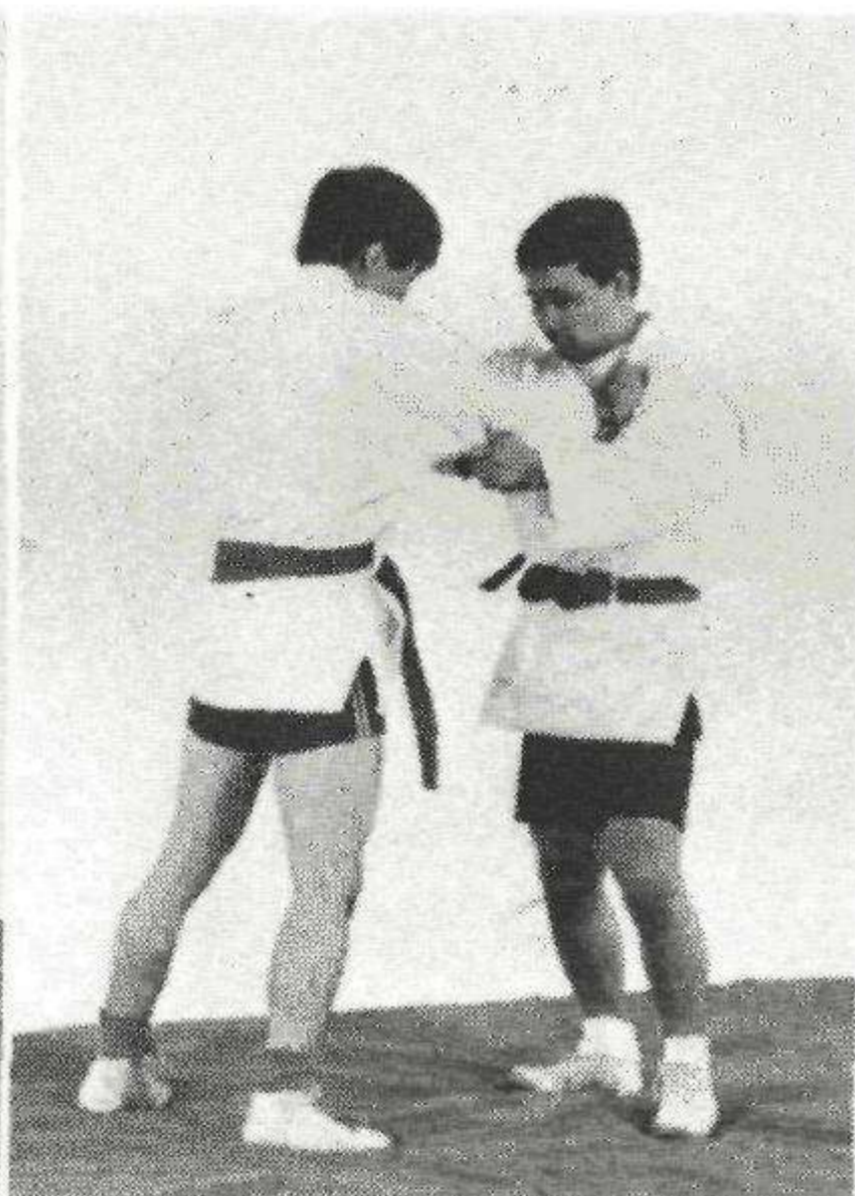
ADVERSARY PULLS

1. FALL OVER BACKWARDS

Grasp the adversary with the left hand under his right elbow, and with the right hand on the right lapel (1). Moving the left toe to the left (2), step to the left forwards with the left foot (3). Put the straight right leg back of the adversary's right foot so as to touch his knee socket with own knee socket (4). Bending forward pull the adversary to the left forwards (5) and throw over the leg on the mat (6). Safeguarding on the arm and the lapel. Self-safeguarding-left side fall (7).



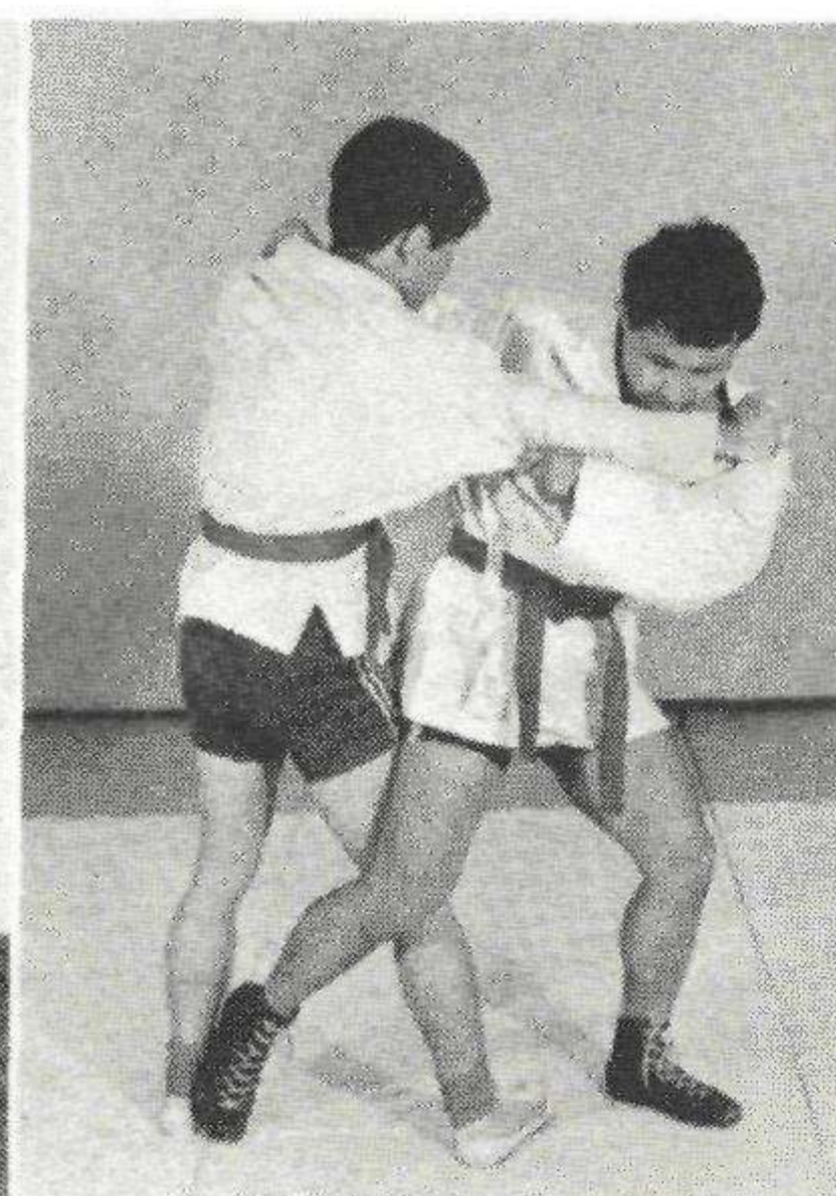
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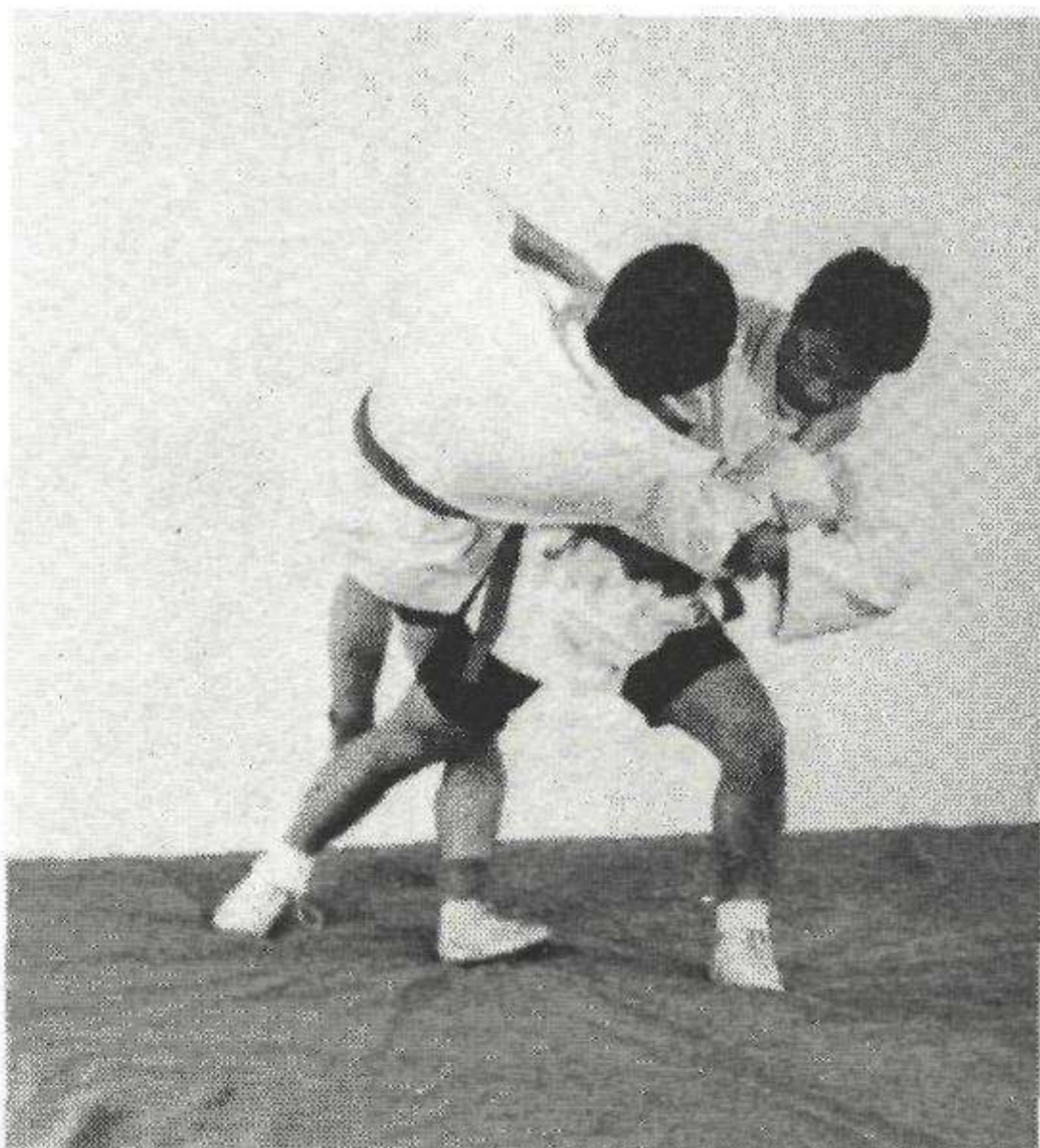
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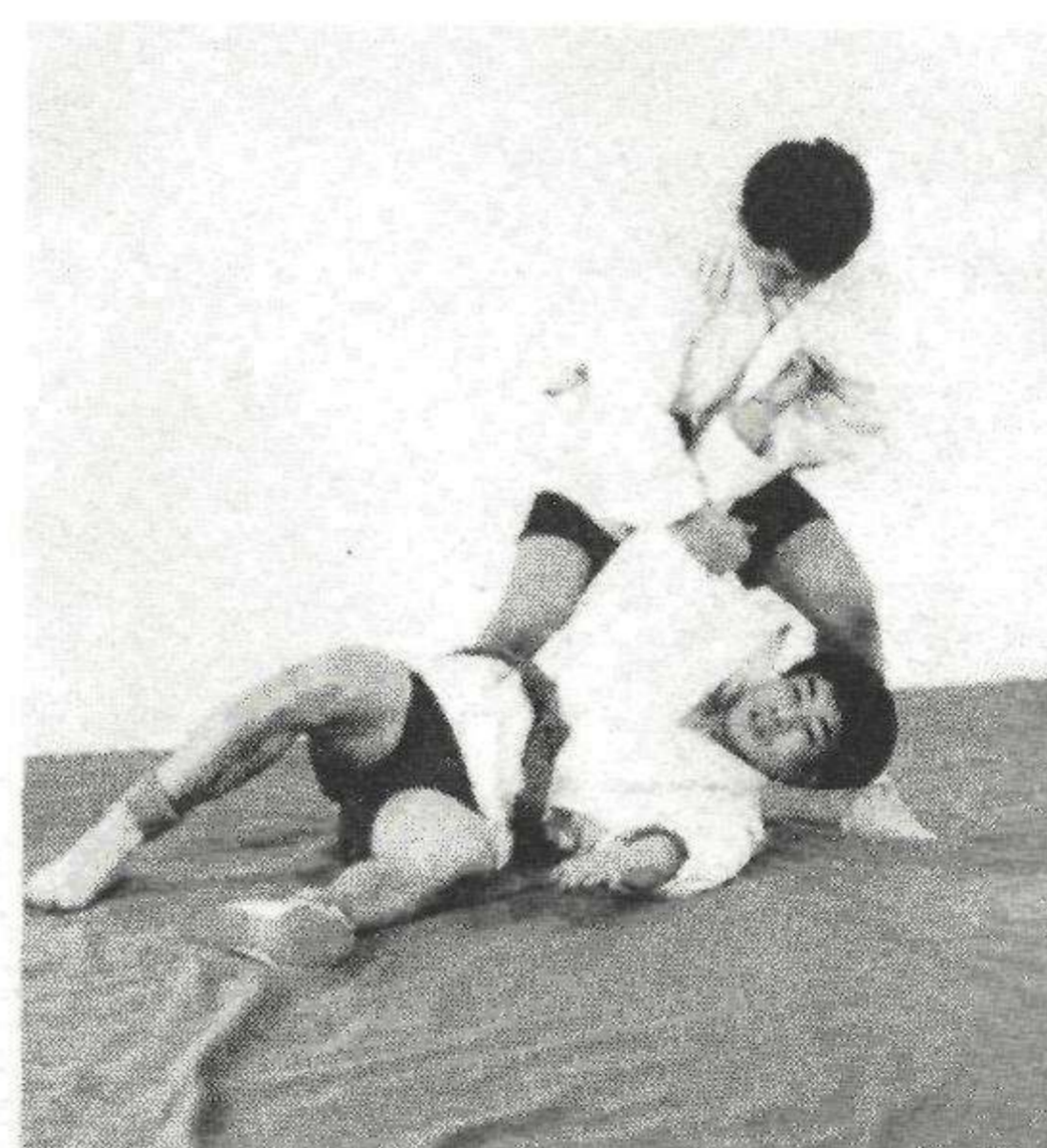
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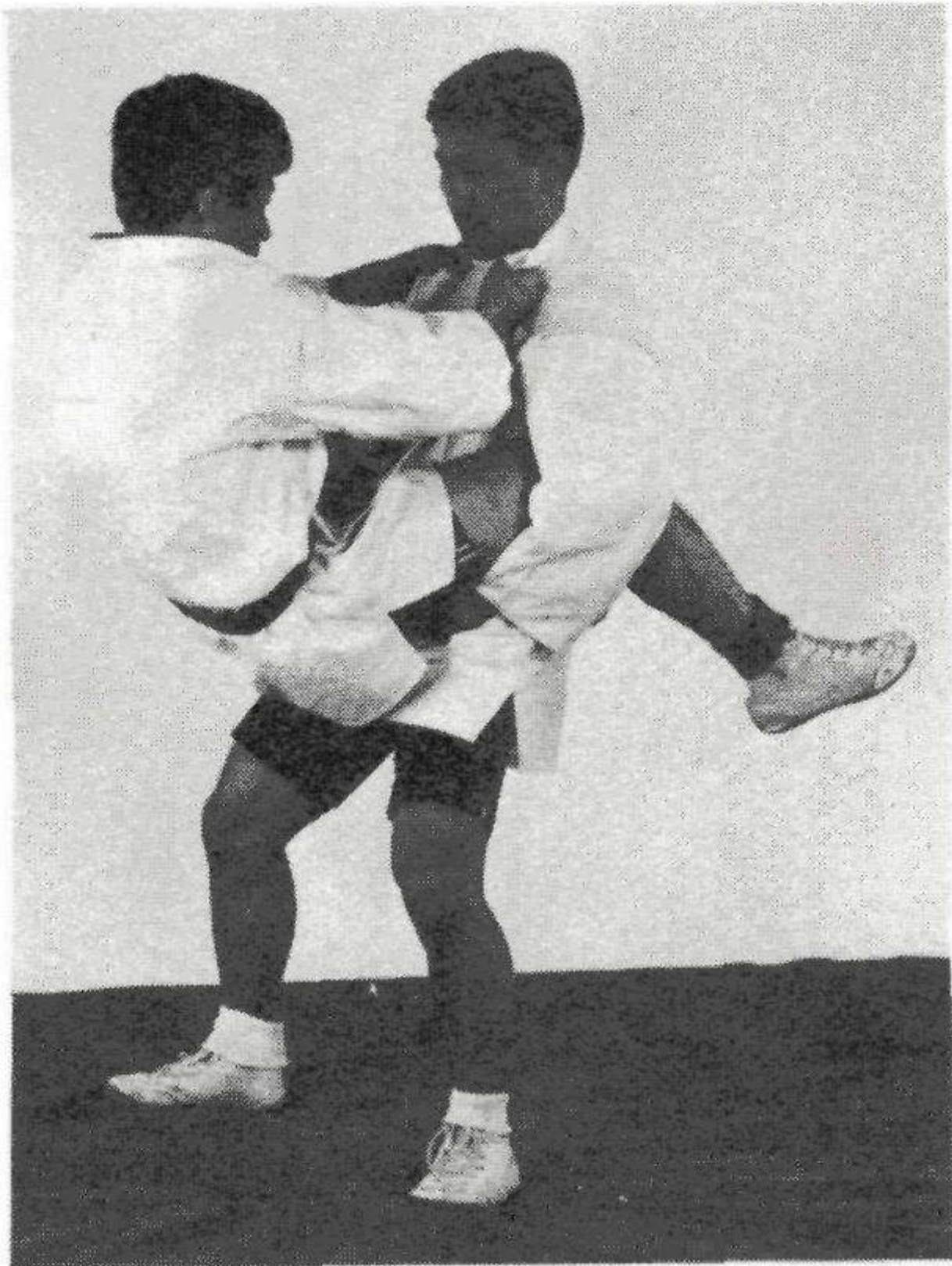
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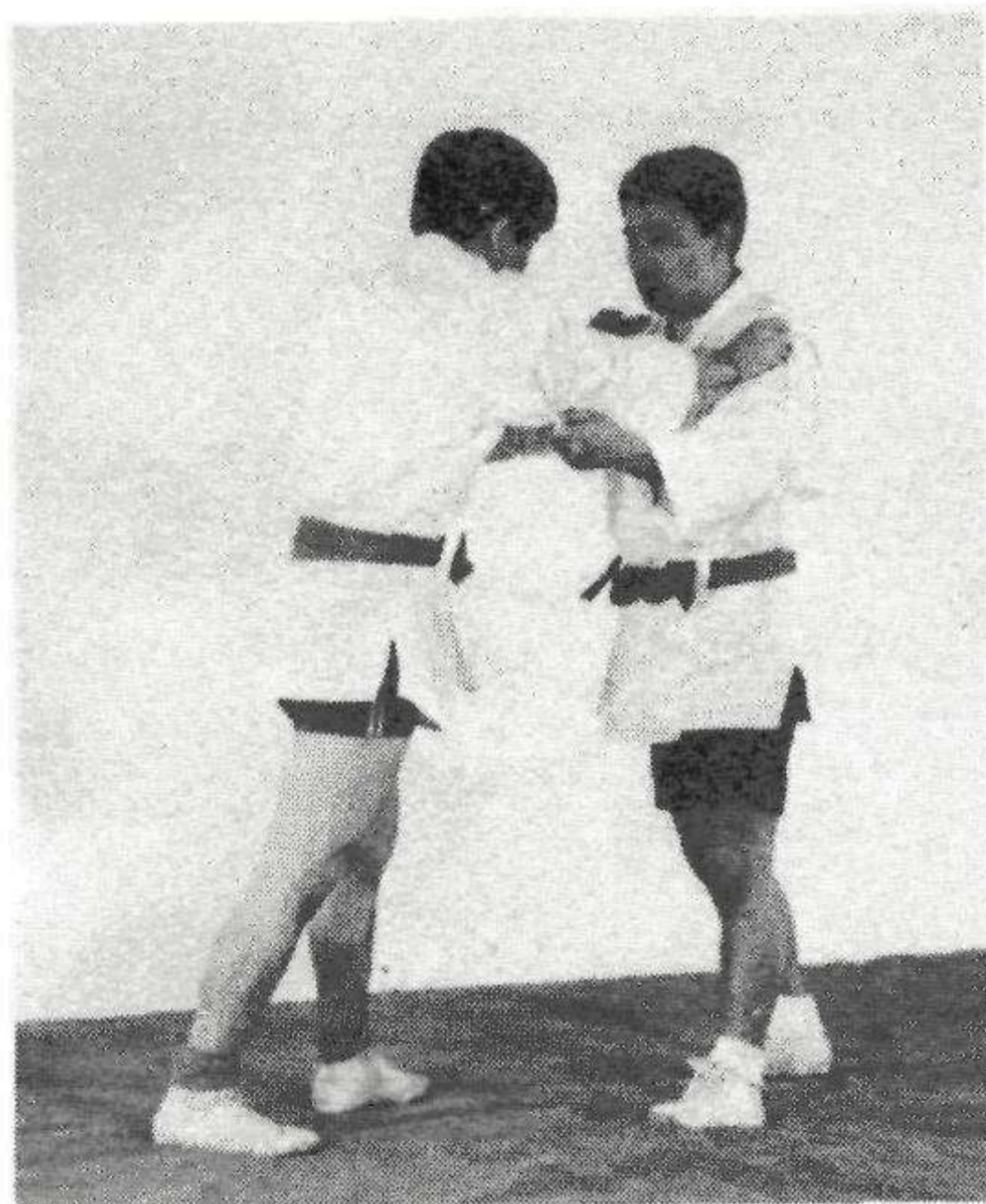


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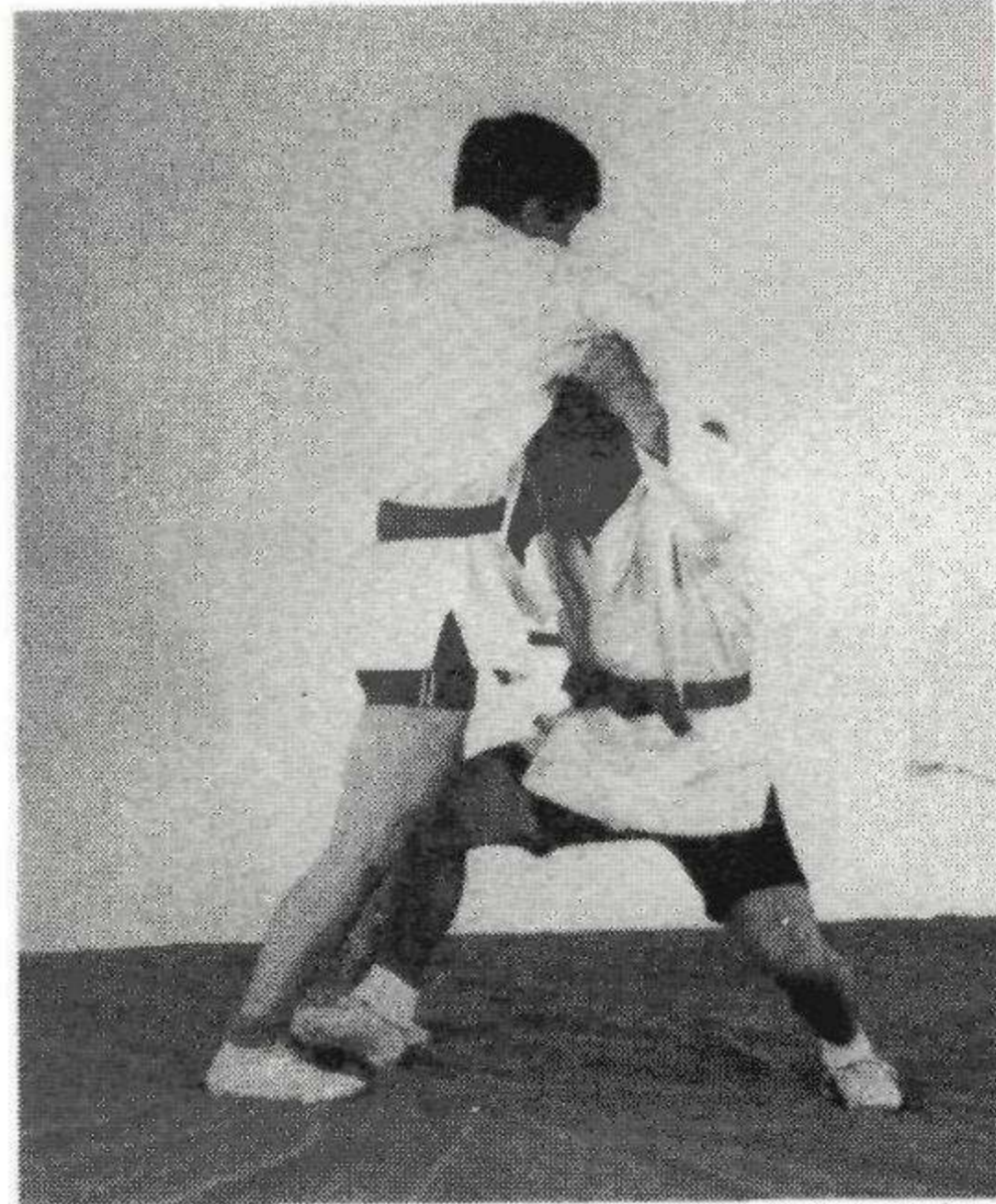


2. BOTH LEGS THROW

Grasp the adversary with both hands under the elbows (1). Step with the right foot forward, bend forwards and grasp the adversary on both legs (3). Standing up, lift the adversary, and putting the right foot backwards (5), throw the adversary down (6). Safeguarding-on both legs, self-safeguarding-back fall (7).



(1)



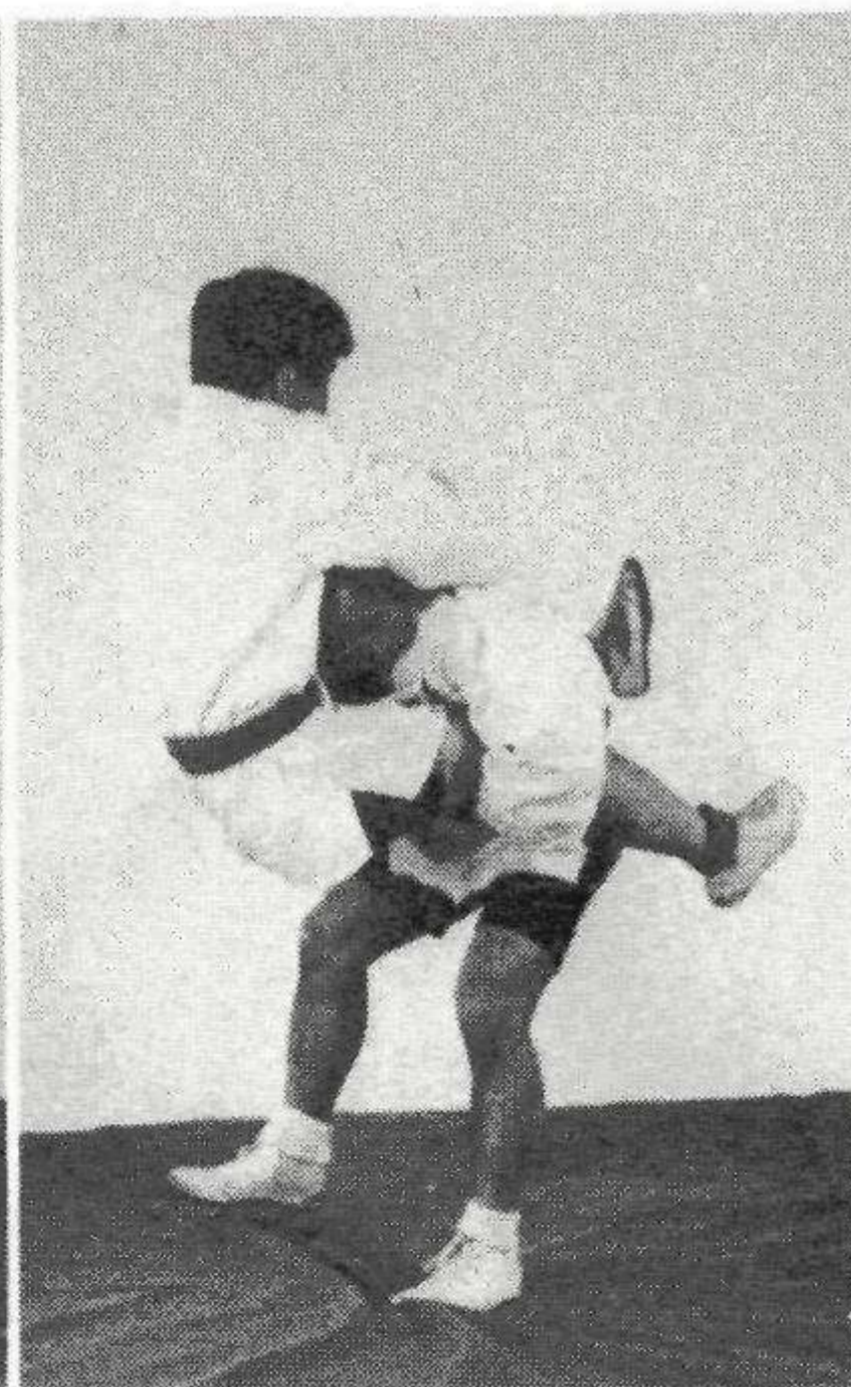
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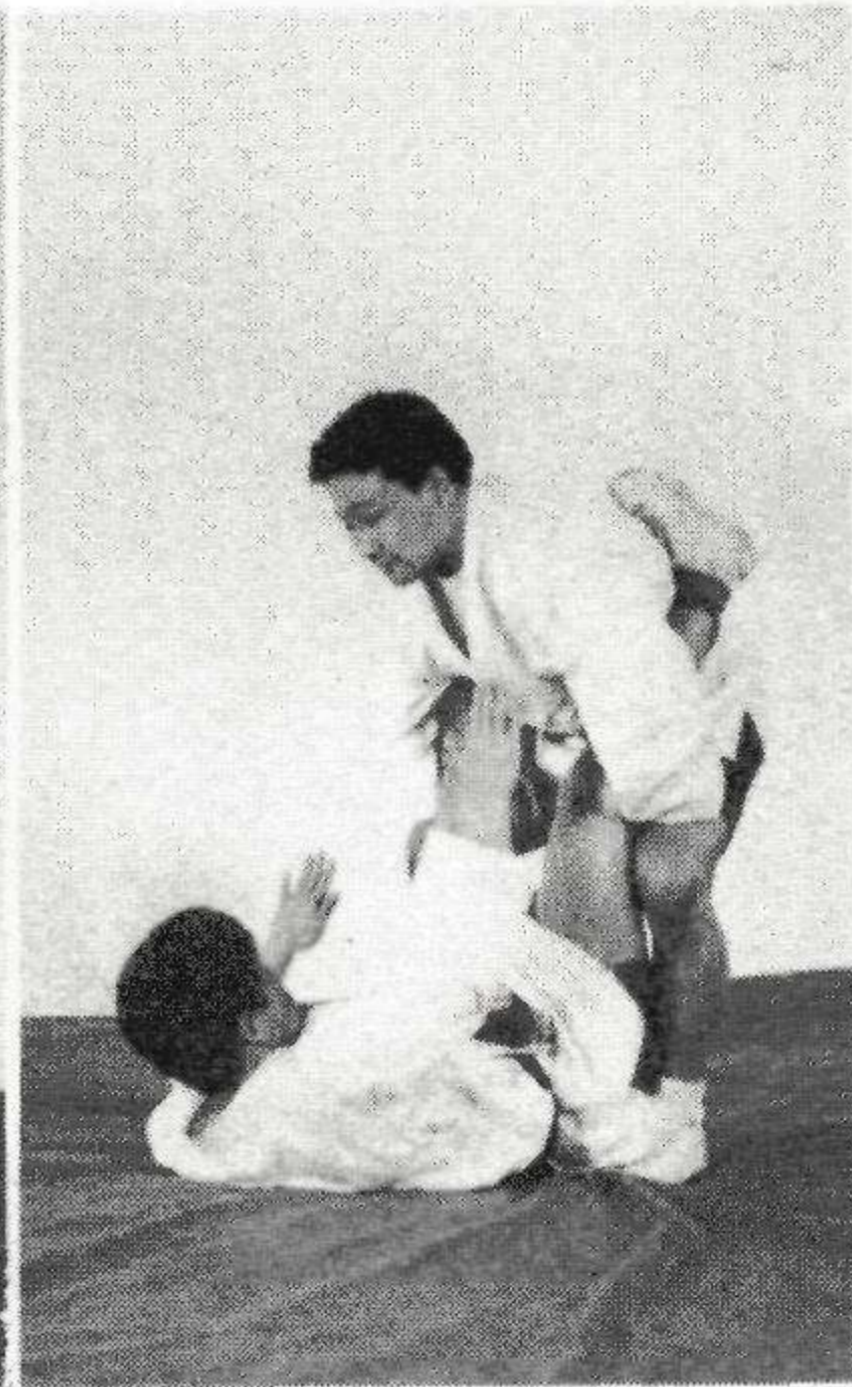
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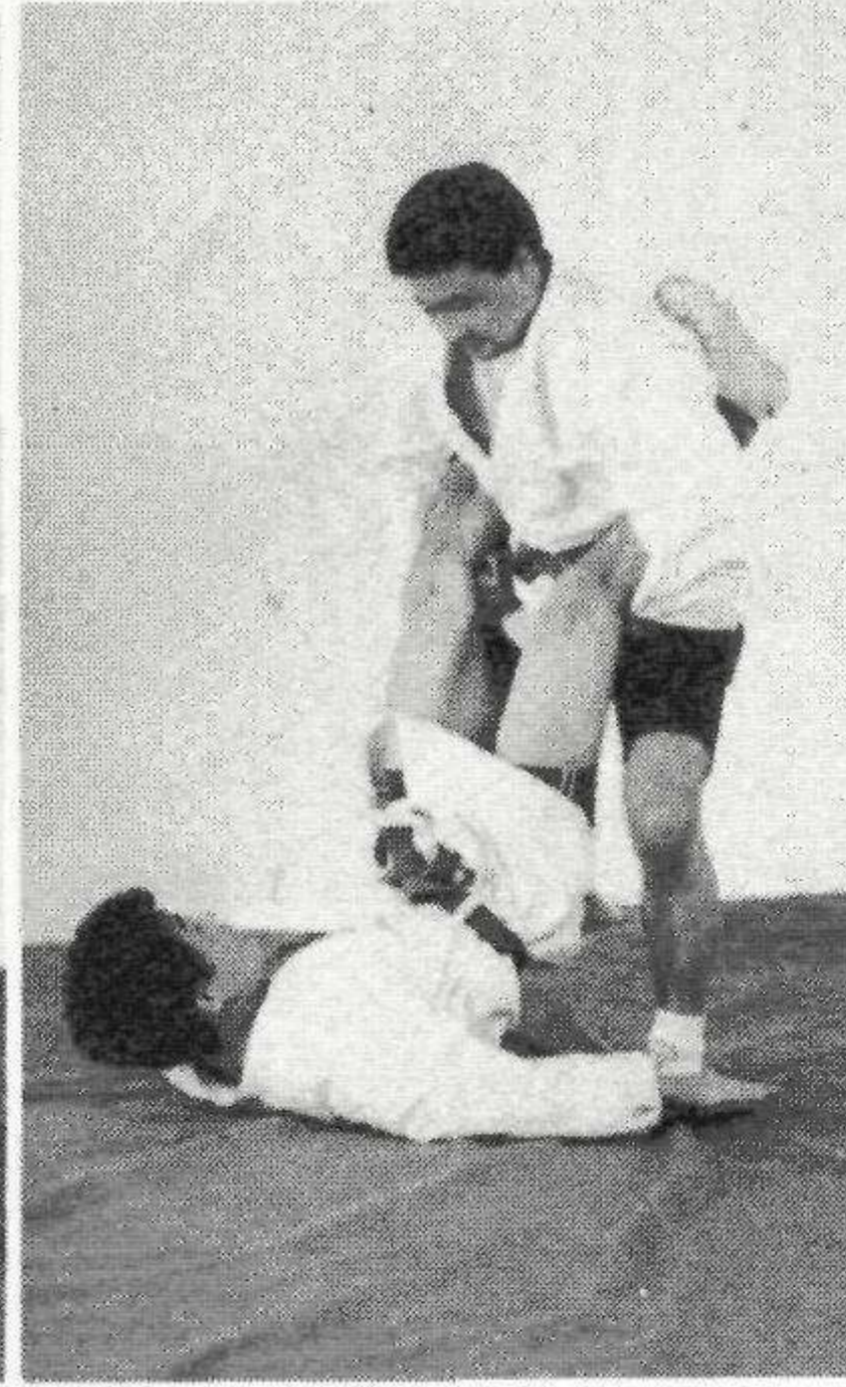
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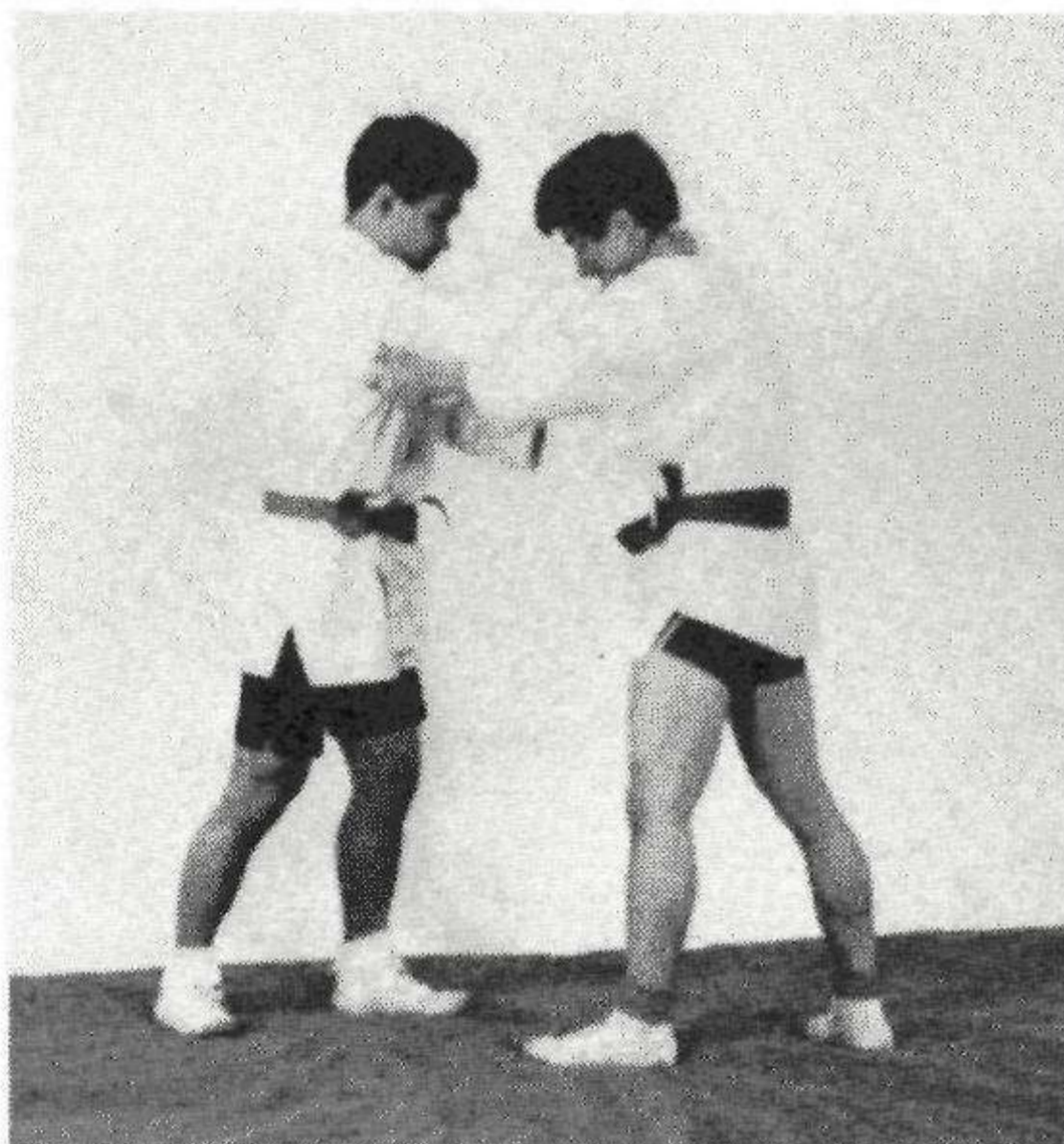
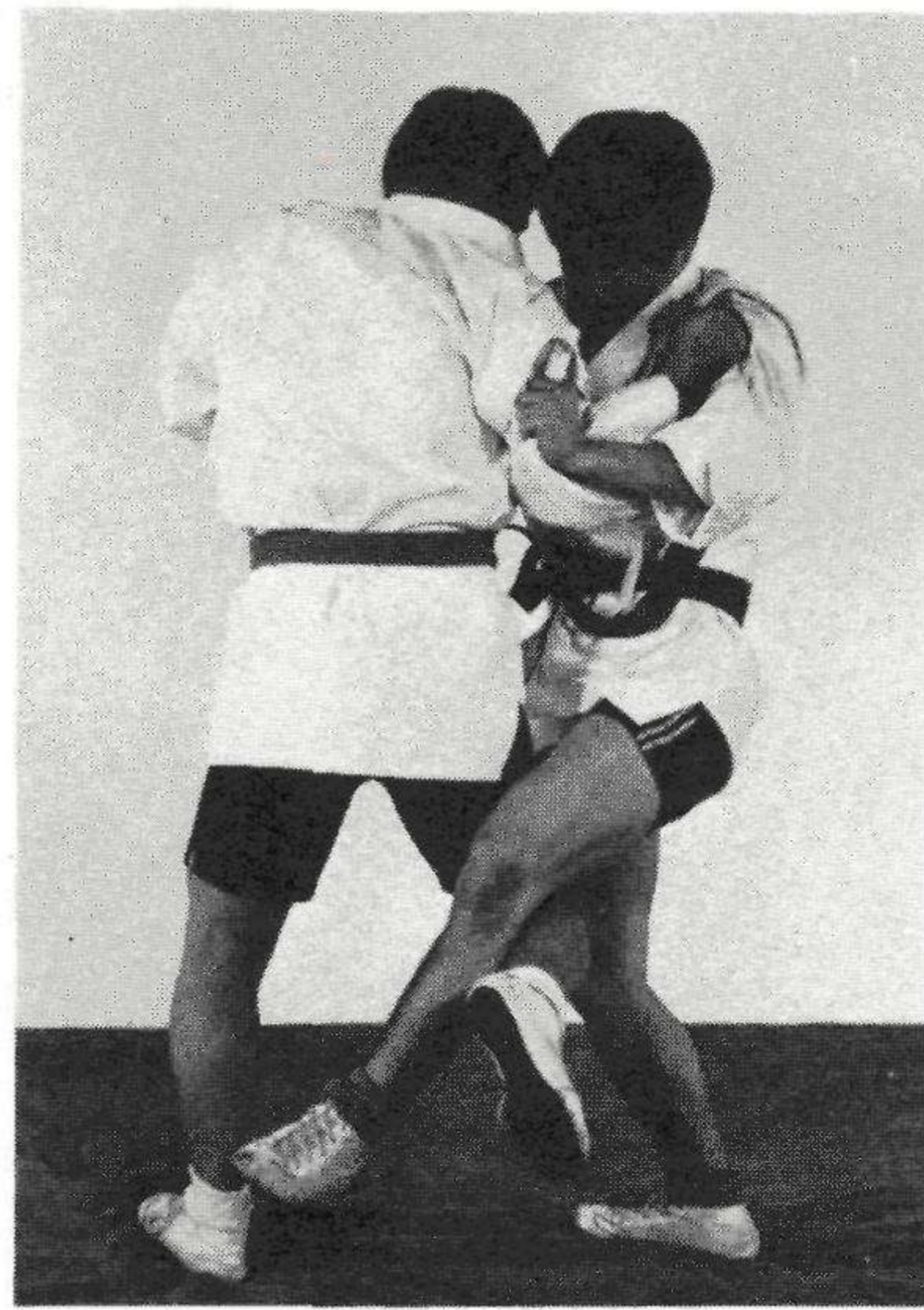
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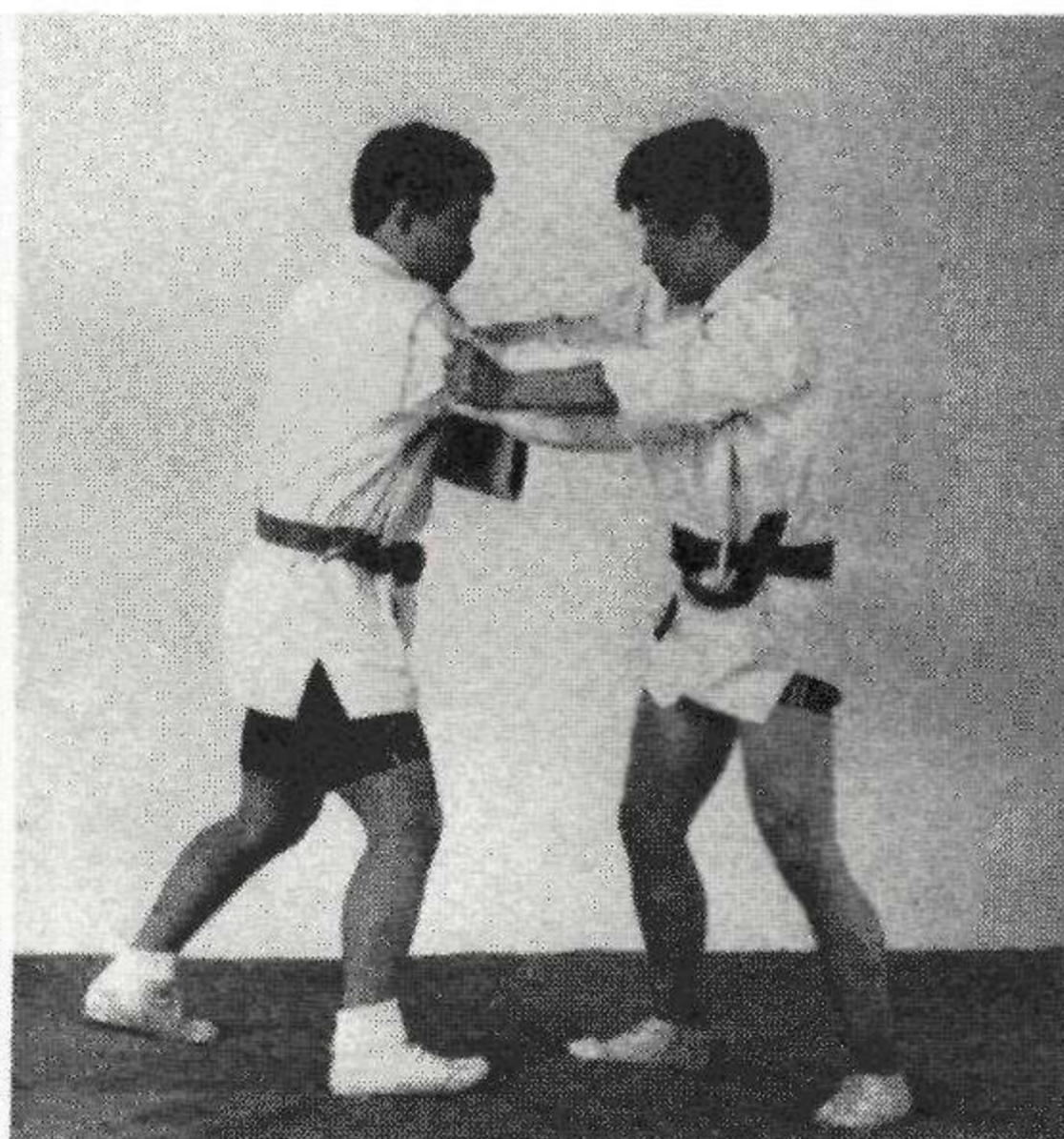
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3. BIG INSIDE HOOK

Grasp the opponent with the right hand at the left shoulder armhole and with the left one at the sleeve under the elbow (1). Hold the pulling opponent (2), step forwards with the left foot (3), hook with the right knee socket opponent's left foot from inside (4). Push the opponent (5) and throw him on the mat. Safeguarding-backfall.



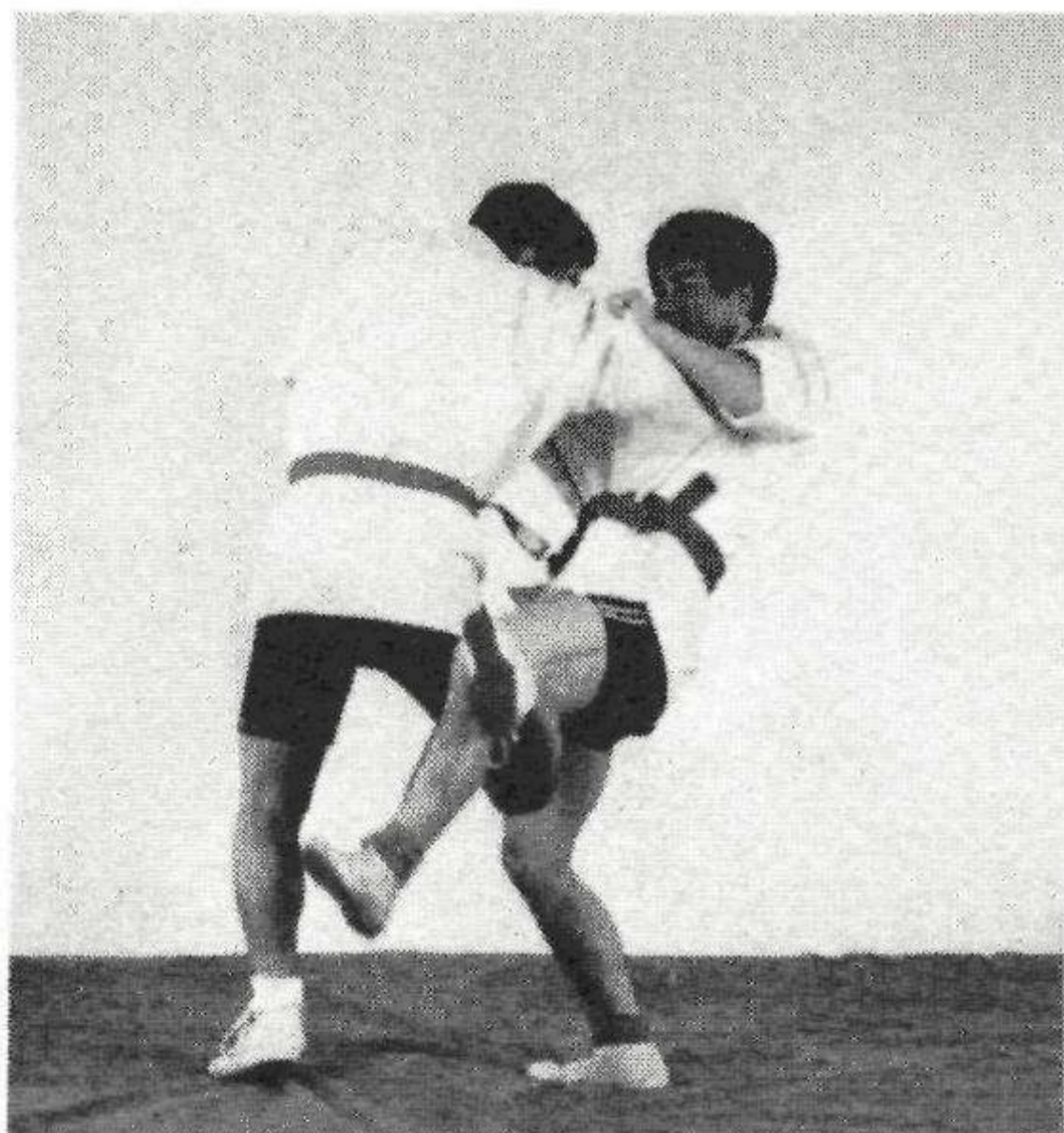
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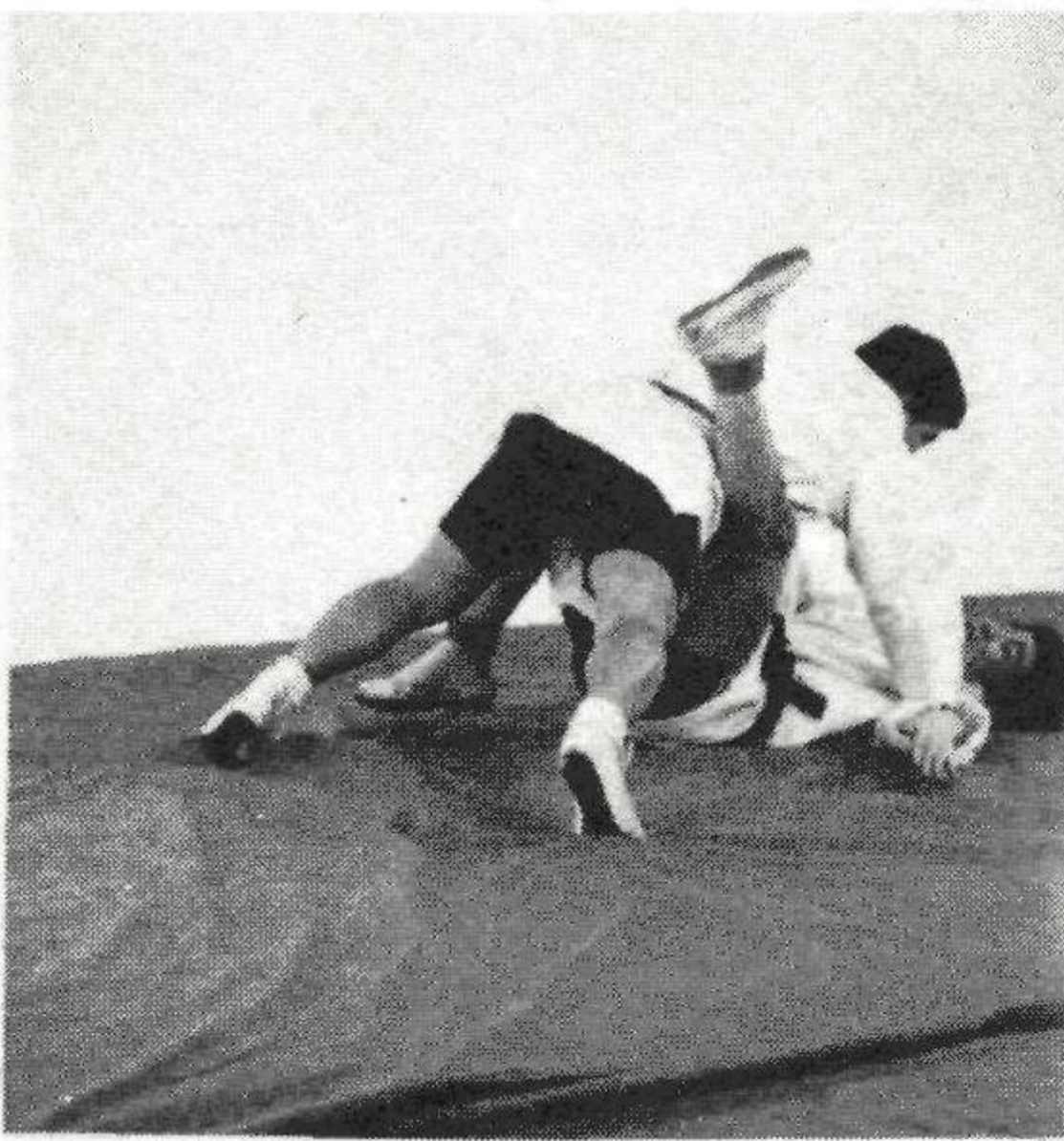
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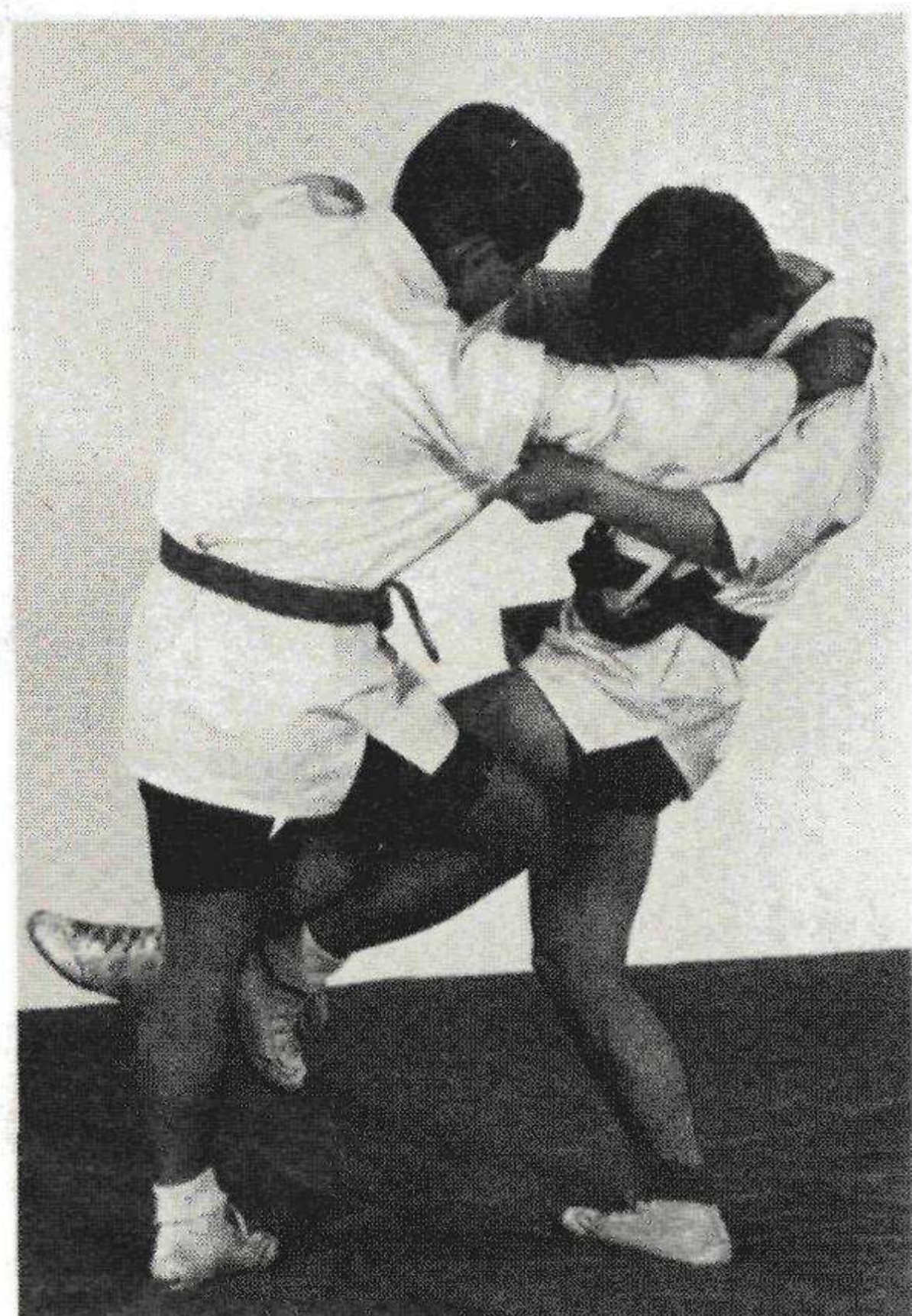
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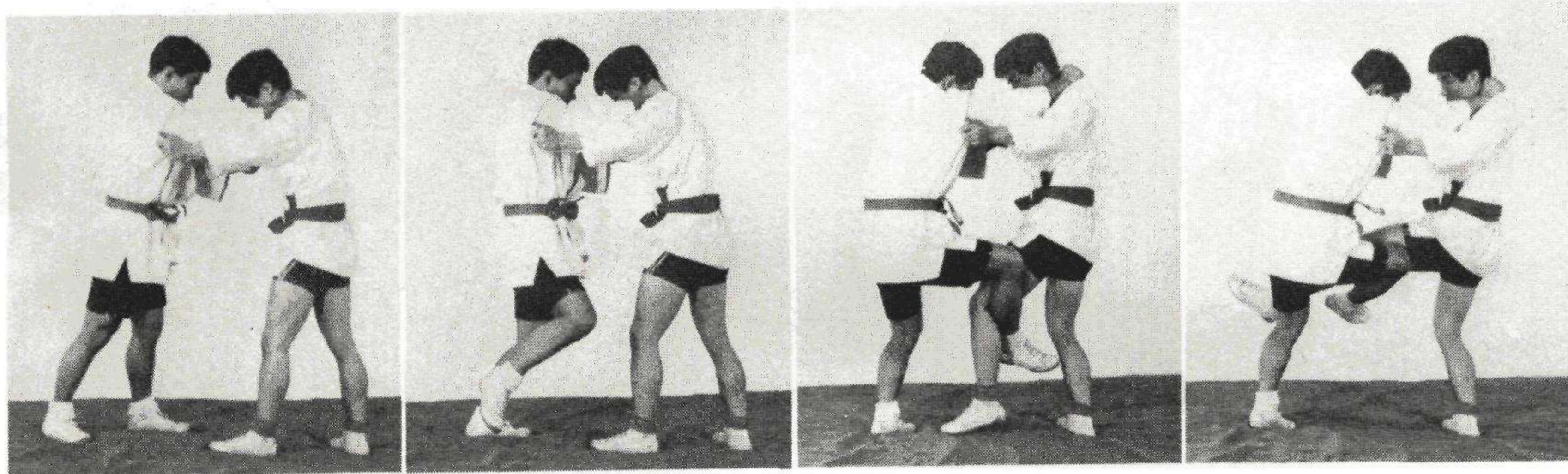


(6)



4. BIG OUTSIDE HOOK

Grasp the opponent with the right hand at the collar and with the left one at the sleeve under the right elbow (1). Step forward with the left foot (2), hook adversary's left leg from outside under the knee socket with the own right knee socket (3). Pull the hooked leg back and to the left (4) and push the opponent (5), throwing him on the mat (6). During the fall bend forward and put the right foot forward.

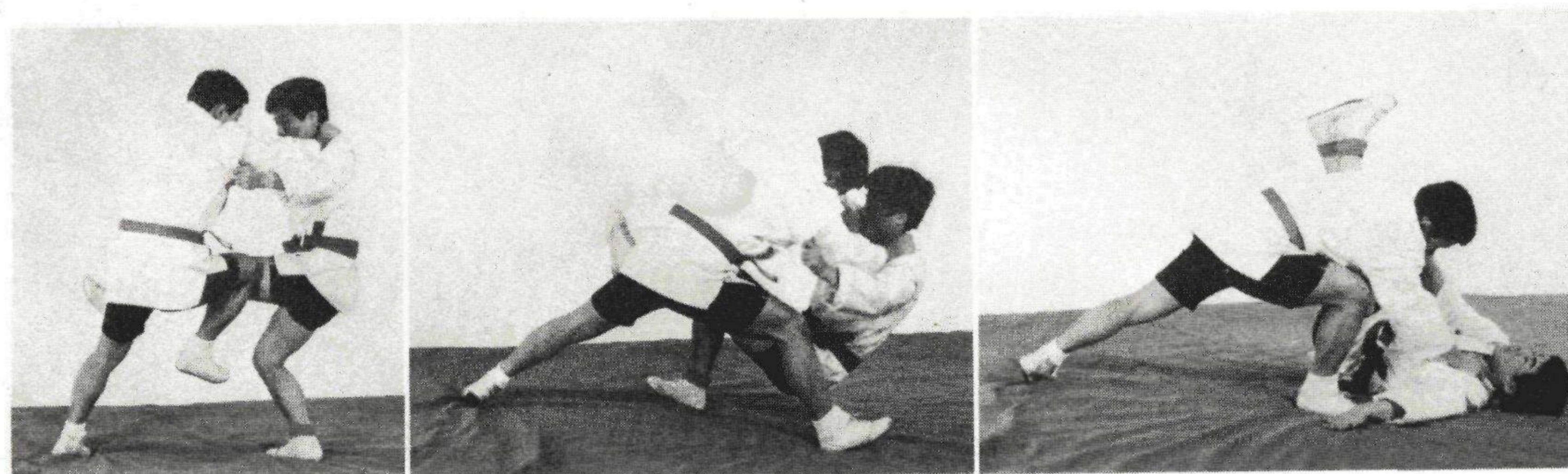


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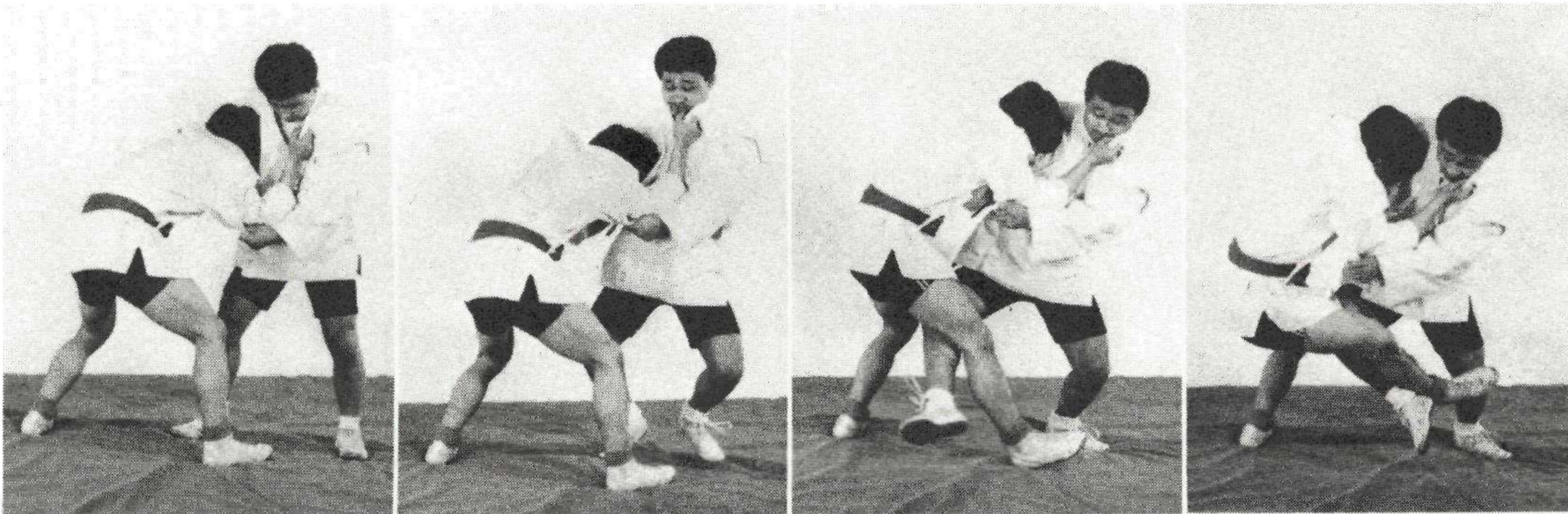
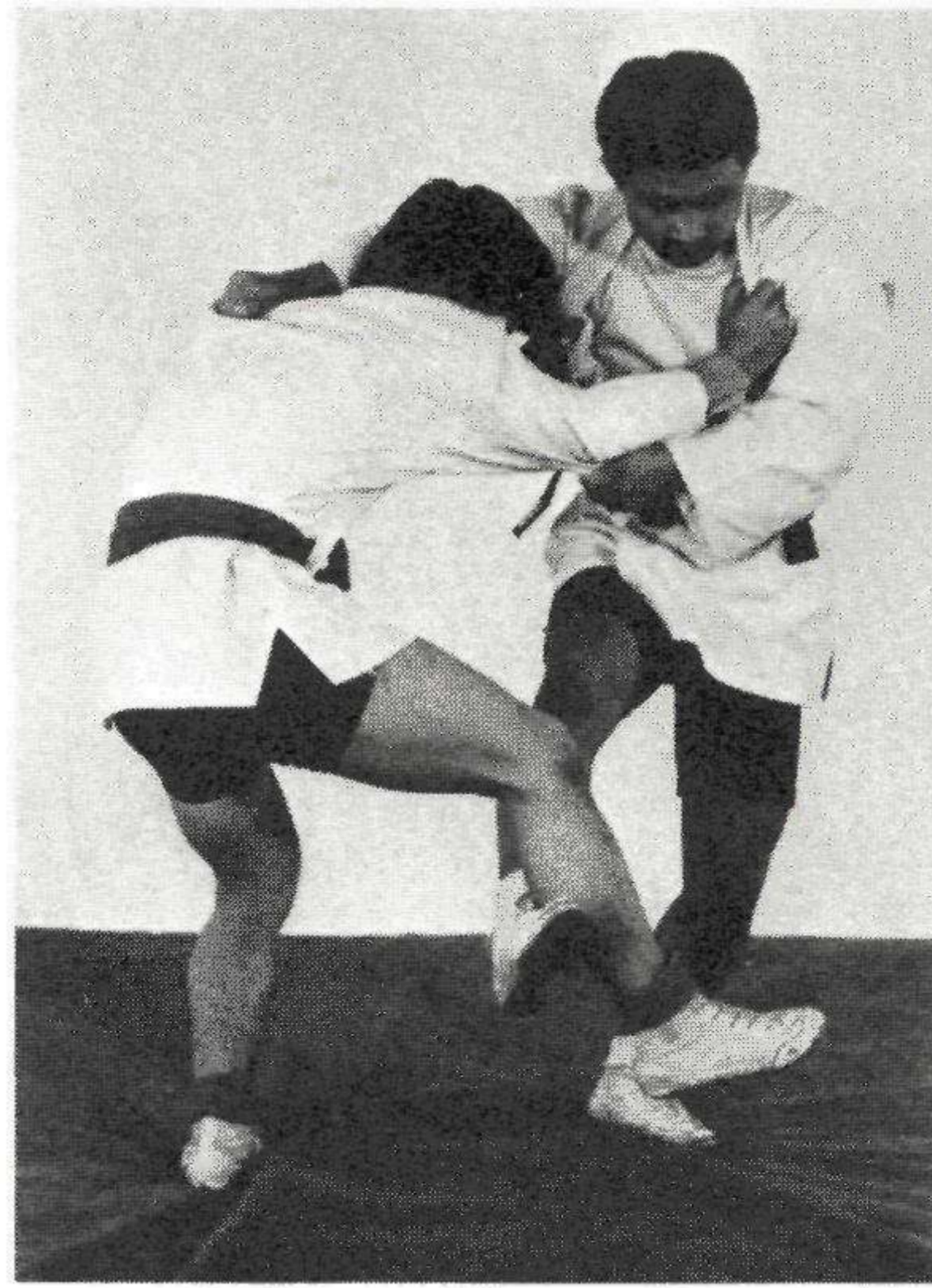
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5. INSIDE SWEEP

Grasp the pulling opponent with both hands at the sleeves under both elbows (1). Step forward with the left foot (2) and sweep opponent right foot under the heel with the right toe (3-4). Continuing the leg movement to the left and backwards, pull the opponent to the left (5) and throw him on the mat (6). Safeguarding-at the sleeve (right), self safeguarding-left side fall (7).



(1)

(2)

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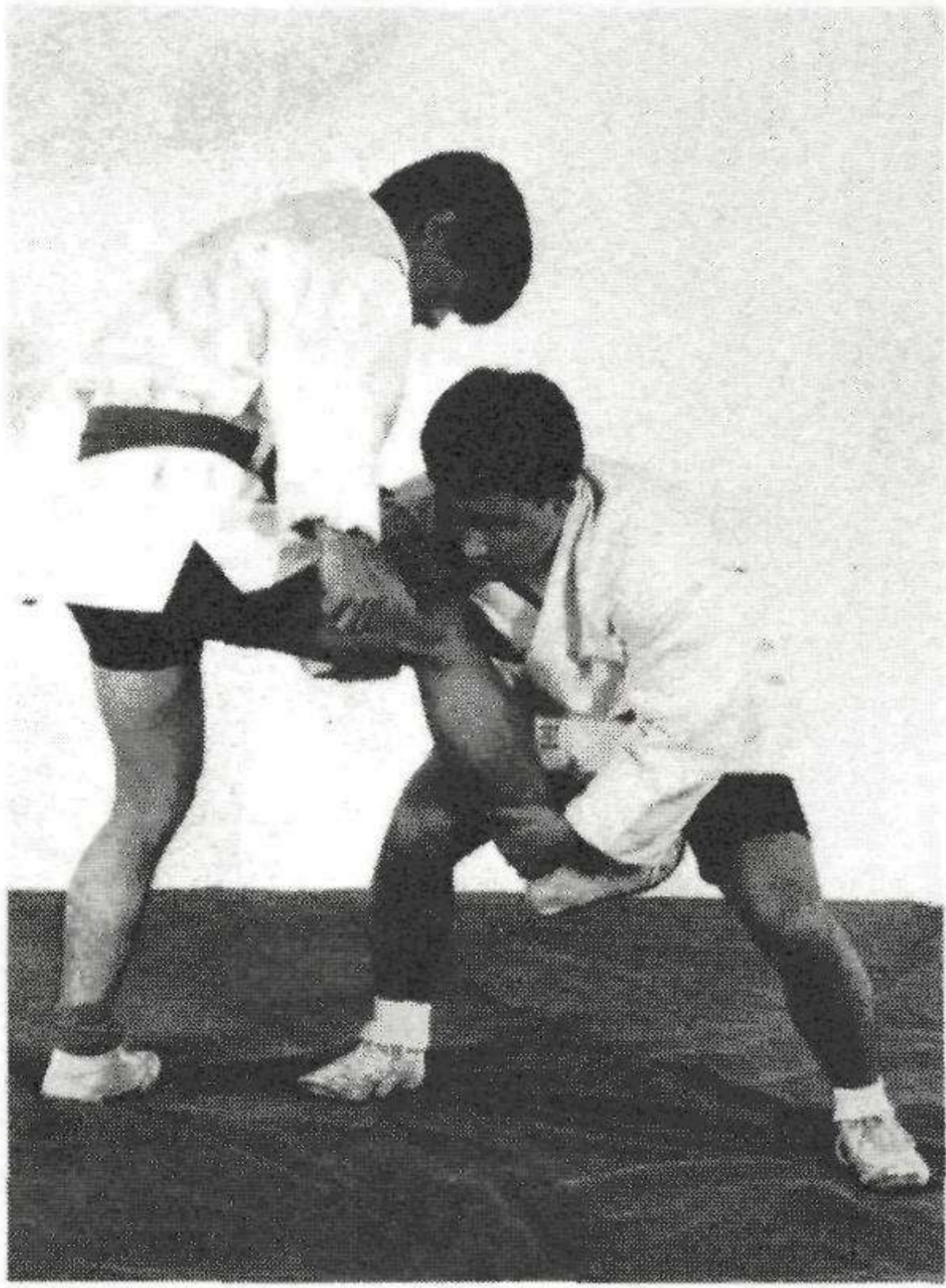
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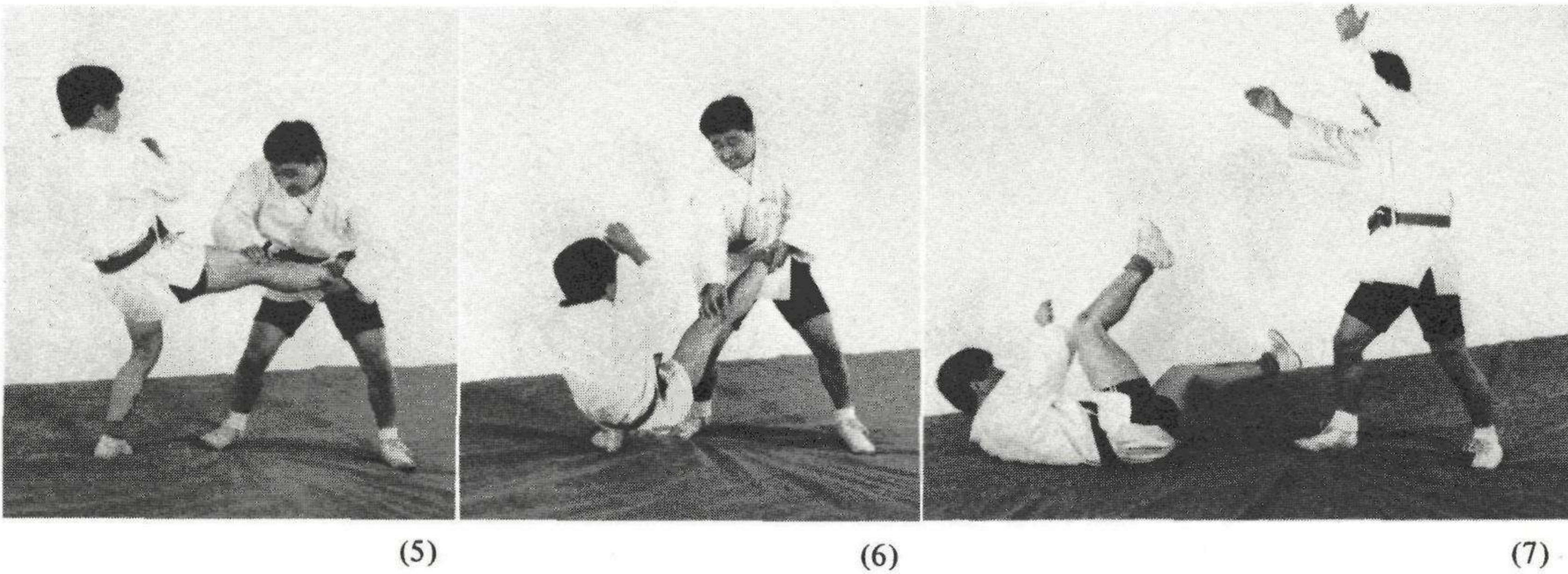
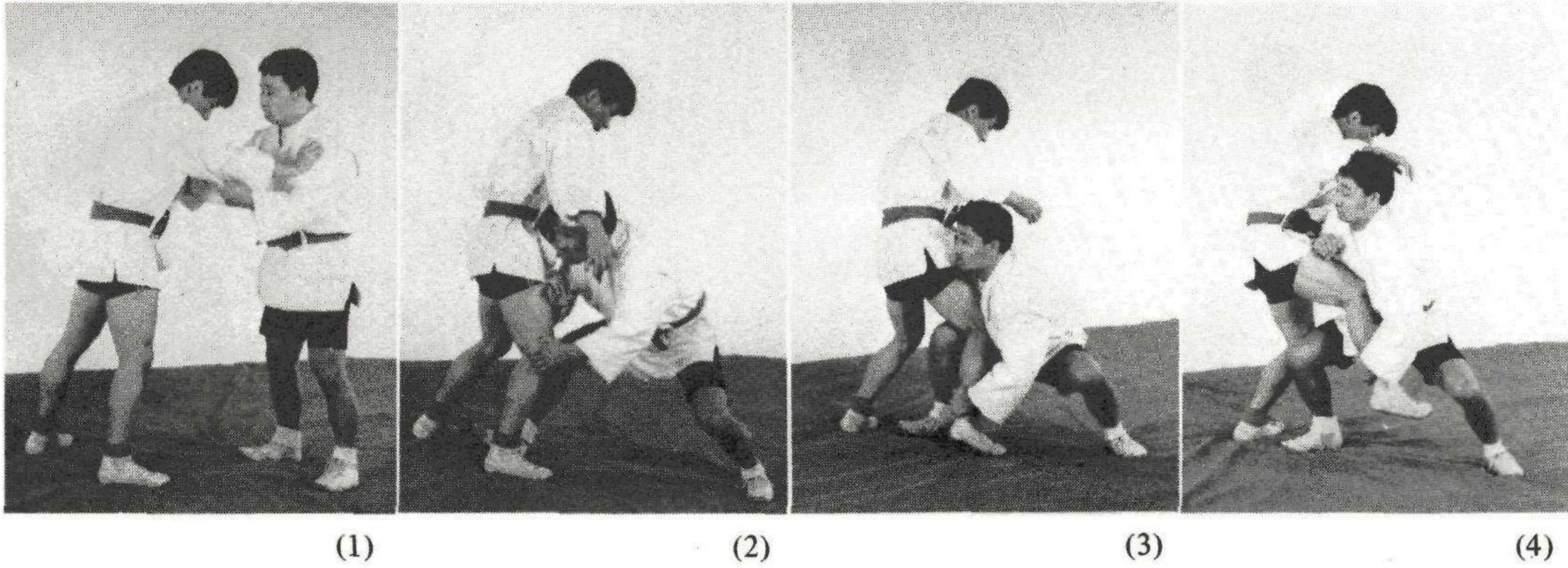
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6. HEEL HOLD THROW

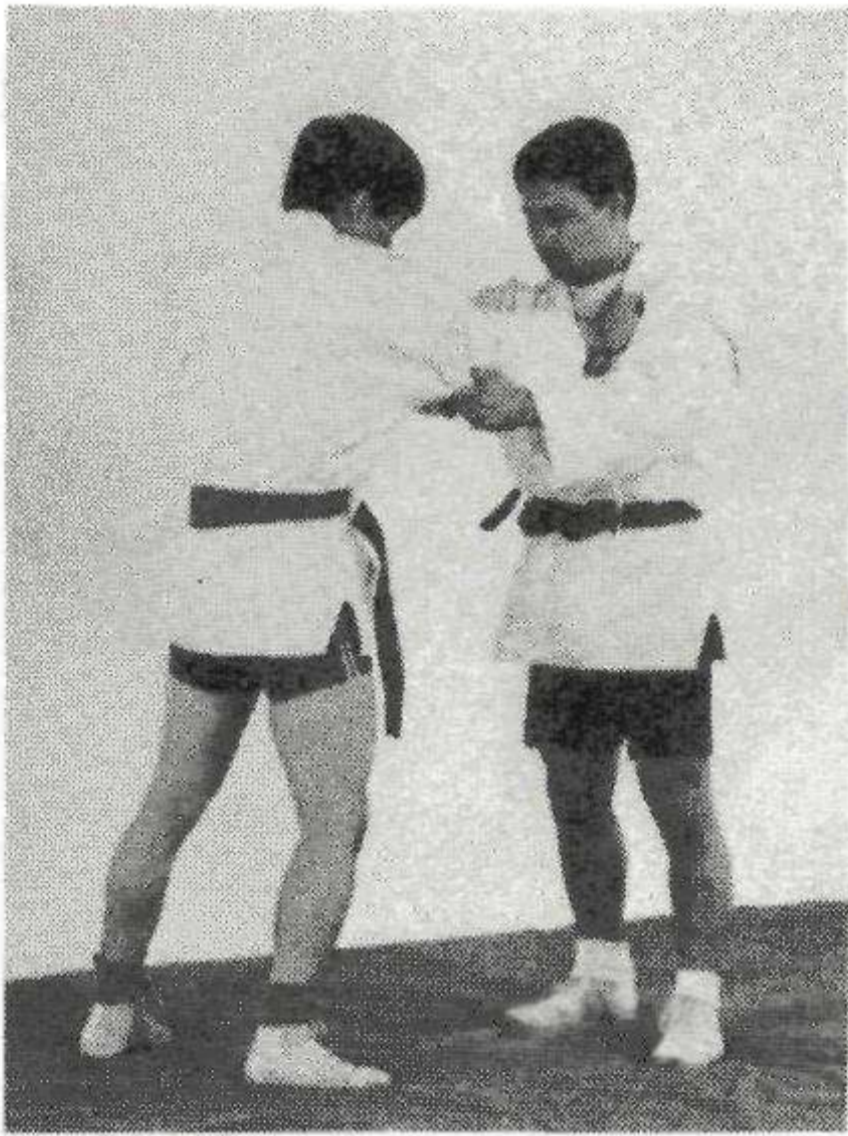
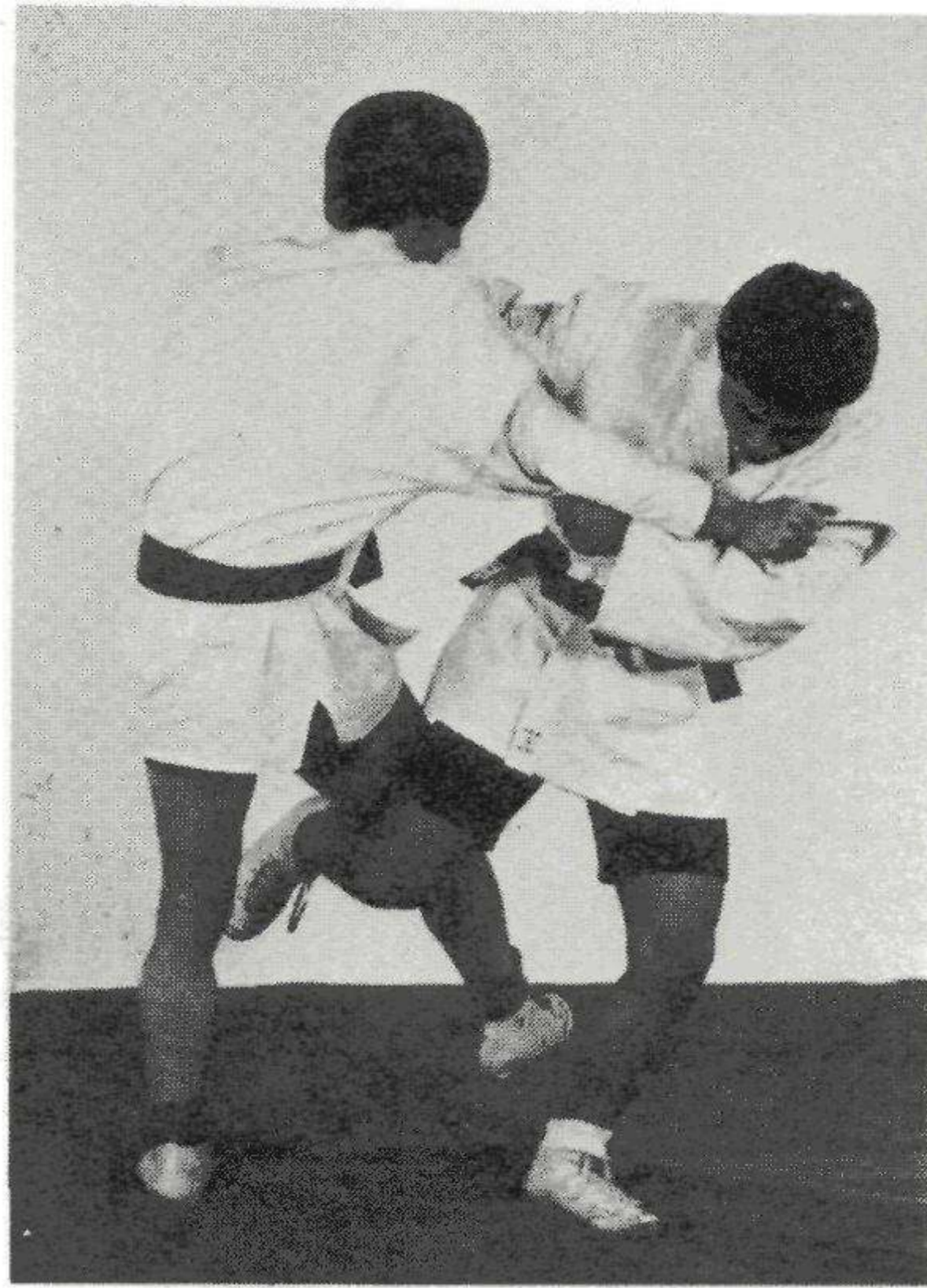
Grasp the adversary with both hands at the sleeves under the elbows (1). Step forward with the right foot, bend forward (2) and grasp opponent's right heel with the left hand, then put the right palm (thumb downwards) against the held knee from inside (3). Pressing the held knee with the right hand downwards and to the left, pull it with the left hand (4). Standing up (5) throw the adversary on the mat (6). Safeguarding-rolling throw, self safeguarding-back fall (7).



7. OUTWARD TRIP

Grasp the adversary with the right hand at the right lapel and with the left one under the right elbow (1). Side-step with the left foot to the left (2), then putting the right foot forward (3) sweep adversary's right foot at the knee socket with the own knee socket (4). Bend forward (5), pull the adversary to the left and down (6) and throw on the mat (7).

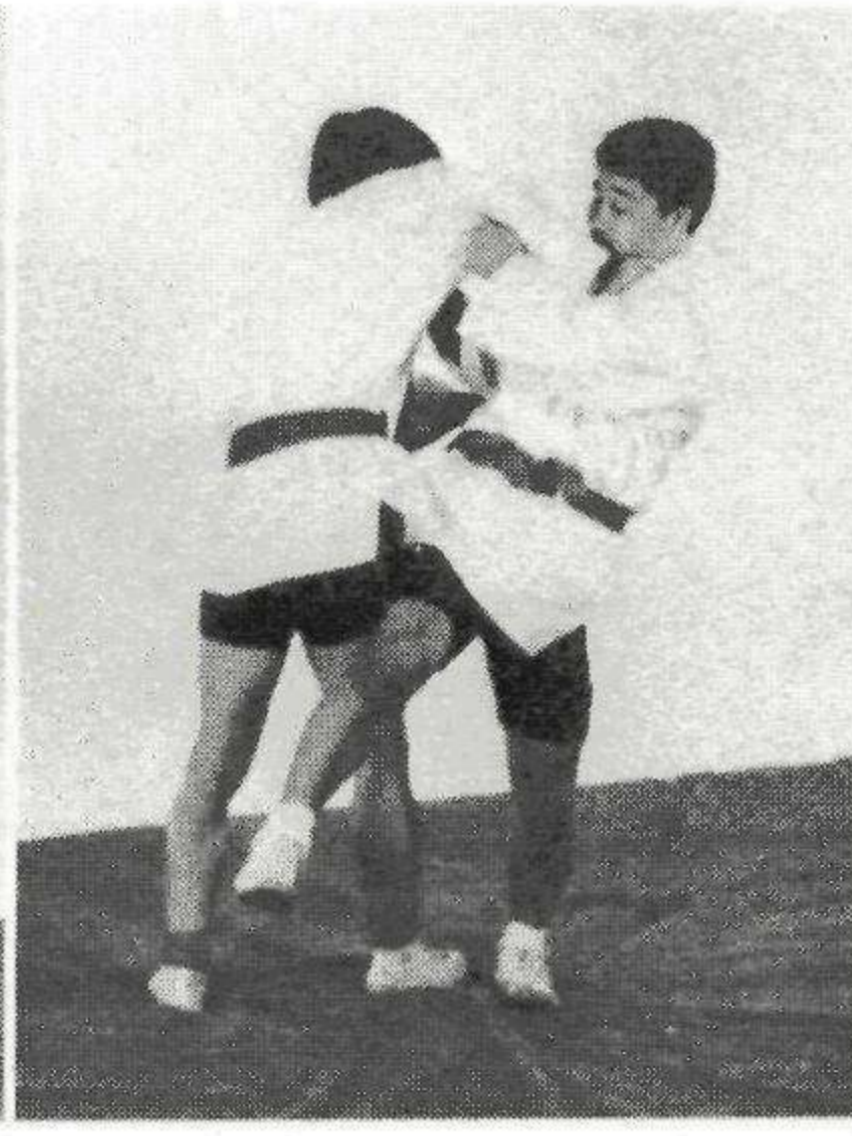
Safeguarding – at the lapel en de the right sleeve, self safeguarding – left side fall (8).



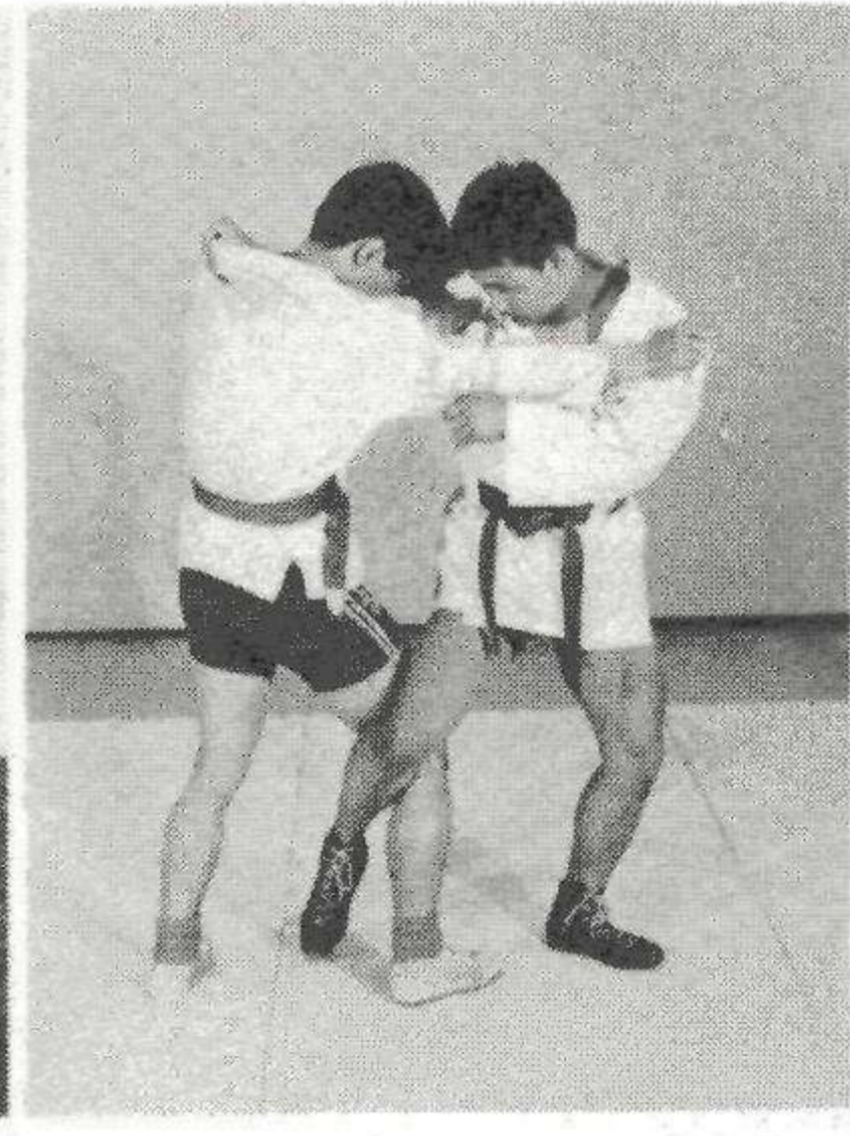
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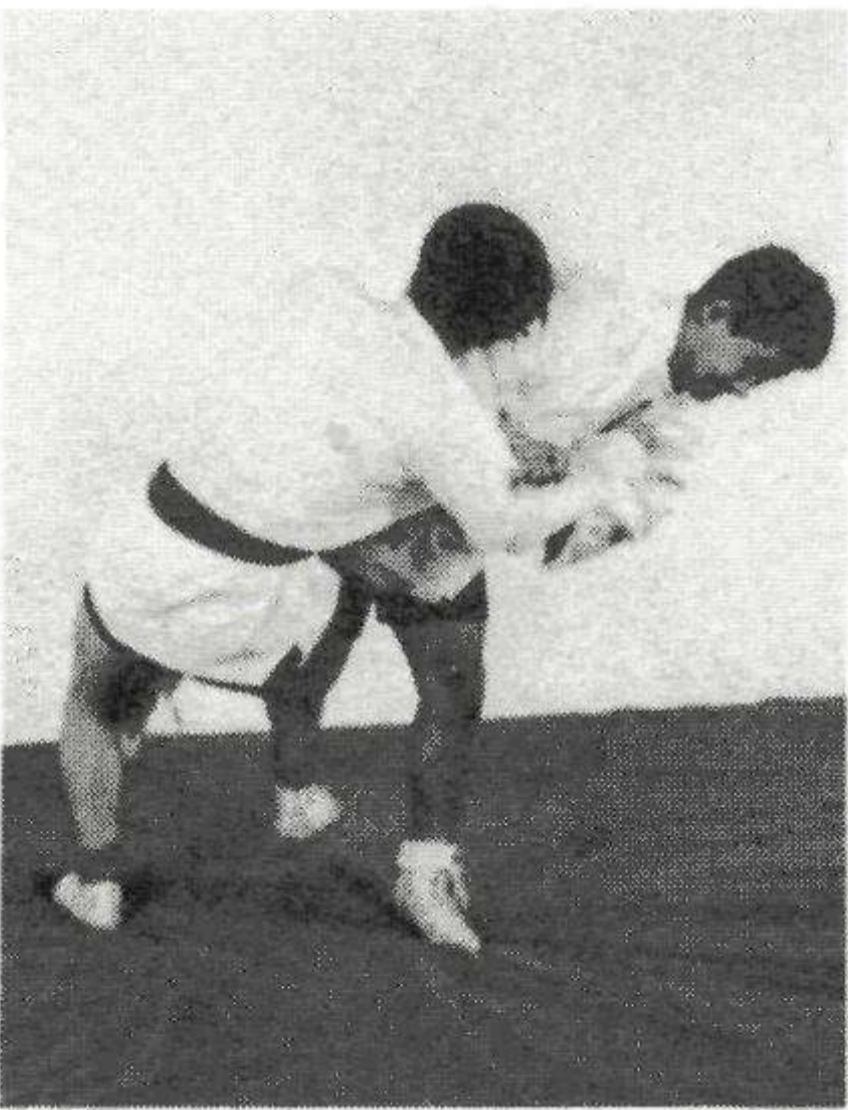
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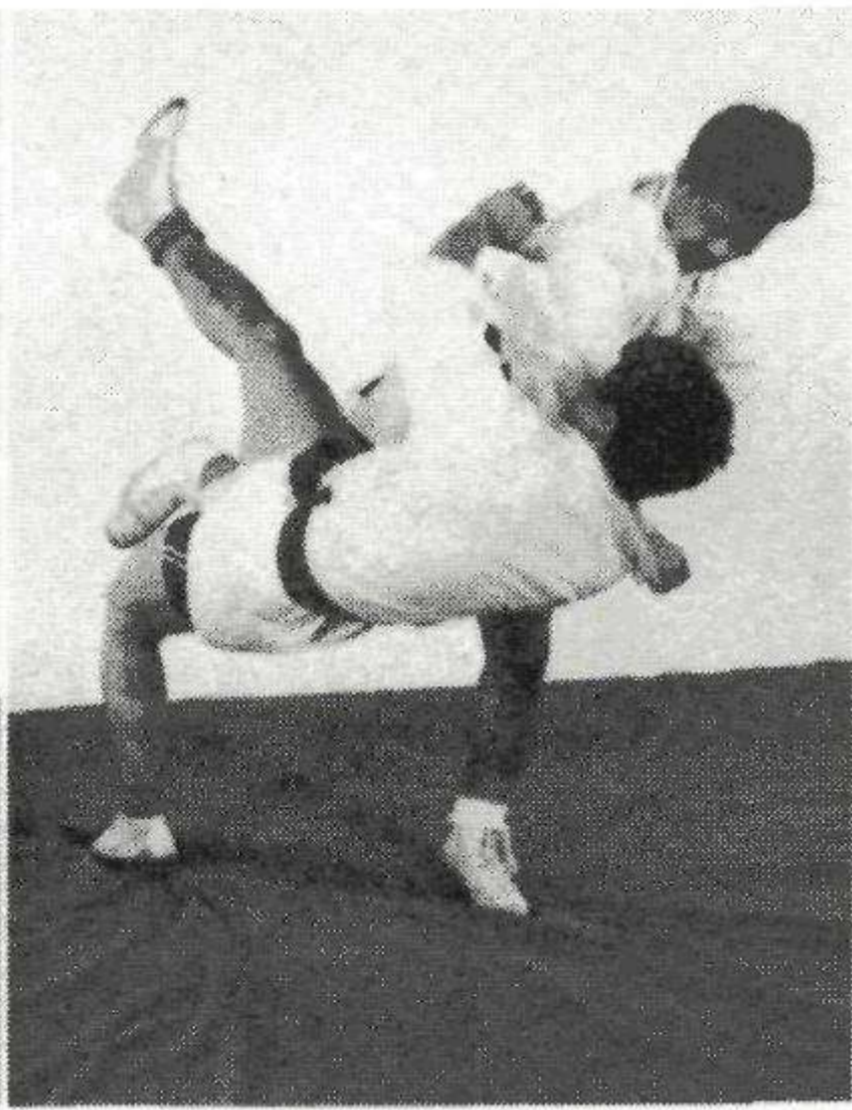
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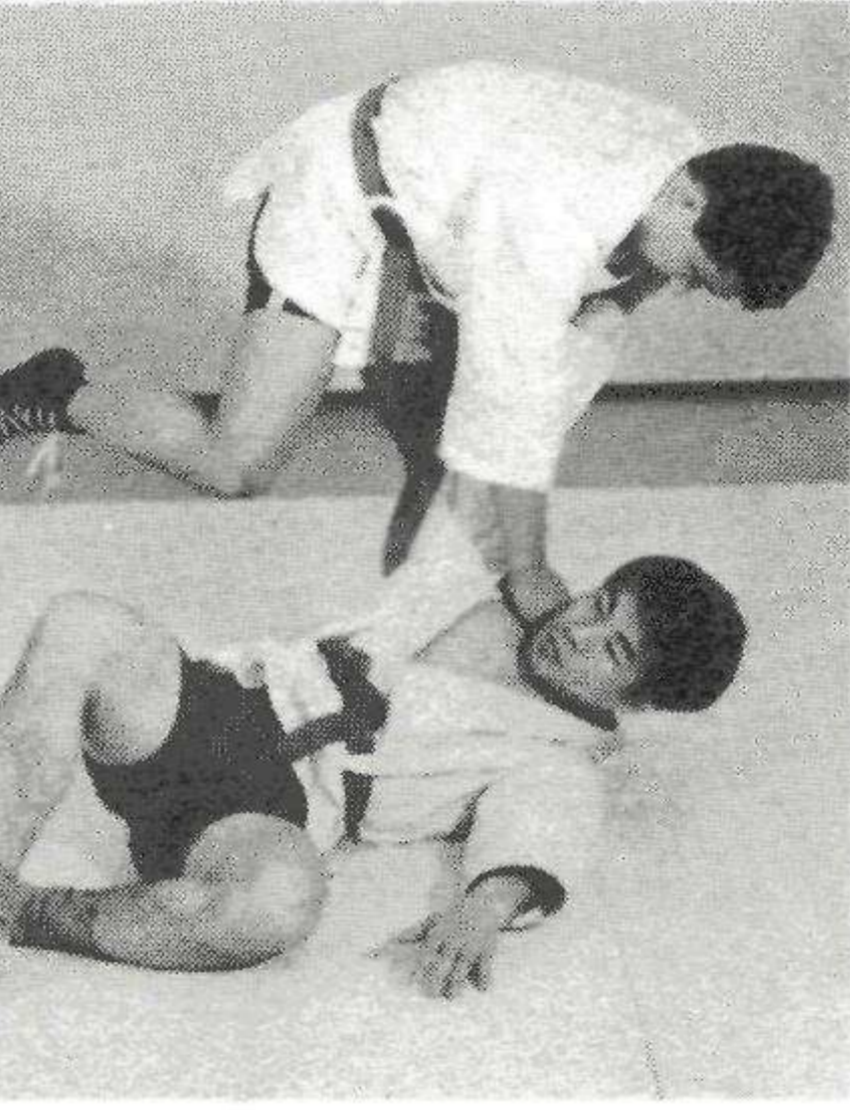
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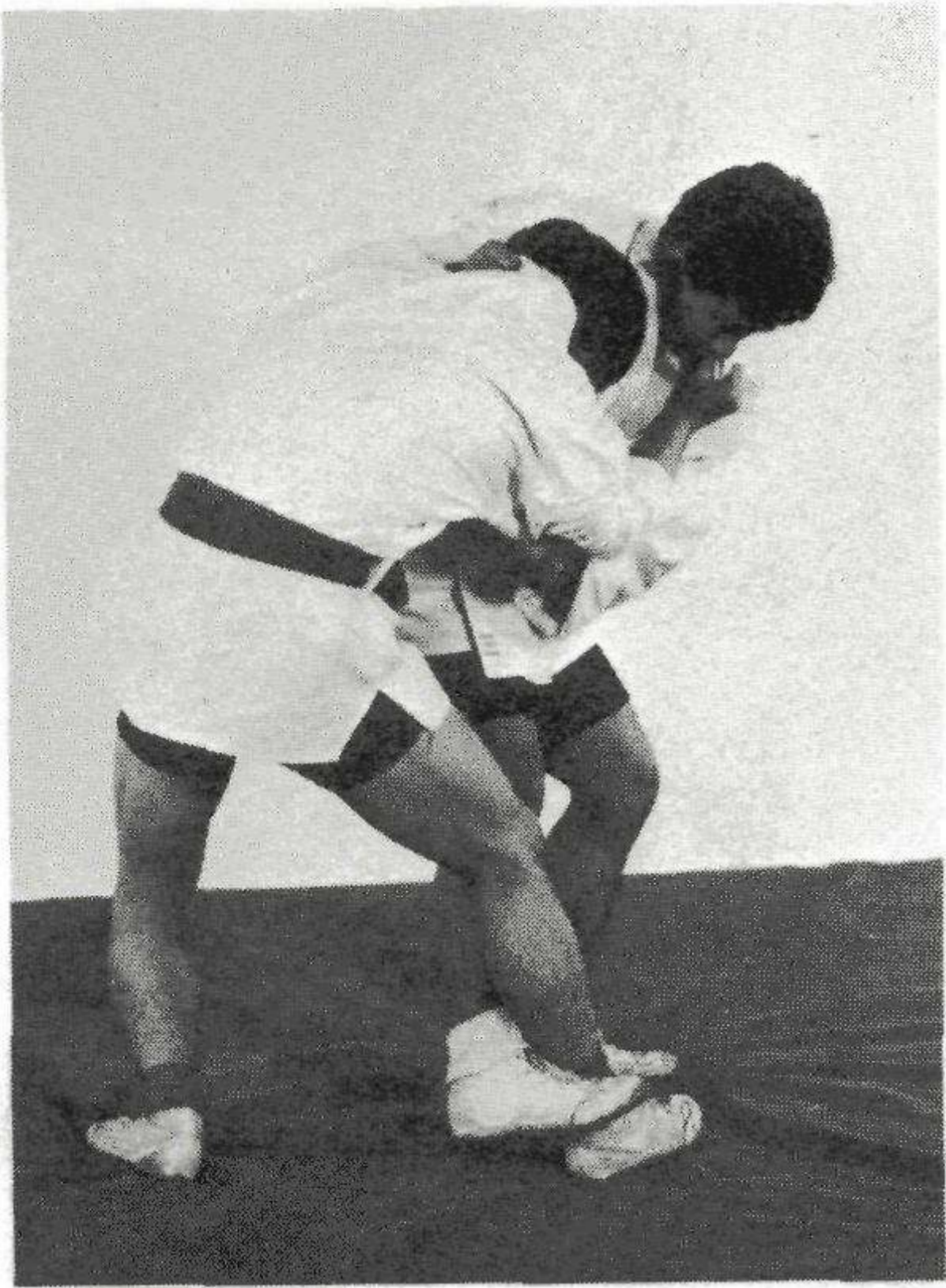
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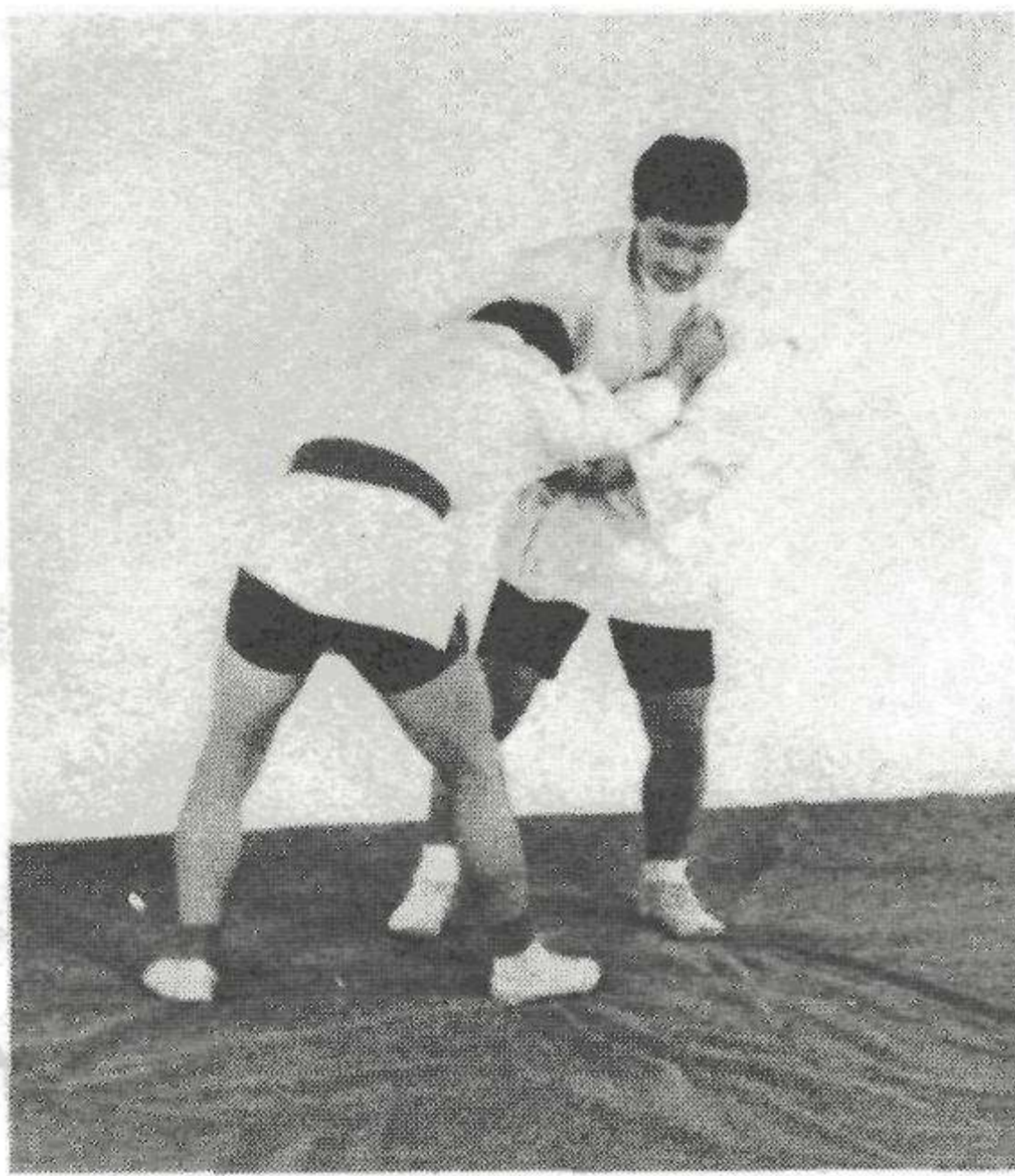


(8)



8. INSIDE FOOT HOOK

Grasp the adversary with the right hand at the collar and with the left one at the sleeve under the right elbow (1). Step forward with the left foot (2), then hook adversary's right foot with the own right foot at the heel from inside (3). Continuing the left-backwards motion of the own foot (4), pull the adversary to the left and throw on the mat (5), Safeguarding – at the right sleeve, safeguarding – left aide fall (6).



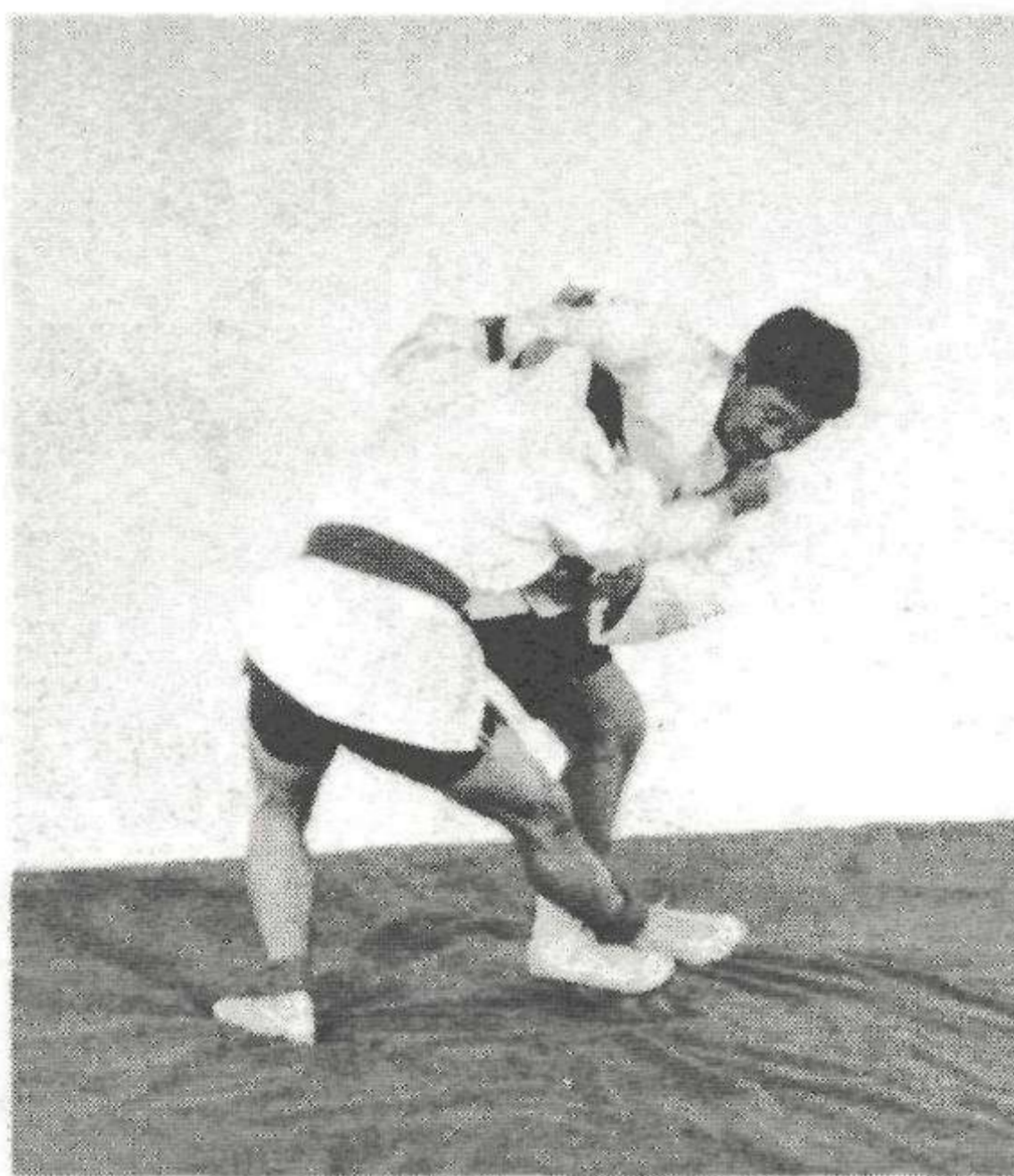
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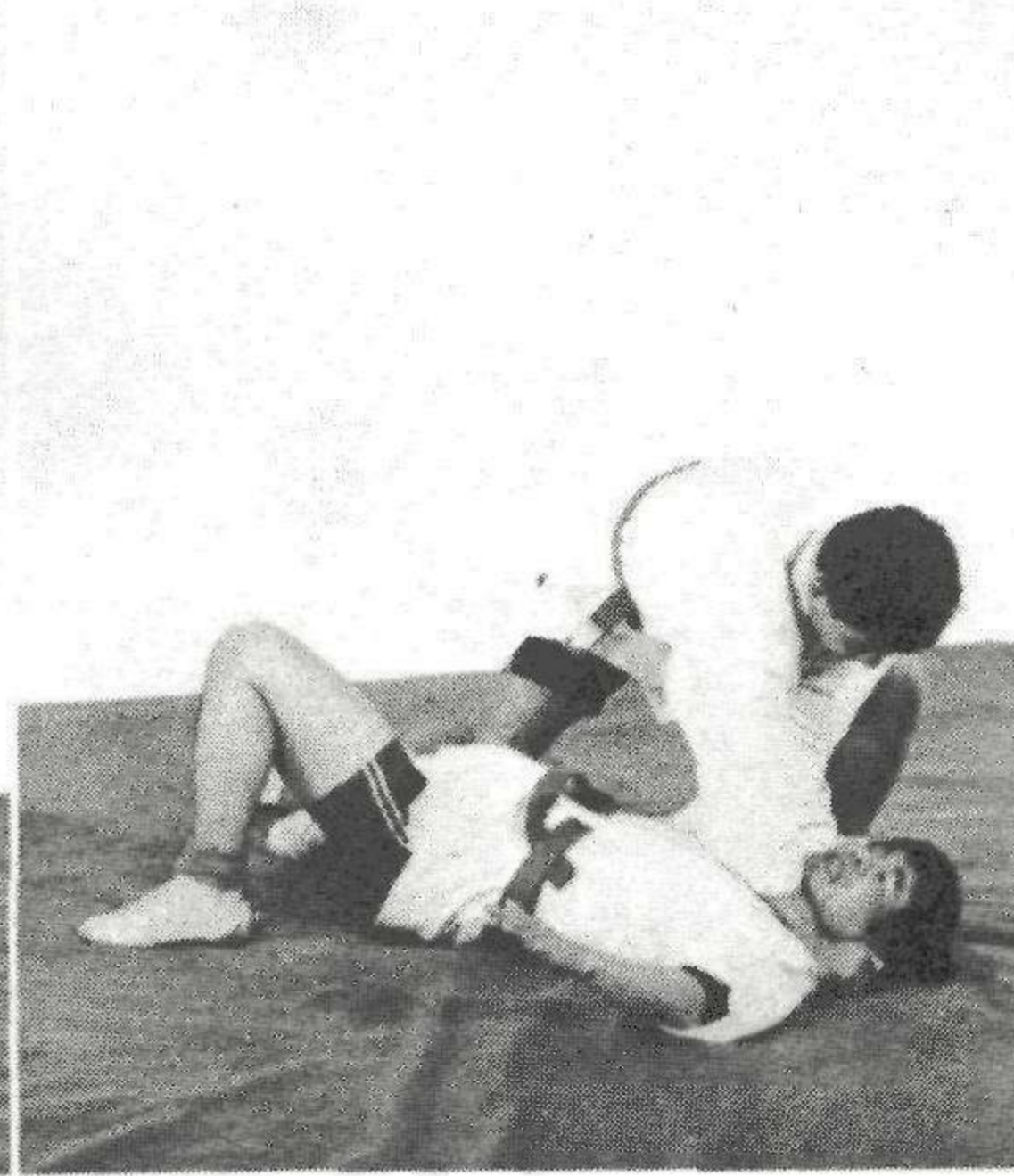
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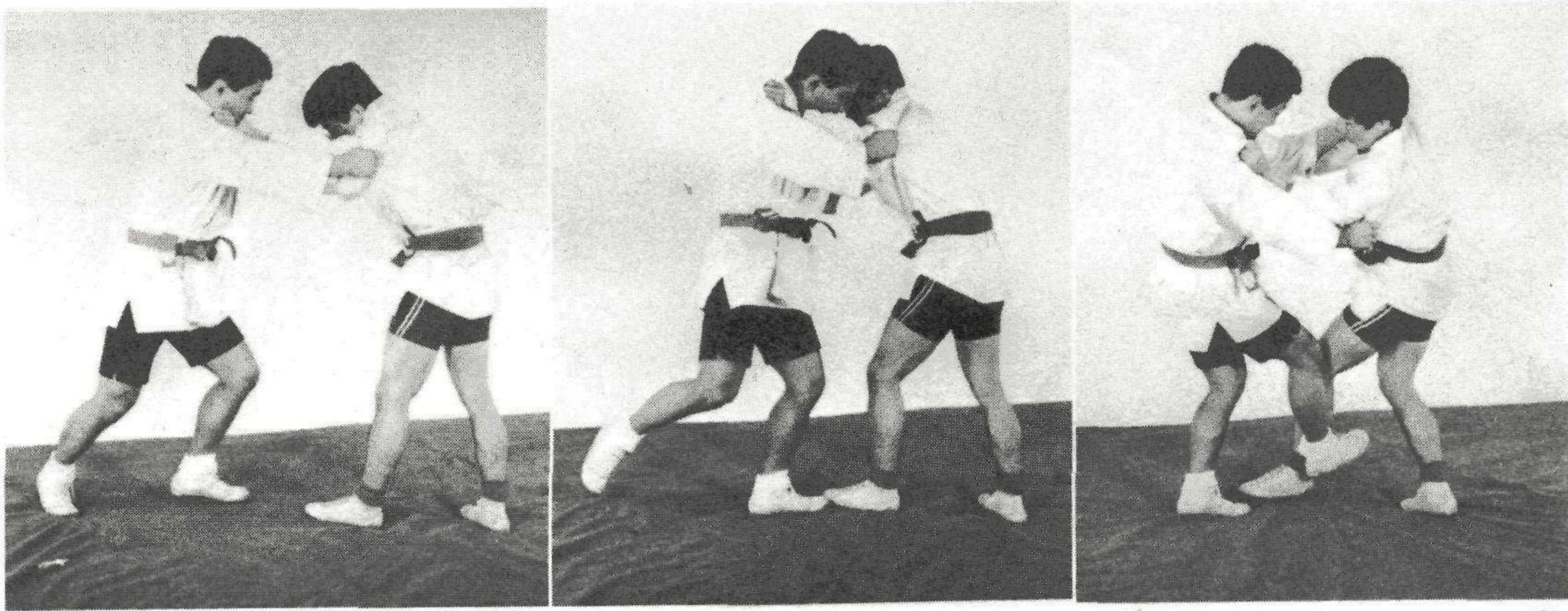
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9. BACK SWEEP

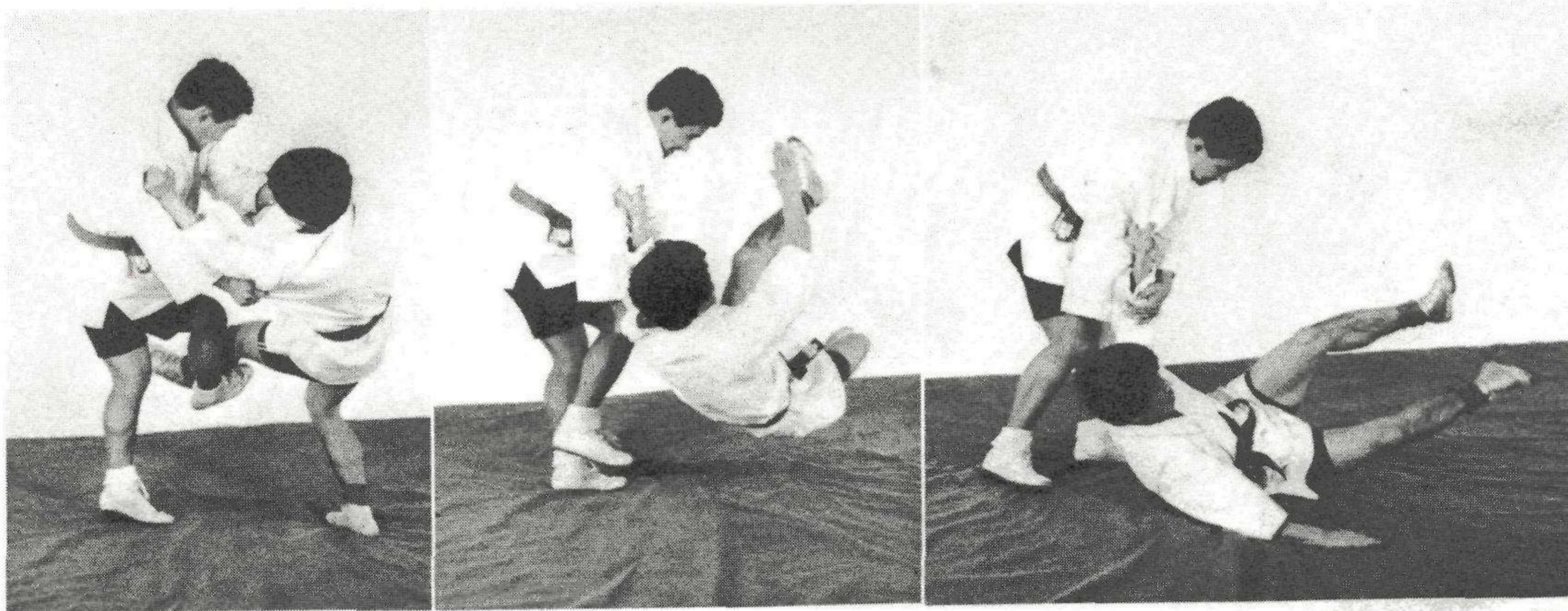
Grasp the adversary standing aslant with both hands at the sleeves under both elbows (1). Step forward an to the right with the left foot, aim the left toe to the left (2), then sweep with the right foot the left leg of the adversary under the heel from the back (3). Continuing the left-upwards motion of the own right foot, pull the adversary to the right and down (4) and throw on the mat (5). At the moment of the fall put the right foot forward to the right (4). Safeguarding – at the left sleeve, self safeguarding – right side fall.



(1)

(2)

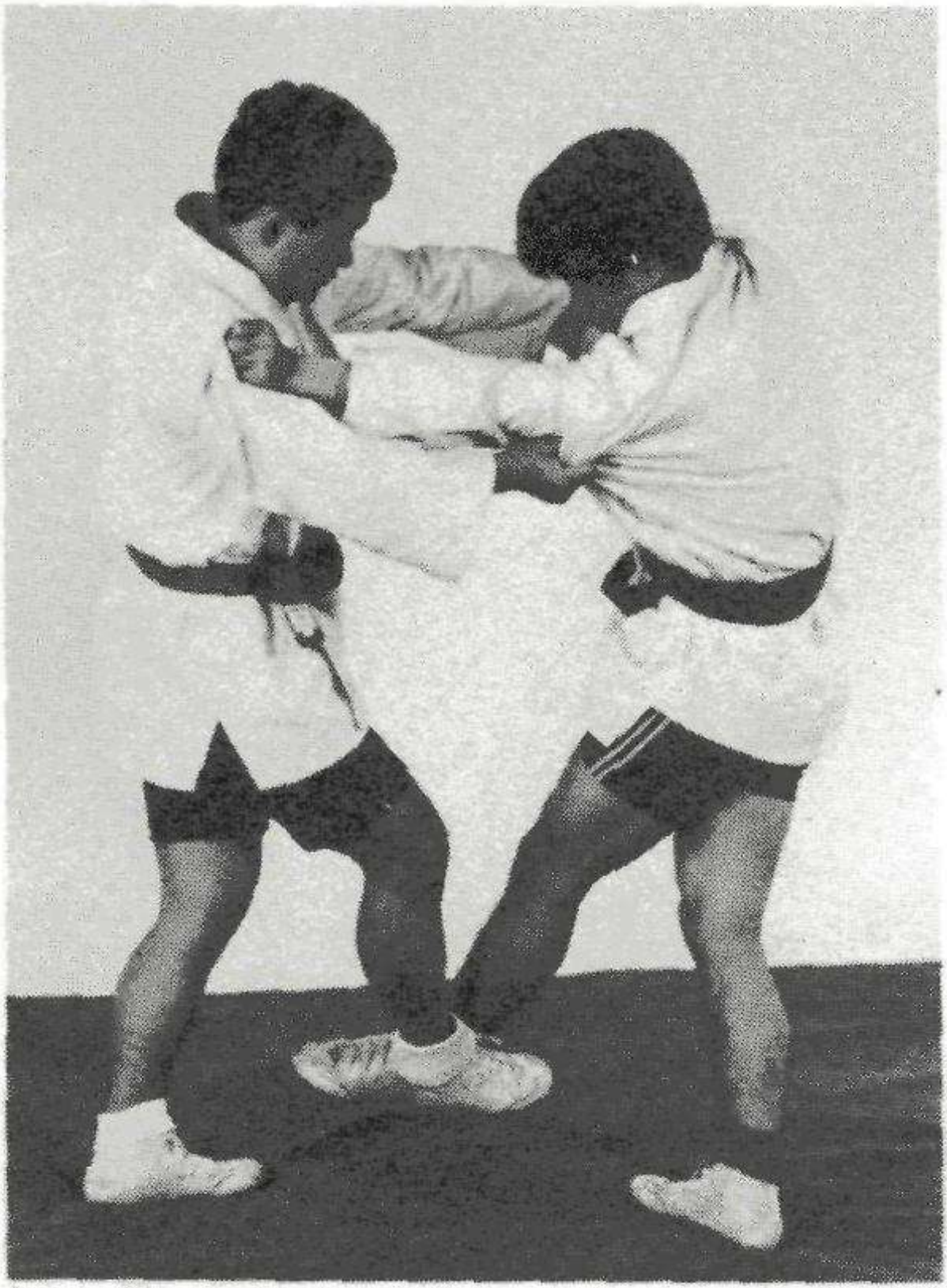
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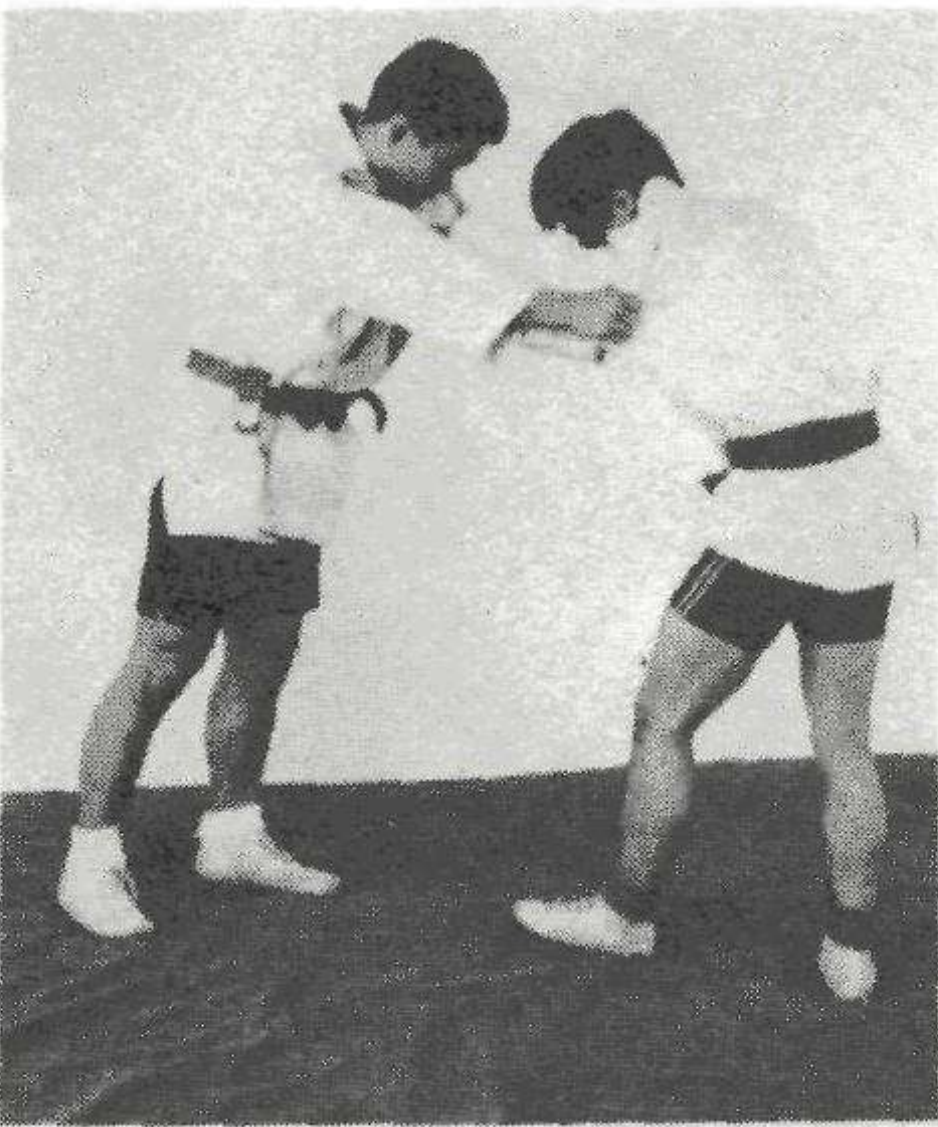
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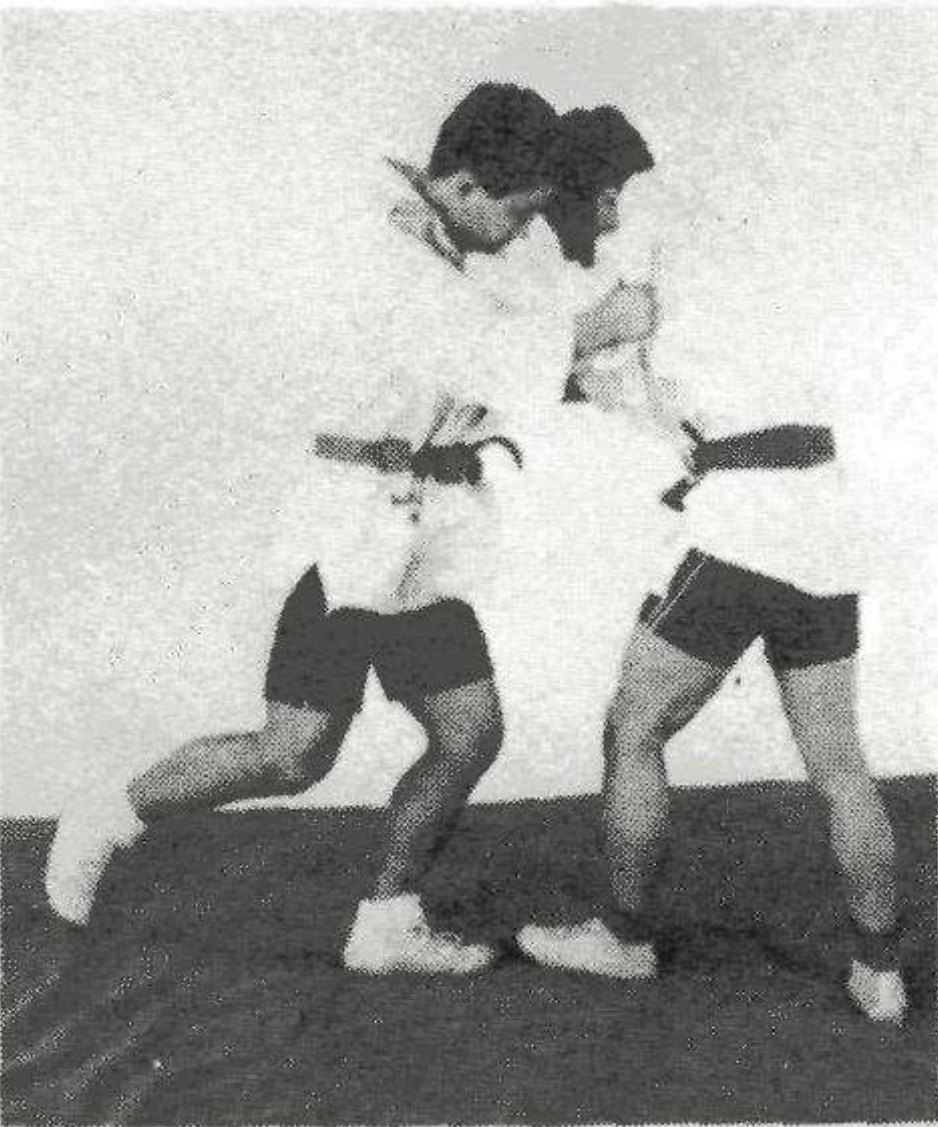
THE ADVERSARY COMES FROM ASIDE

1. SWEEPING AN ADVANCING FOOT

Grasp the adversary with both hands under the elbows (1). Do a step with the left foot forwards to the left toe of the adversary (2), turning the foot inside, then sweep adversary's left foot with the right toe (3). Continuing the leftwards motion of the right foot (4), pull the adversary in the direction of his swept leg with the right hand (5) and throw him on the back, putting the right foot to the right (6). Safeguarding – at the left sleeve, self safeguarding – right side fall (7).



(1)



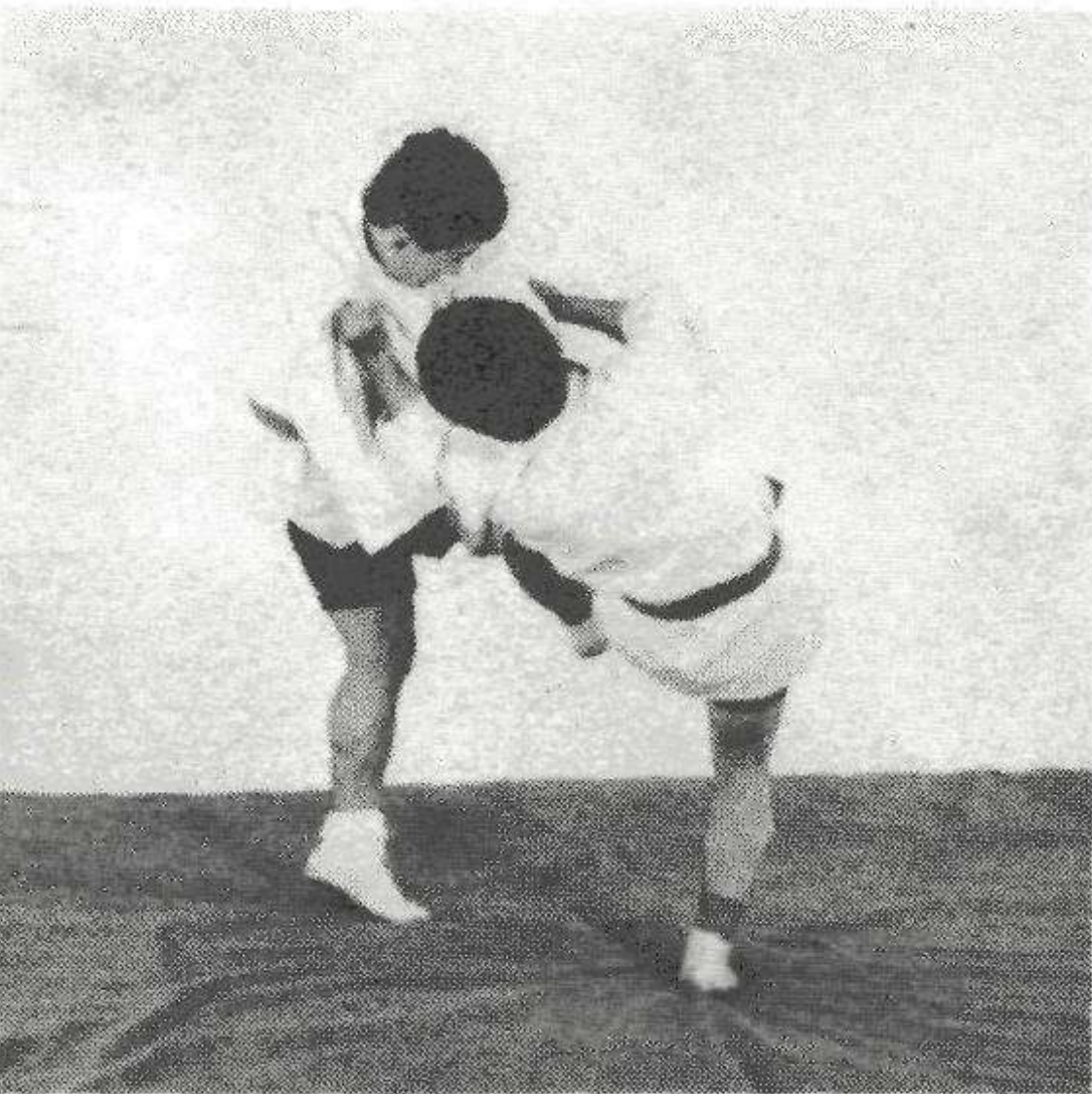
(2)



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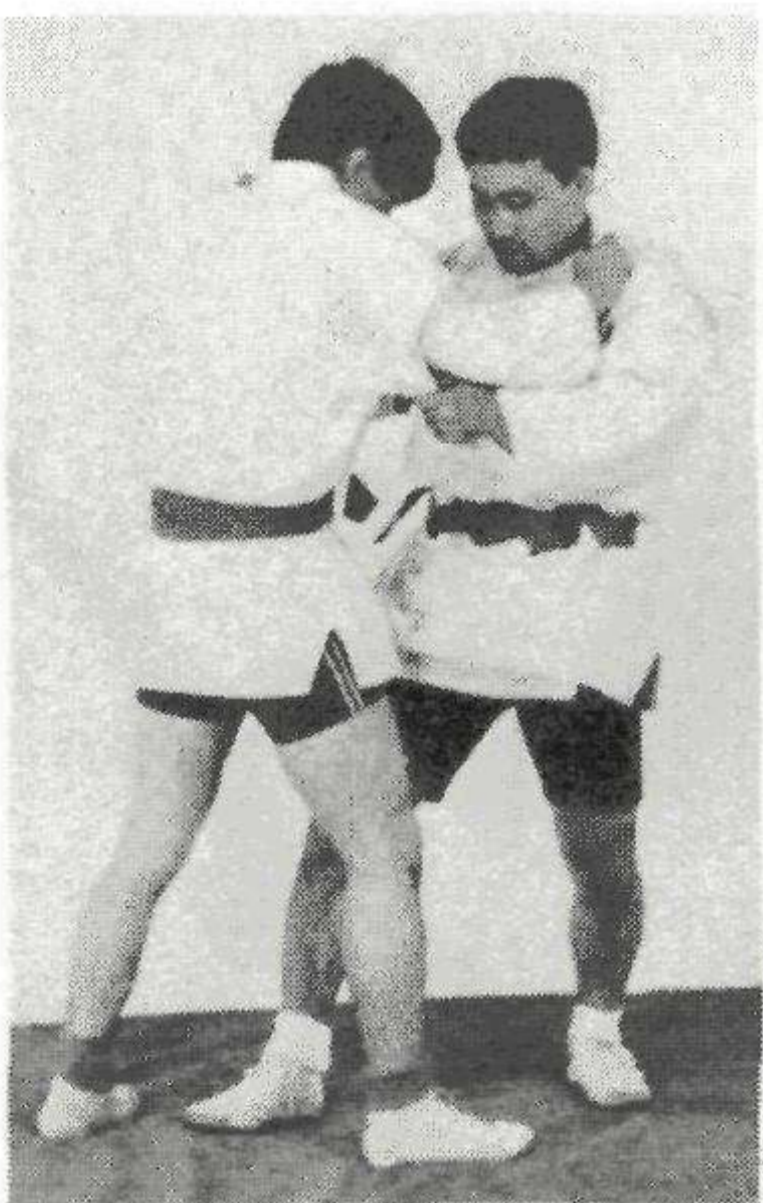


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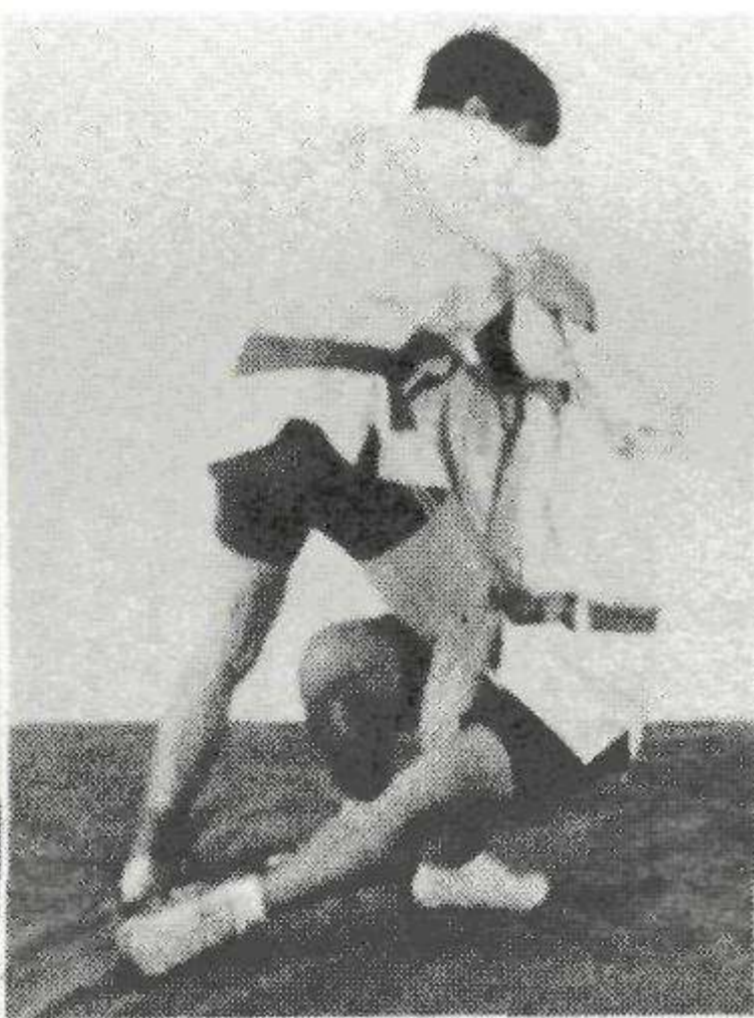
2. LEG TWIST

Grasp the adversary with both hands at the sleeves under the elbows (1). Step forward with the right foot and put it between adversary's legs (2). Put the left foot aside adversary's right leg on the heel. Sit down on the mat (3), pulling the opponent to the left (4) and throwing him on the mat (5).

Safeguarding — right shoulder tumble, self safeguarding — left side fall (6).



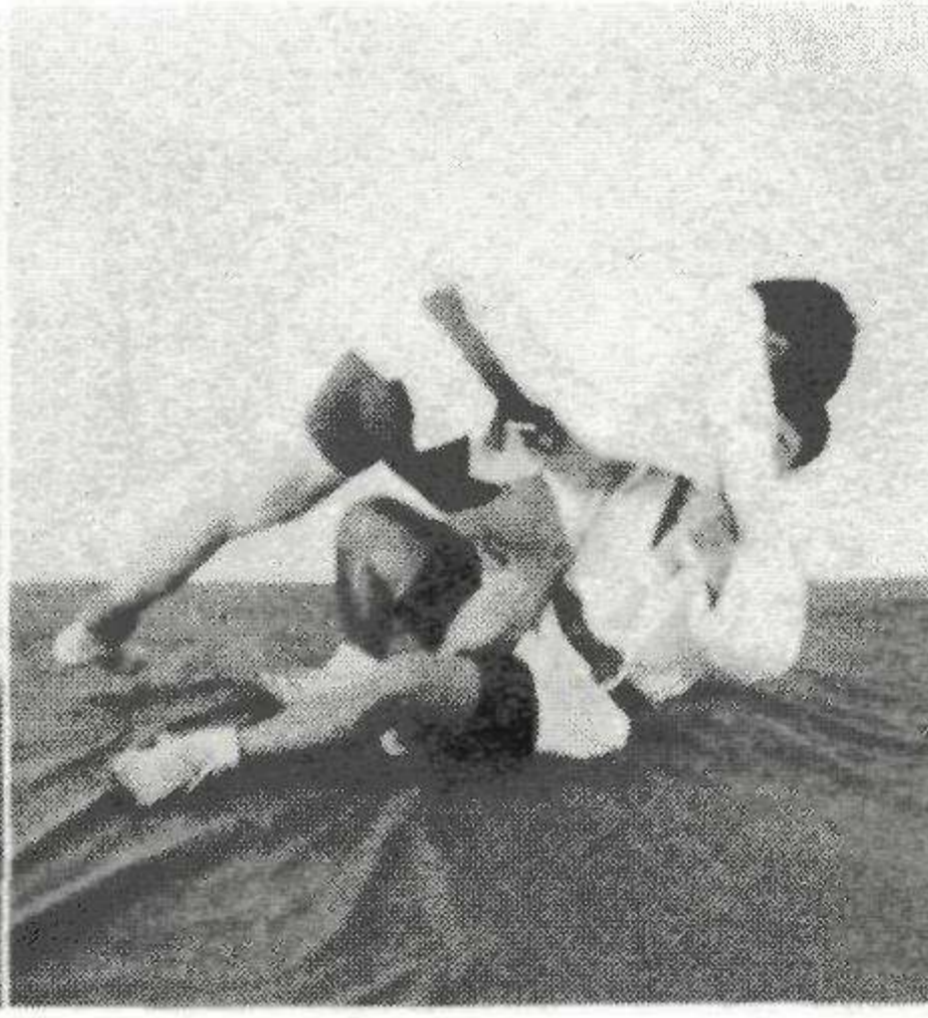
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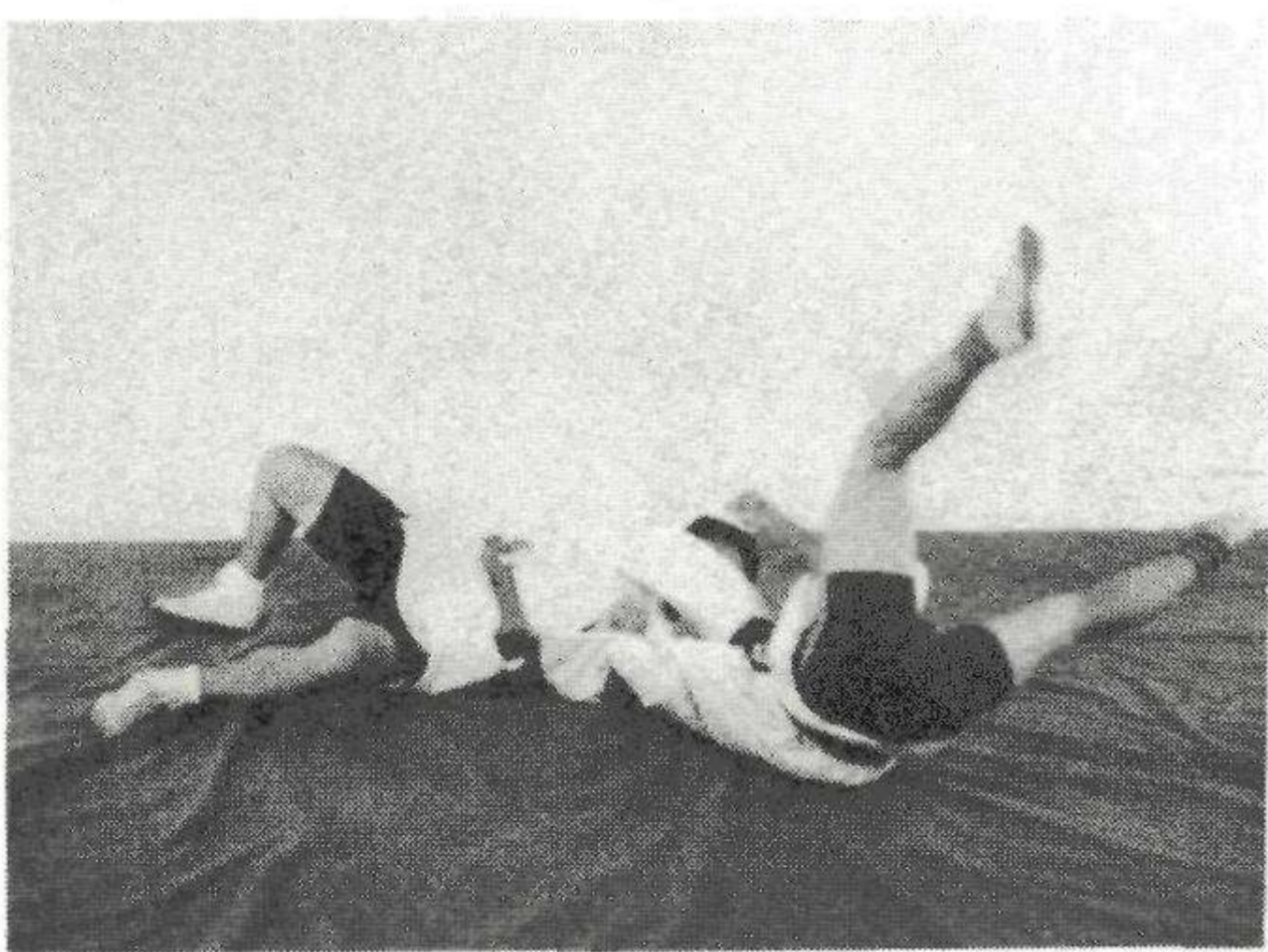
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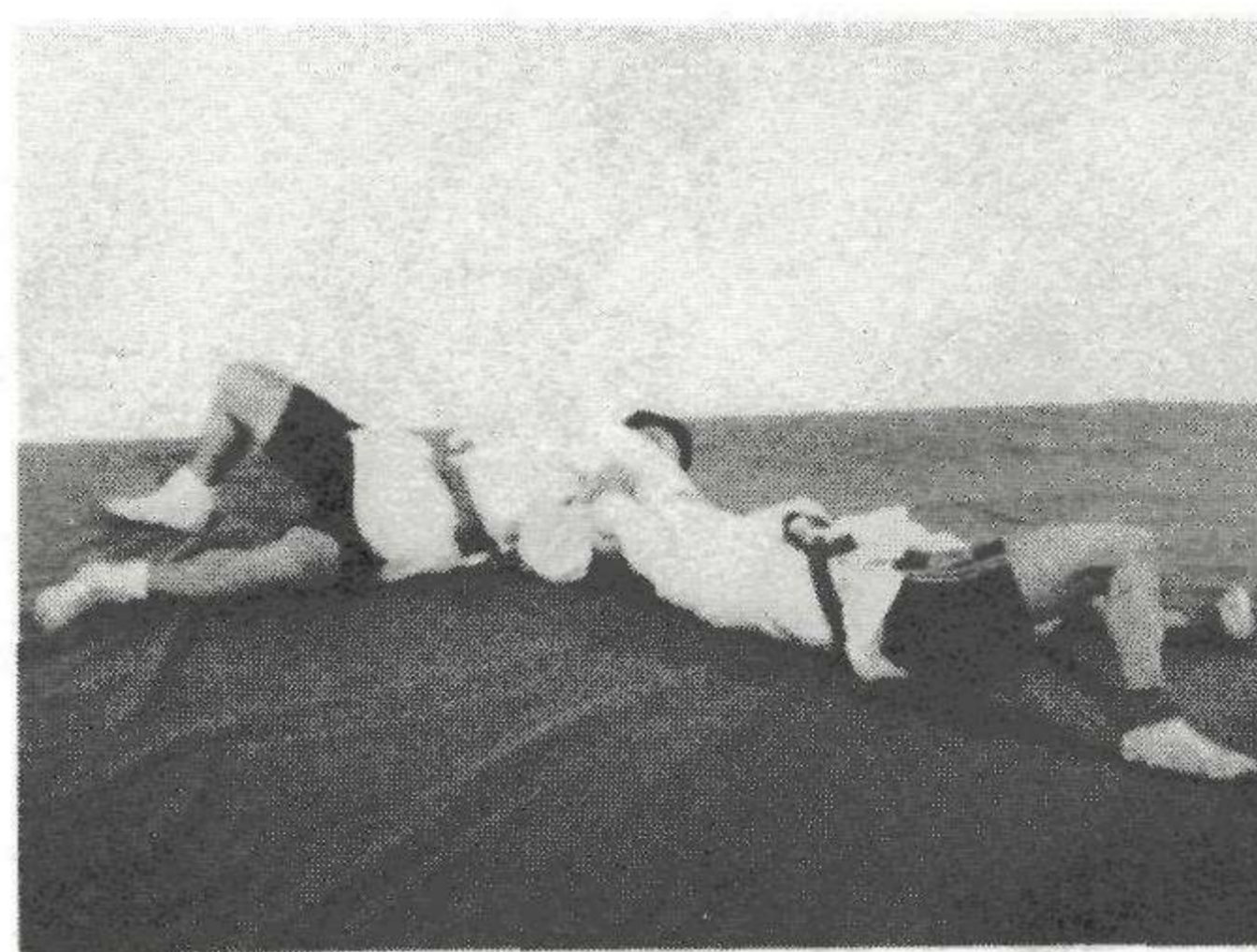
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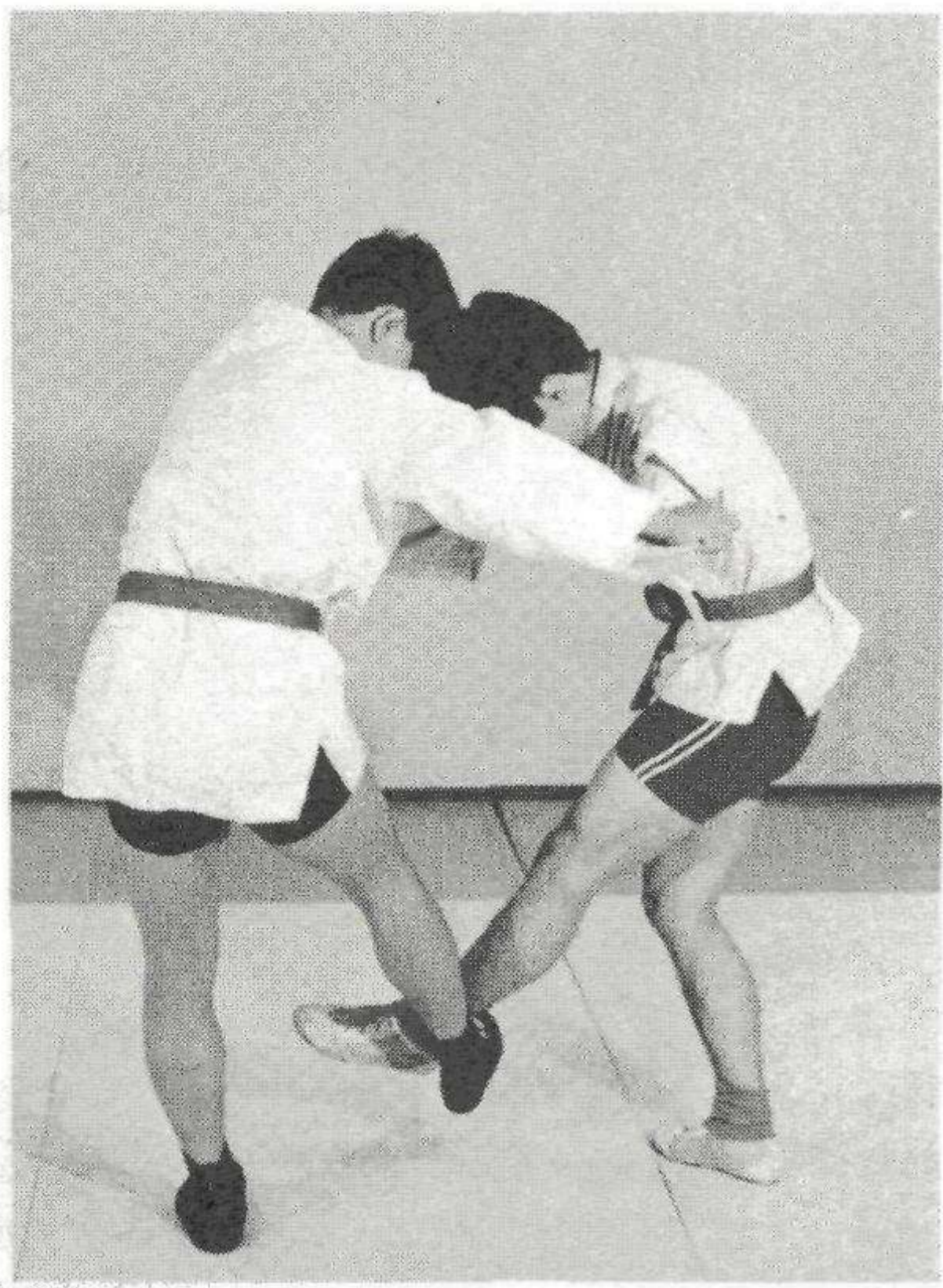
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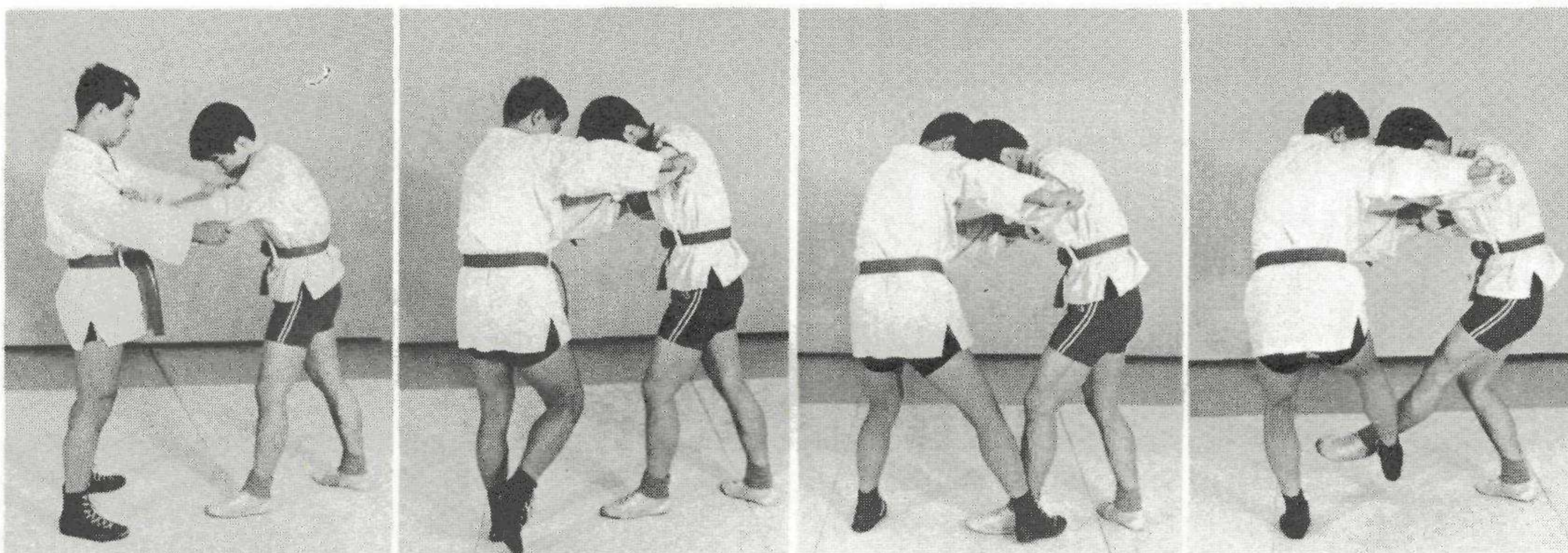
(6)



3. FOOT HOOK

Grasp the opponent under both elbows (1), do a step with the left foot to the right, the toe aiming left, up to opponent's advanced toe (2). Hook with the right foot opponent's left heel (3). Lifting the right leg to the left (4), pull with the right hand to the right and down (5) and throw the opponent on the mat (6). At the moment of the fall, do a lunge with the right foot to the right.

Safeguarding — the left sleeve. Self safeguarding — right side or back fall.

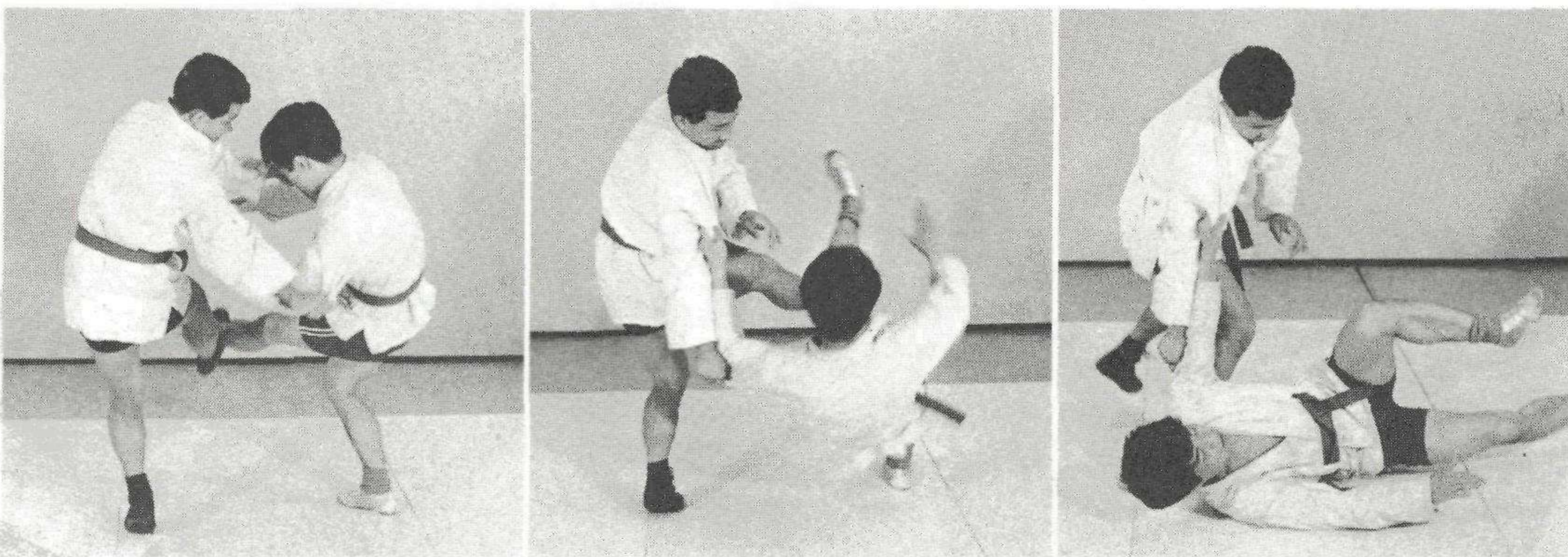


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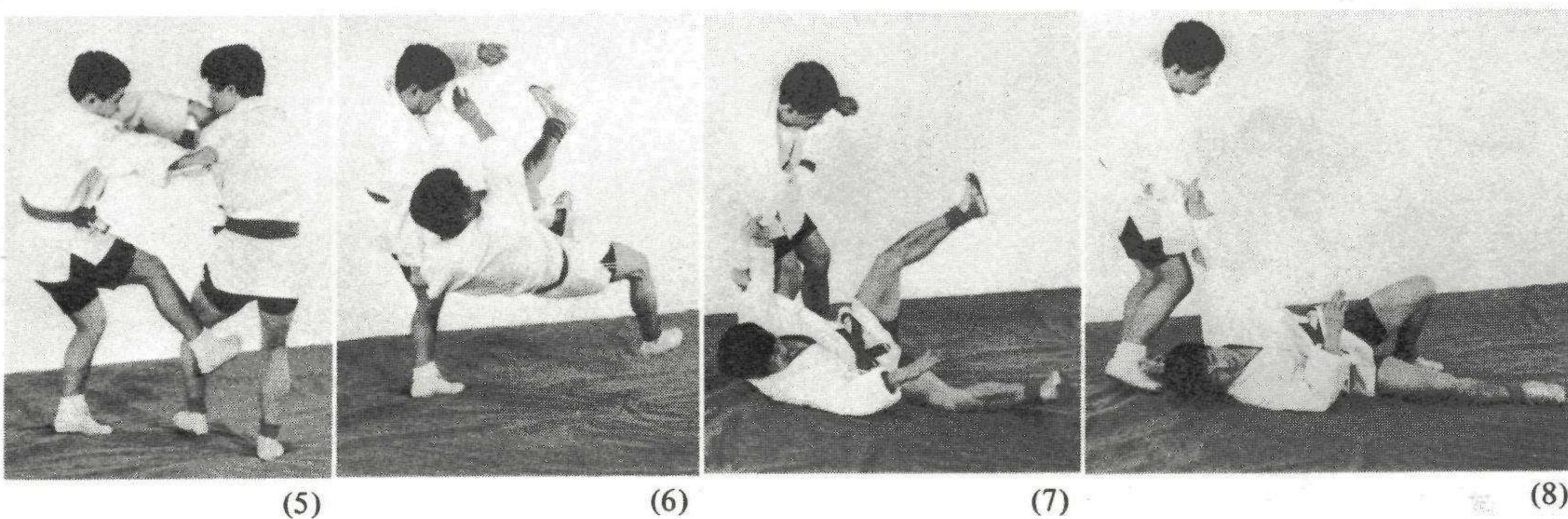
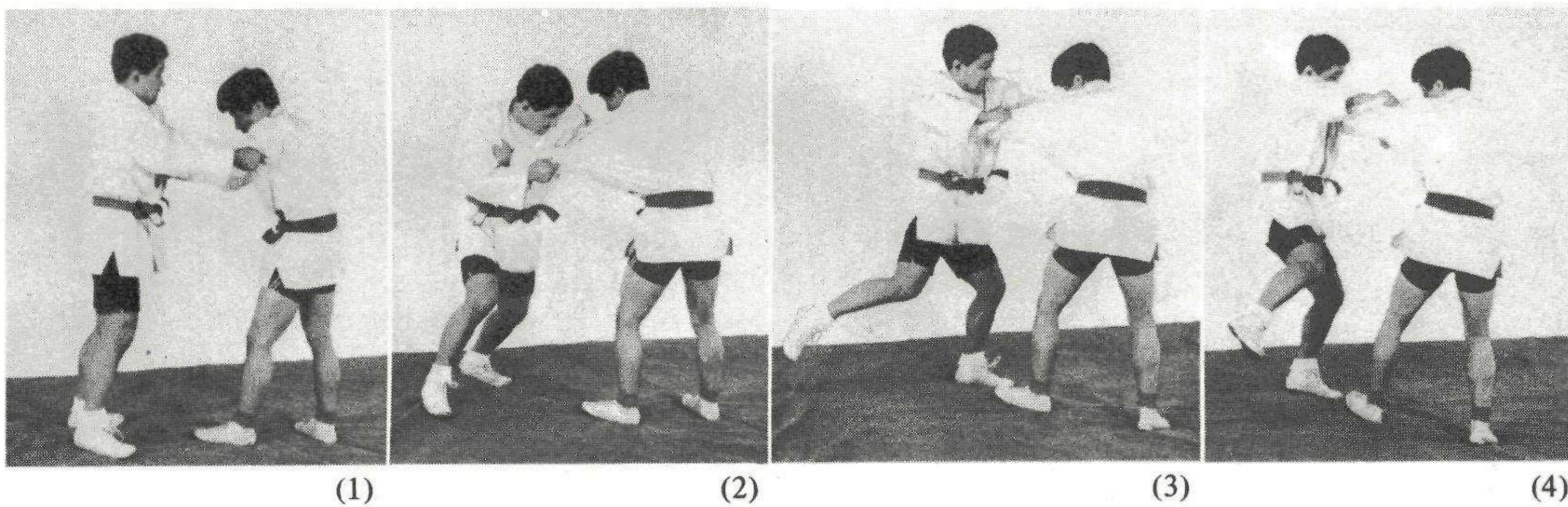
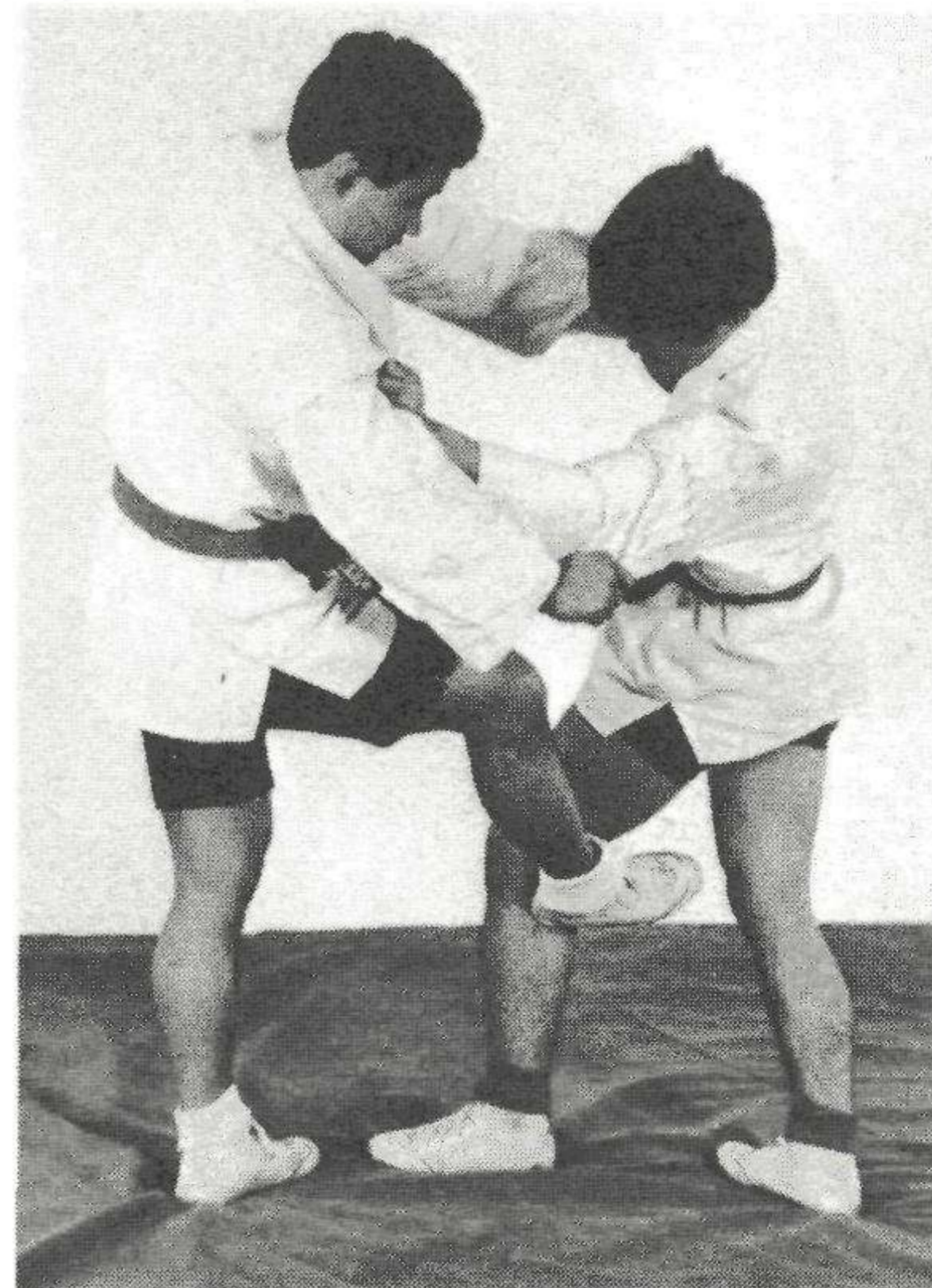
(6)

(7)

4. KNEE WHEEL

Grasp the adversary with both hands under the elbows (1). Do a long step to the right and forward with the right foot (2) and change with a hop the position of the feet; put the left foot in the right foot's place, the left toe being parallel to opponent's toes (3). Draw the right foot back (4), hit opponent's left knee socket with the instep (5), then pull with the right hand to the right and down (6) and throw the opponent on the mat with simultaneous lunge to the right with the hitting leg (7).

Safeguarding – by the left sleeve. Self-safeguarding – right side fall.

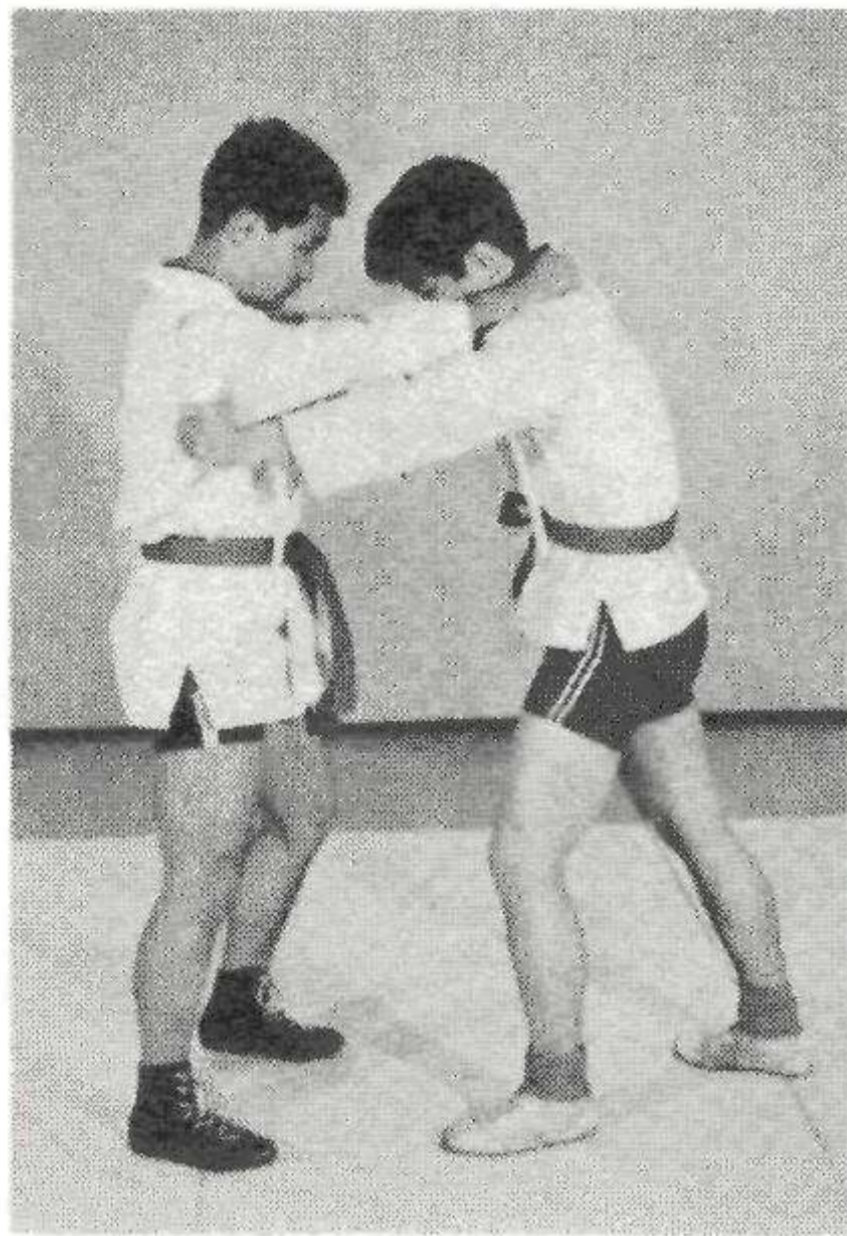




5. KNEE AND FOOT HOOK ("COLL")

Grasp the opponent with the right hand by the collar and with the left by the right elbow (1). Do a step forward with the left foot, then turning with the right side to the opponent (2), coil the right leg (3) around opponent's left leg from inside (4). Standing up (5) heave the left leg of the opponent up and to the left (6), then pulling down at the right sleeve (7), throw the opponent on the mat (8).

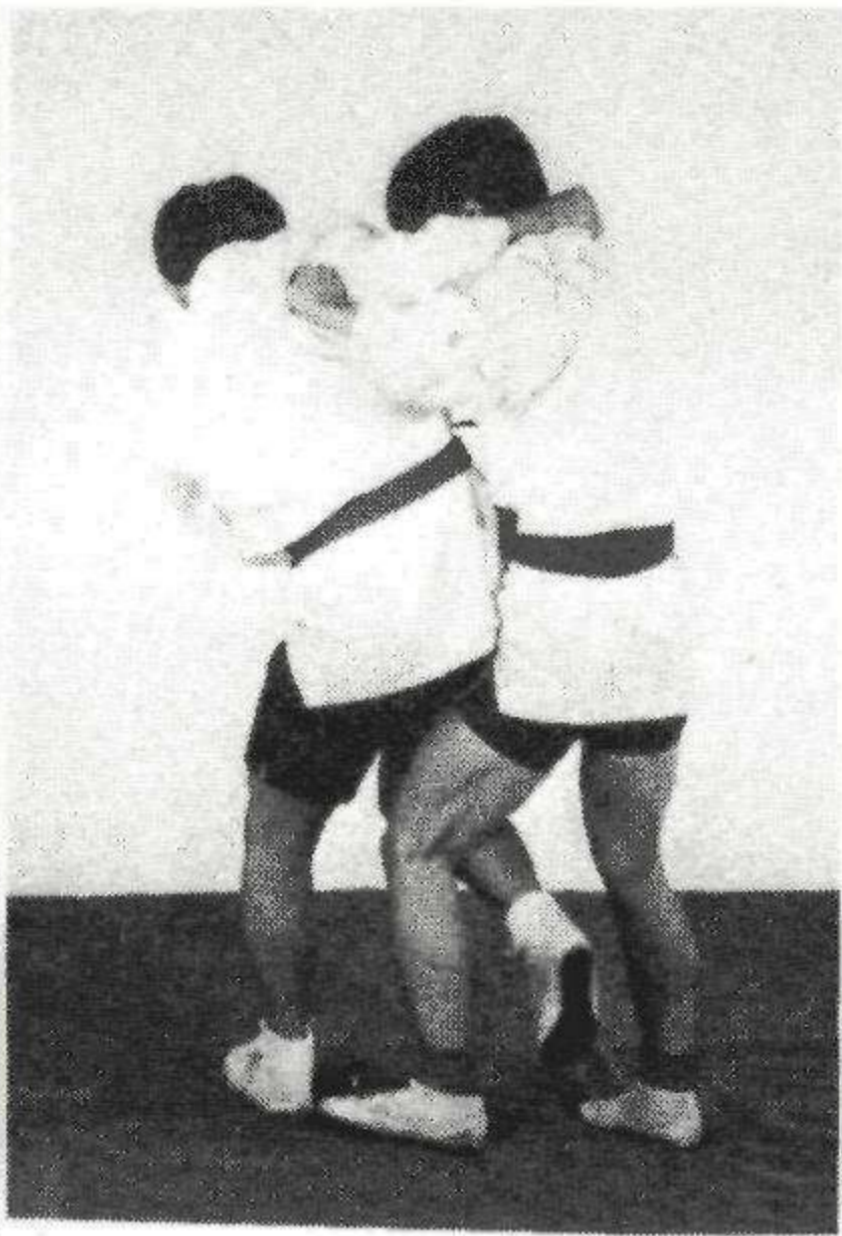
Safeguarding - step over the opponent. Self safeguarding - right side fall.



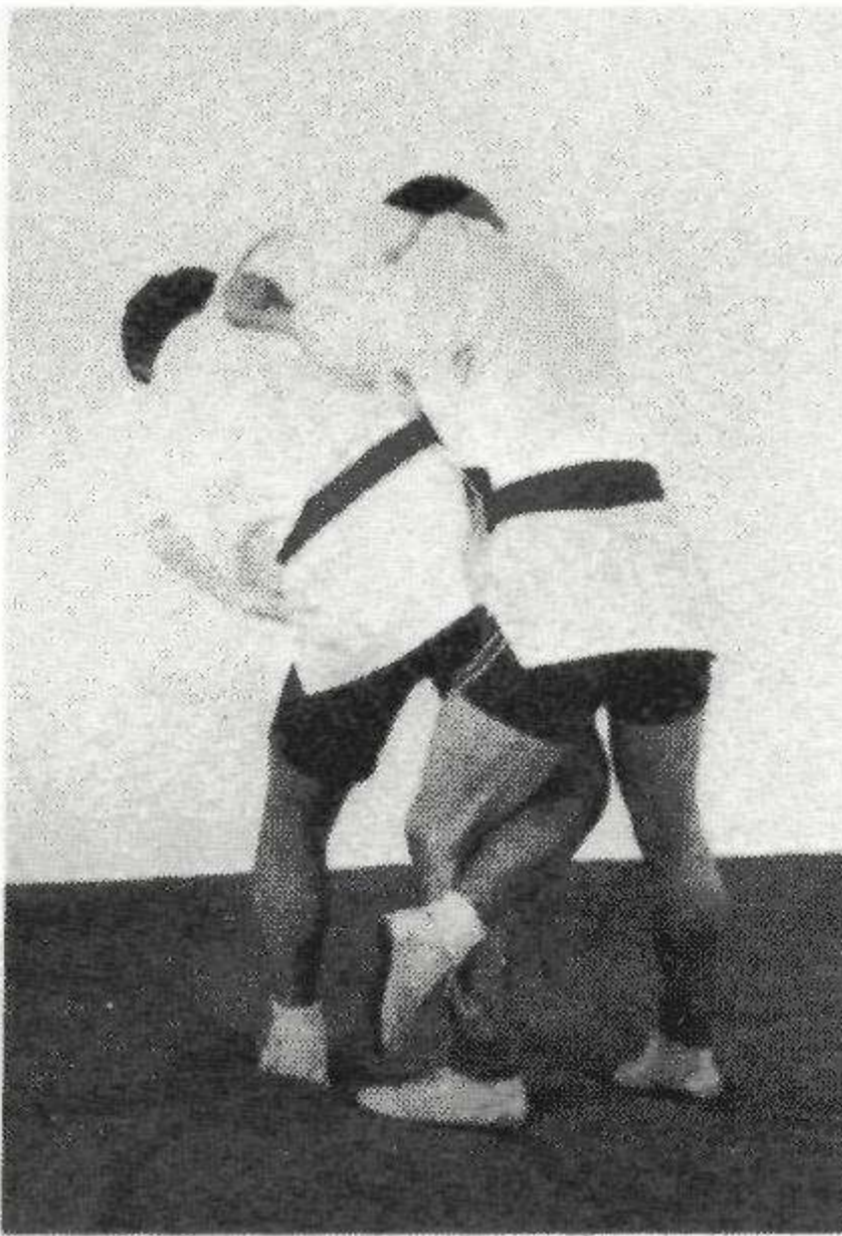
(1)



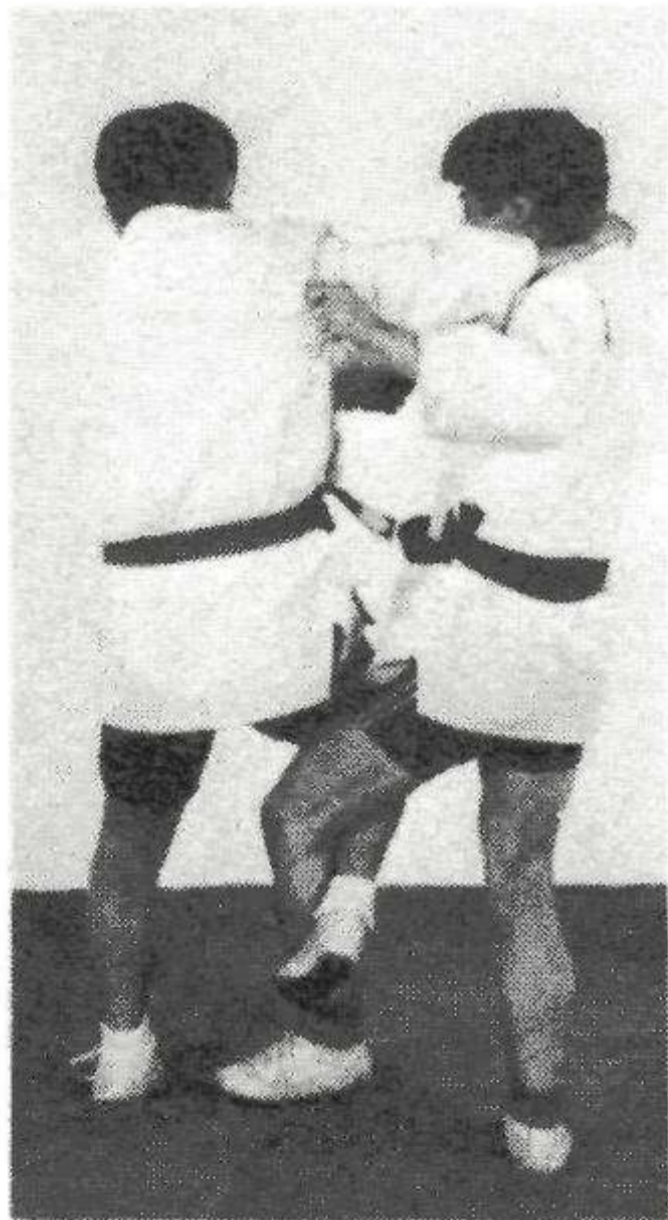
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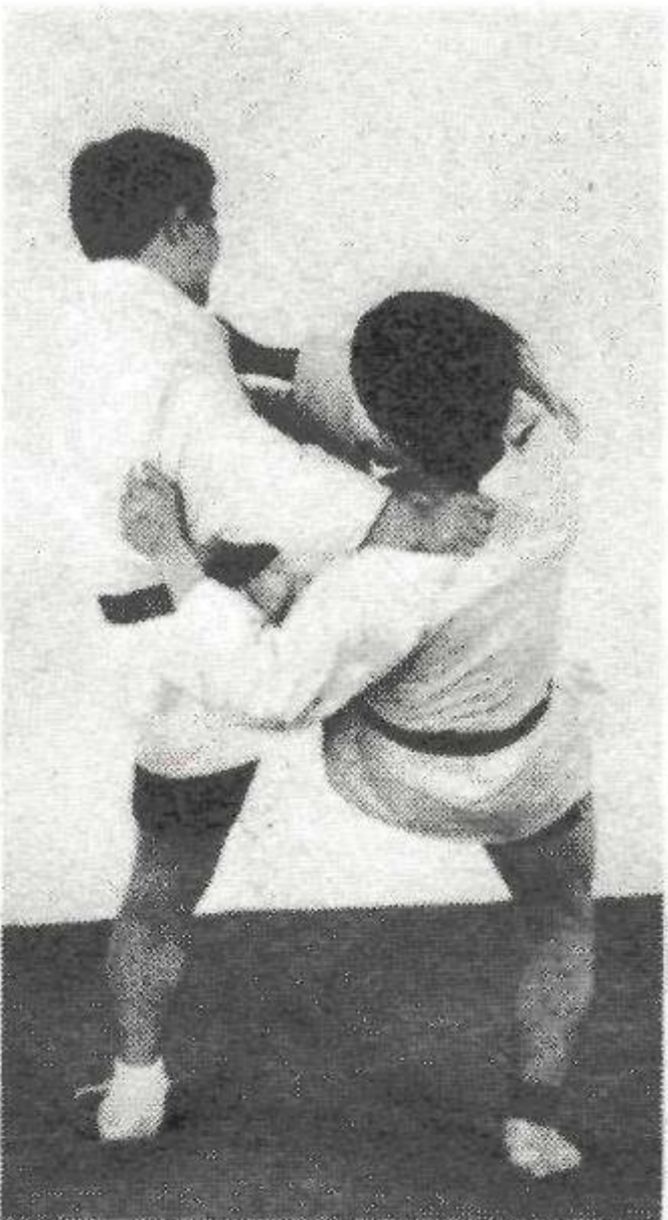
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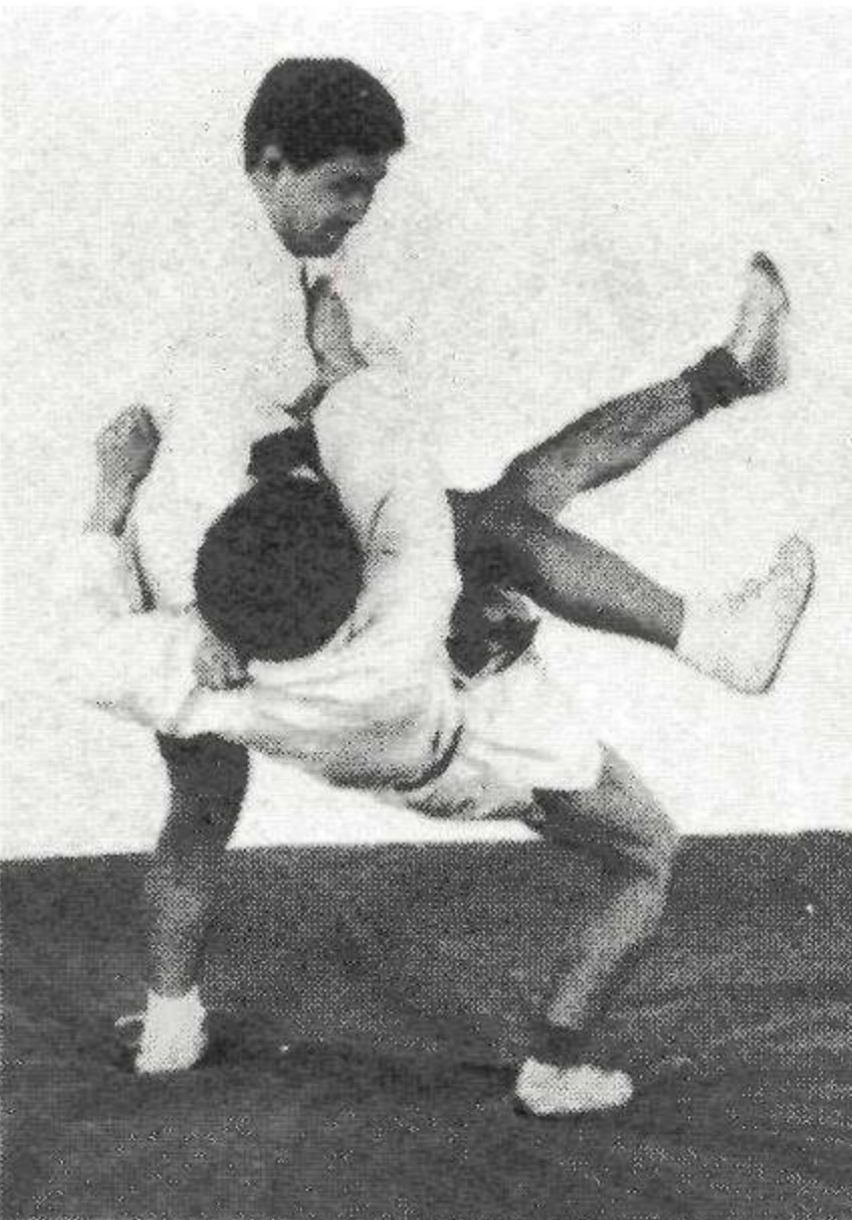
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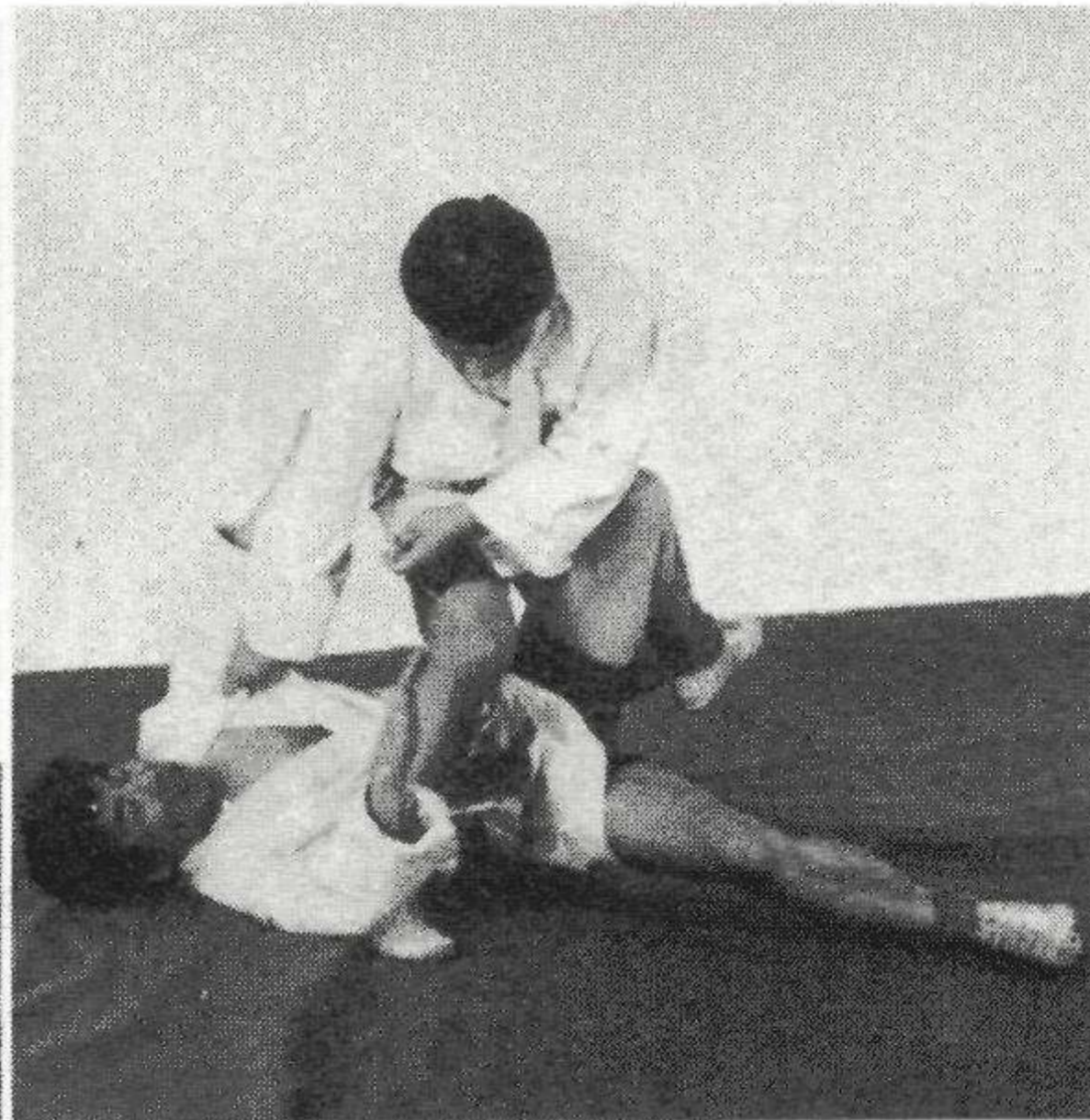
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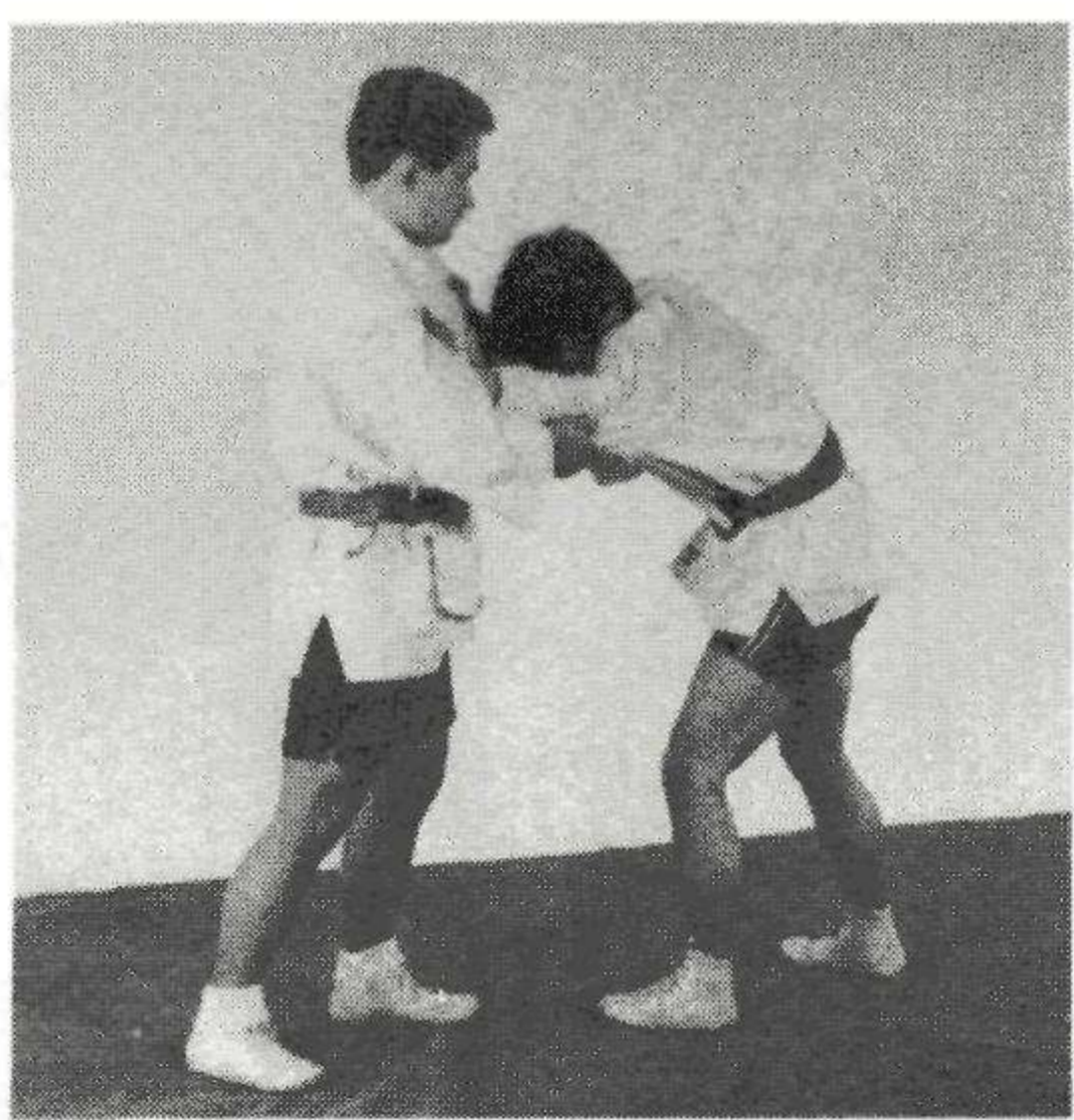
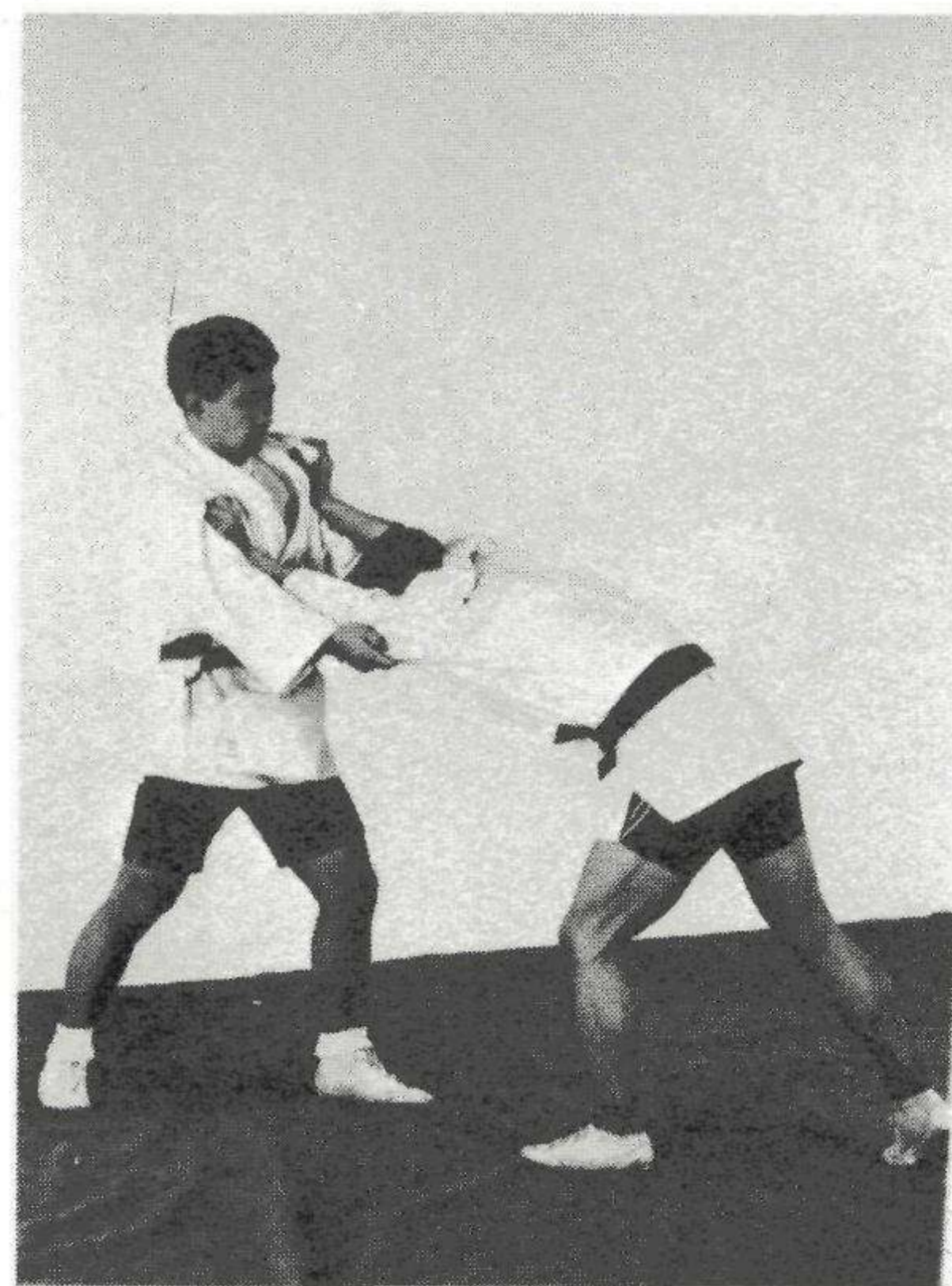
(8)

THE OPPONENT PRESSES

1. BREAKING THE BALANCE BY TUGGING

Grasp the pressing opponent with both hands under the elbows (1). Do a long step backwards and to the left with the right foot and tug the opponent along (2). At the moment when the opponent treads on his left foot (3), do a sharp wrench to the right and backwards and throw the opponent on the mat (4).

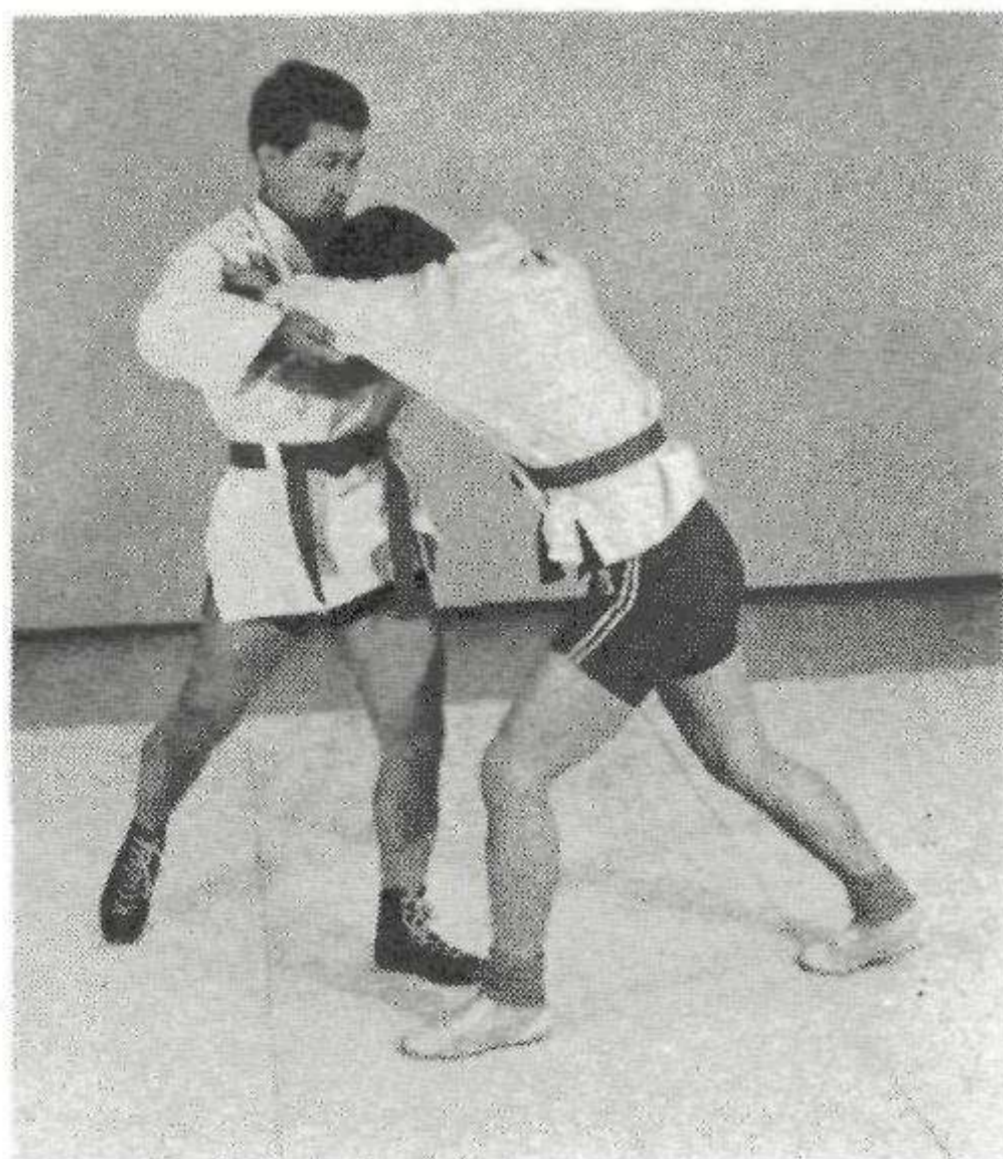
Safeguarding – by the left sleeve. Self safeguarding – right side fall.



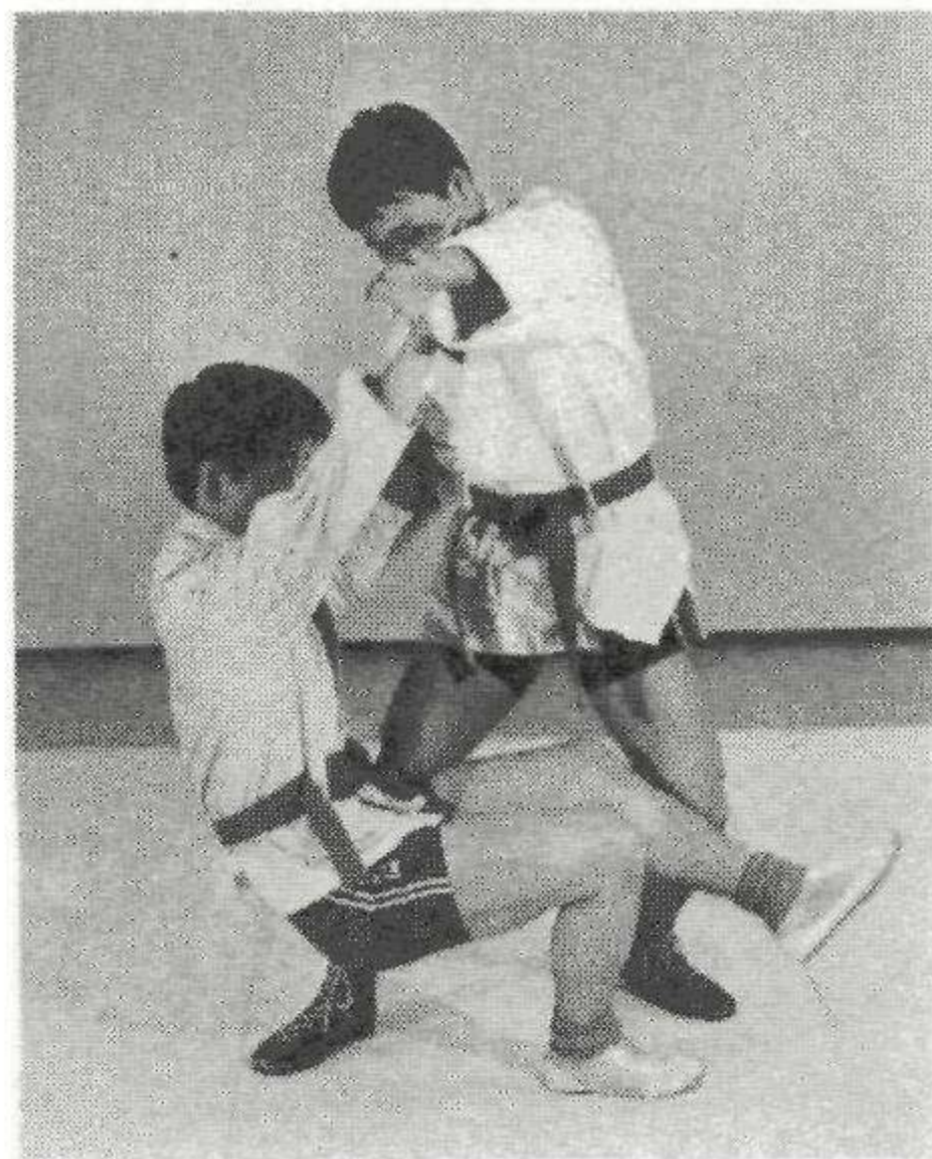
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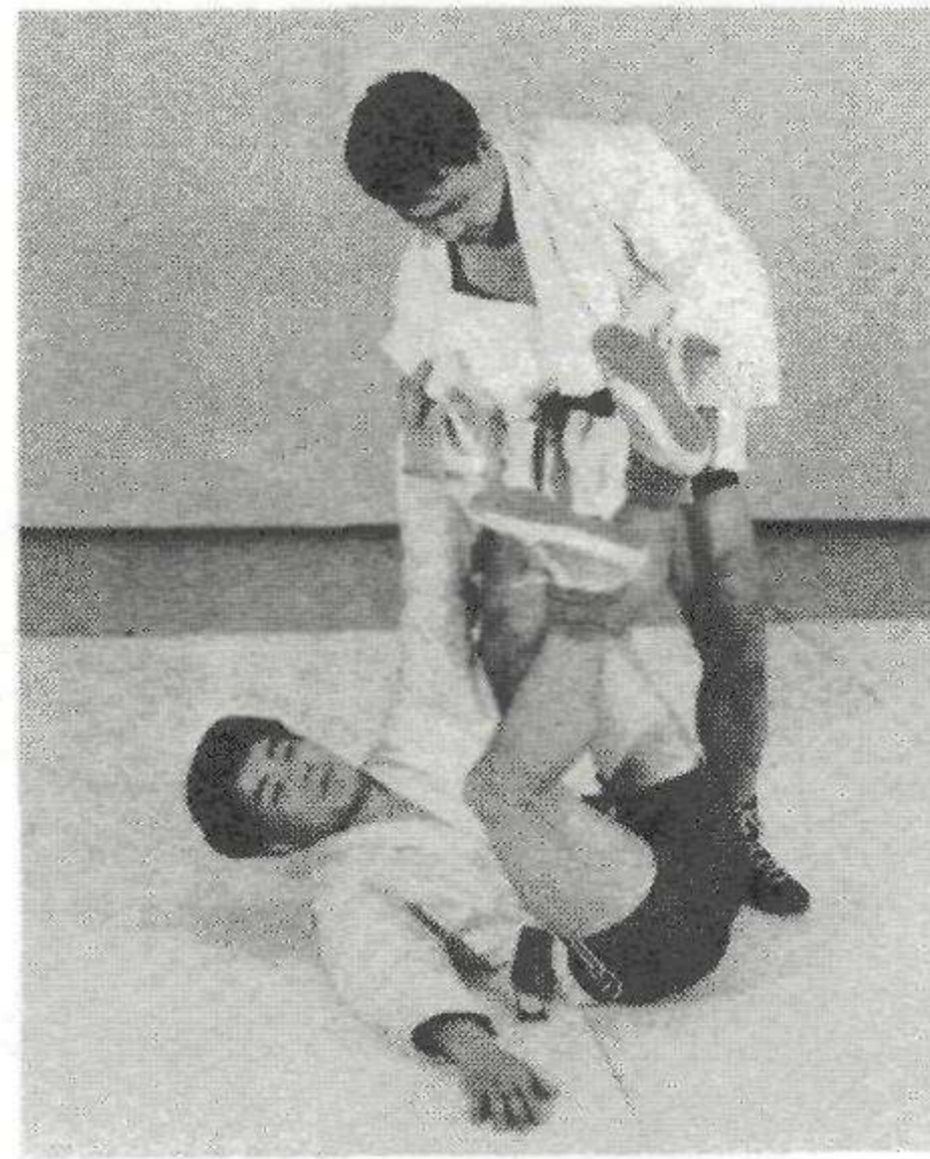
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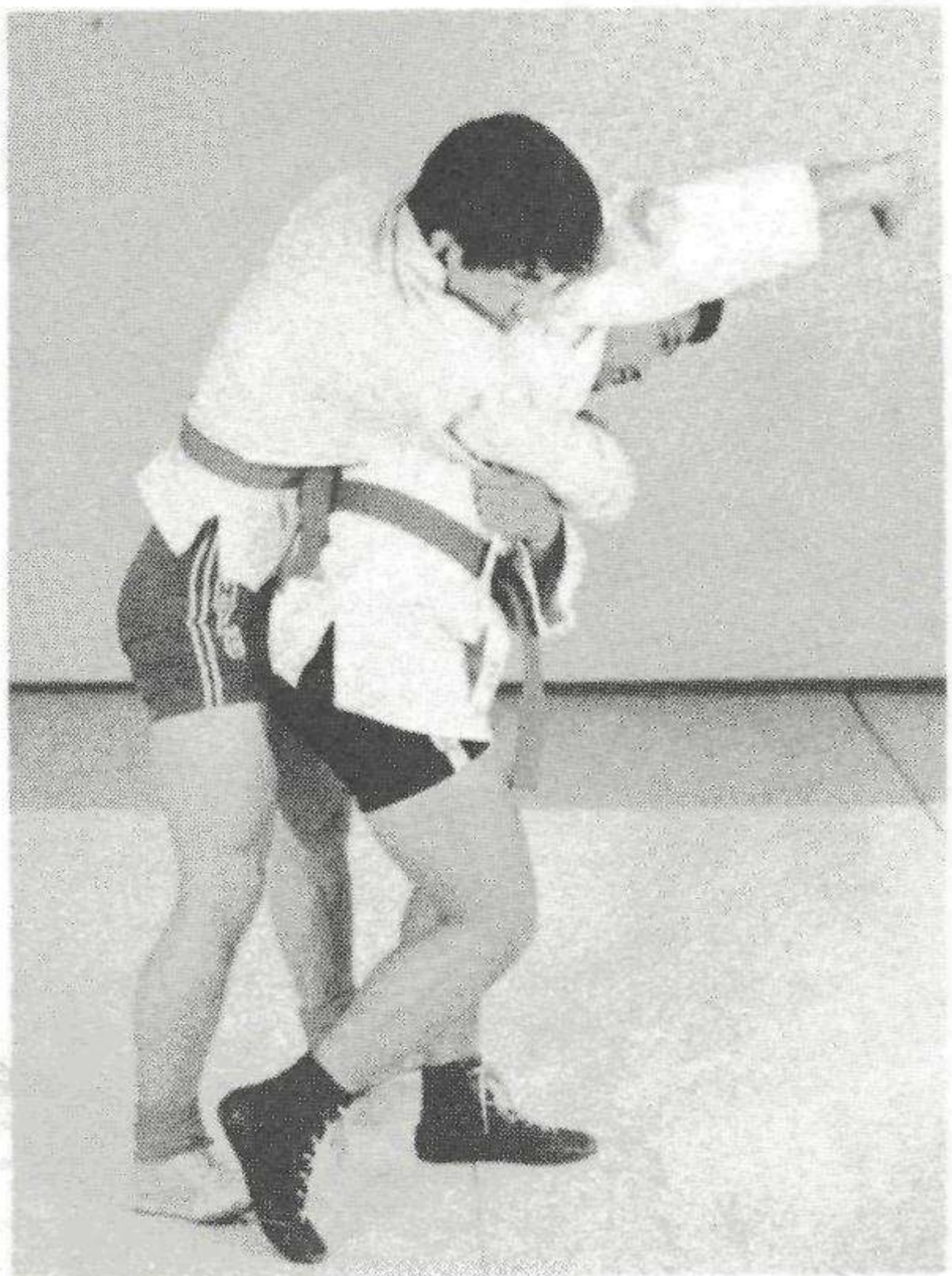
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(4)



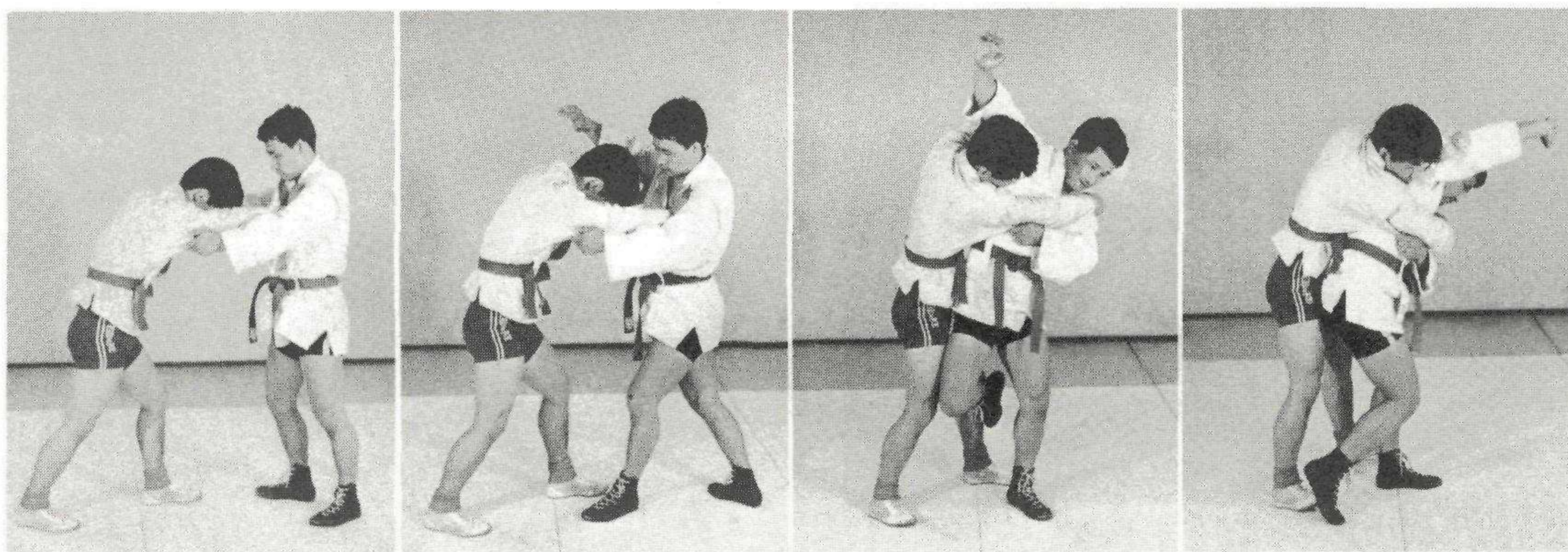
(5)



2. ARMPIT HOLD THROW

Grasp the pressing opponent with the left hand under the right elbow and with the right hand at the collar (1). Do a step forward with the left foot (2), turn left about face, holding opponent's right hand under the right shoulder (3). Without putting the right foot on the mat (4) and holding fast the grasped arm in the left hand (5) tumble over the right shoulder (6), pulling the opponent along (7).

Safeguarding - right shoulder tumble. Self safeguarding - back or left side fall.

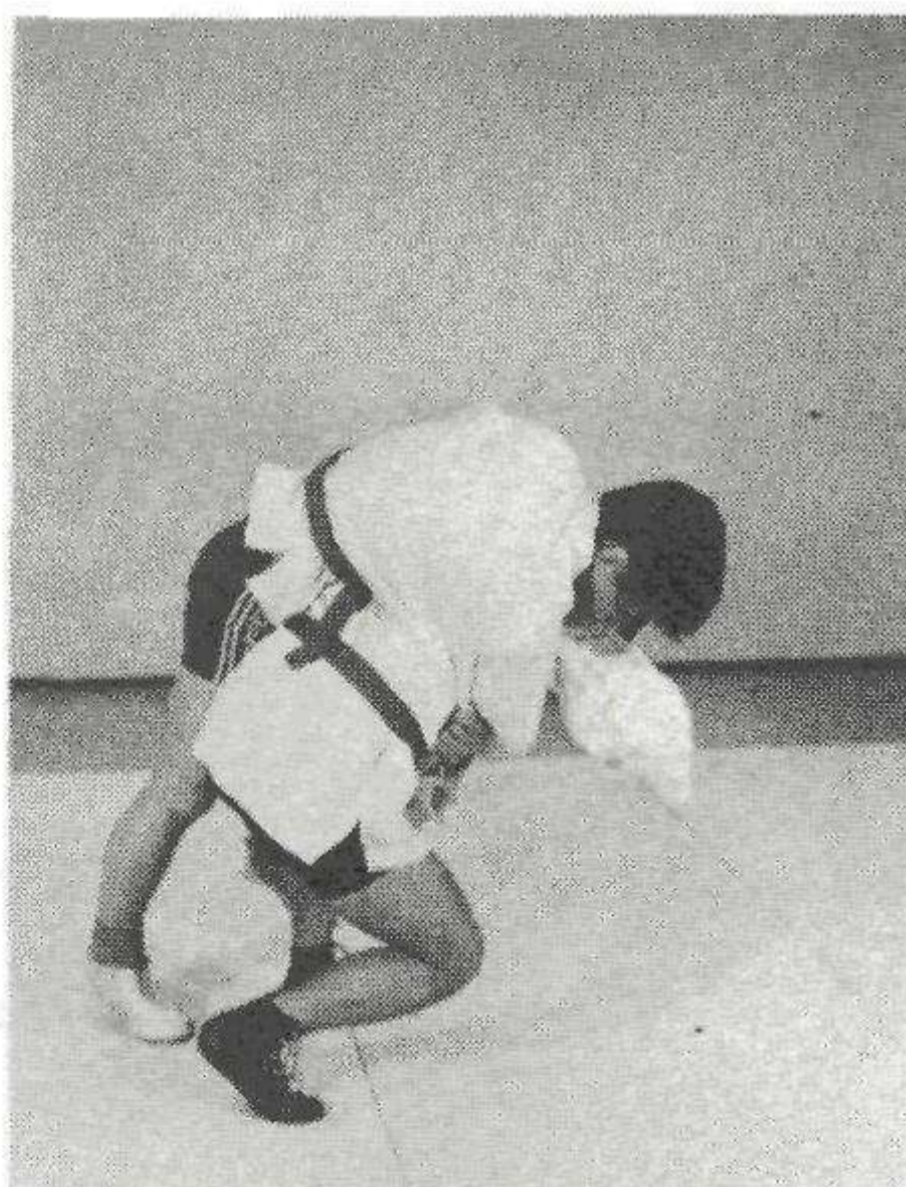


(1)

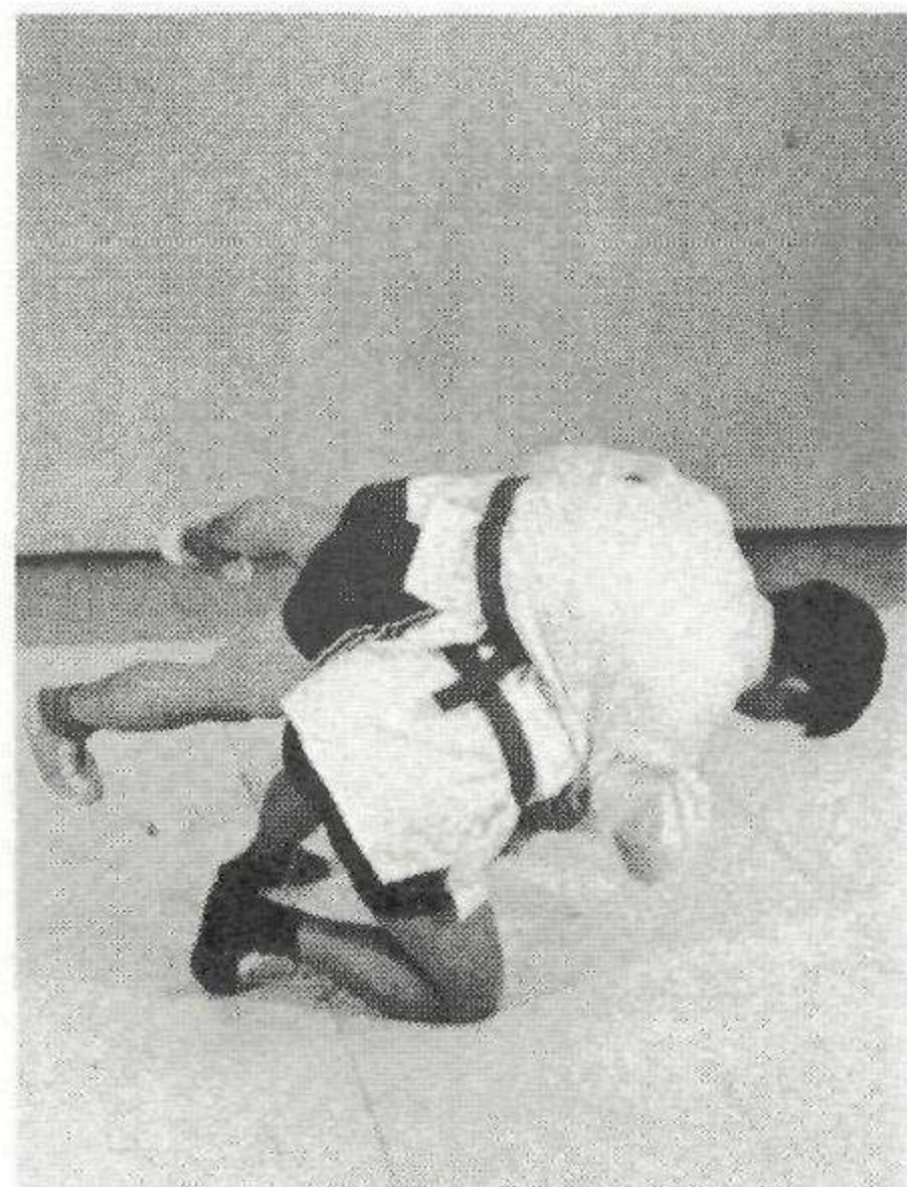
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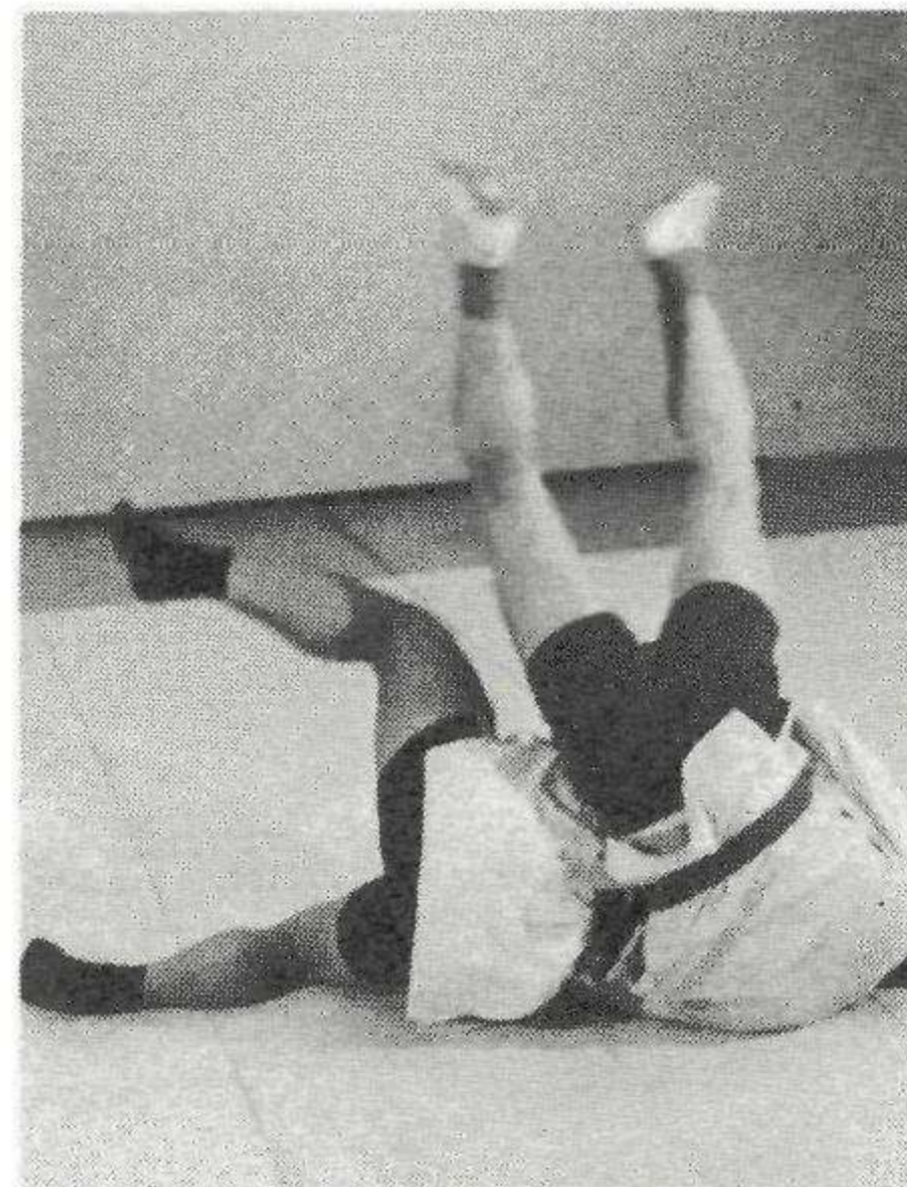
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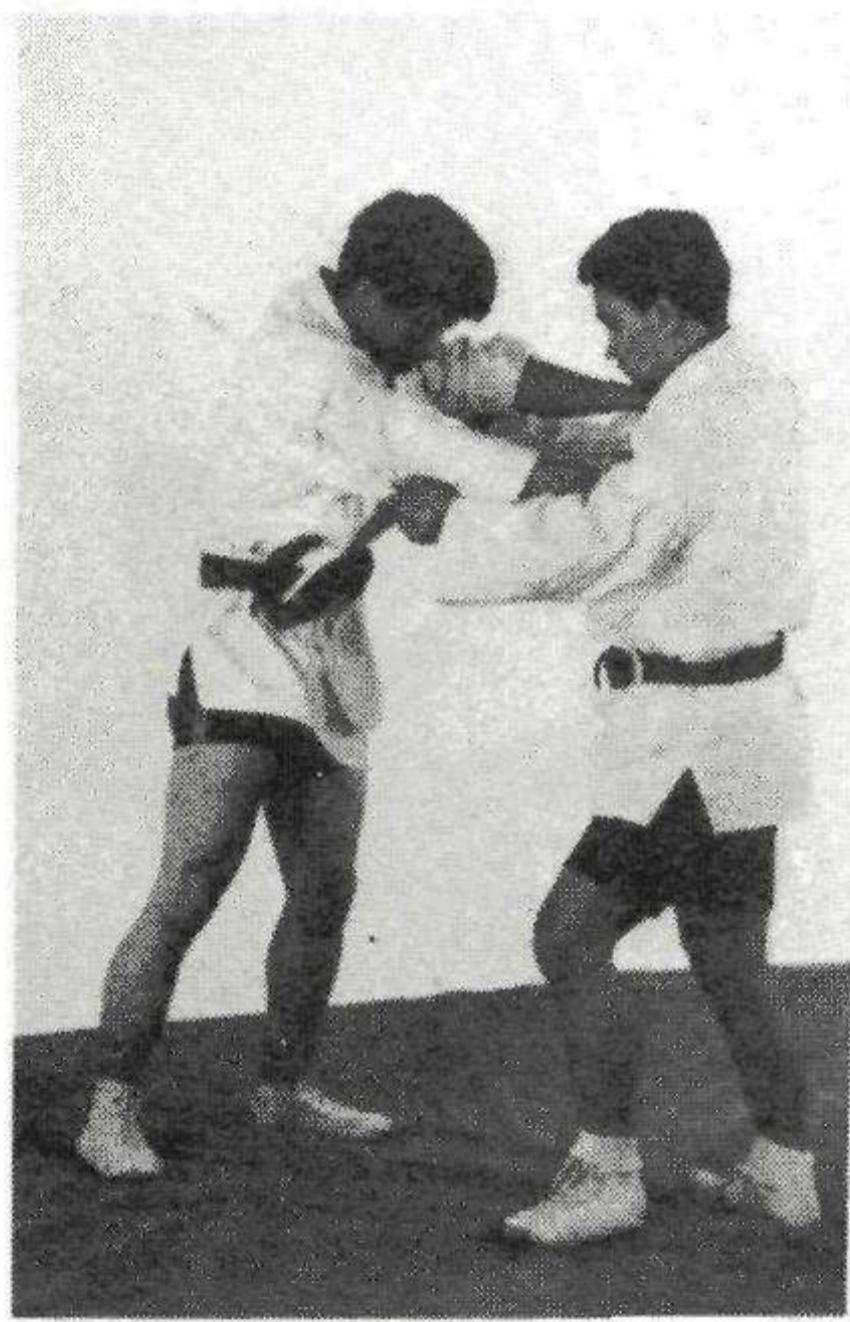
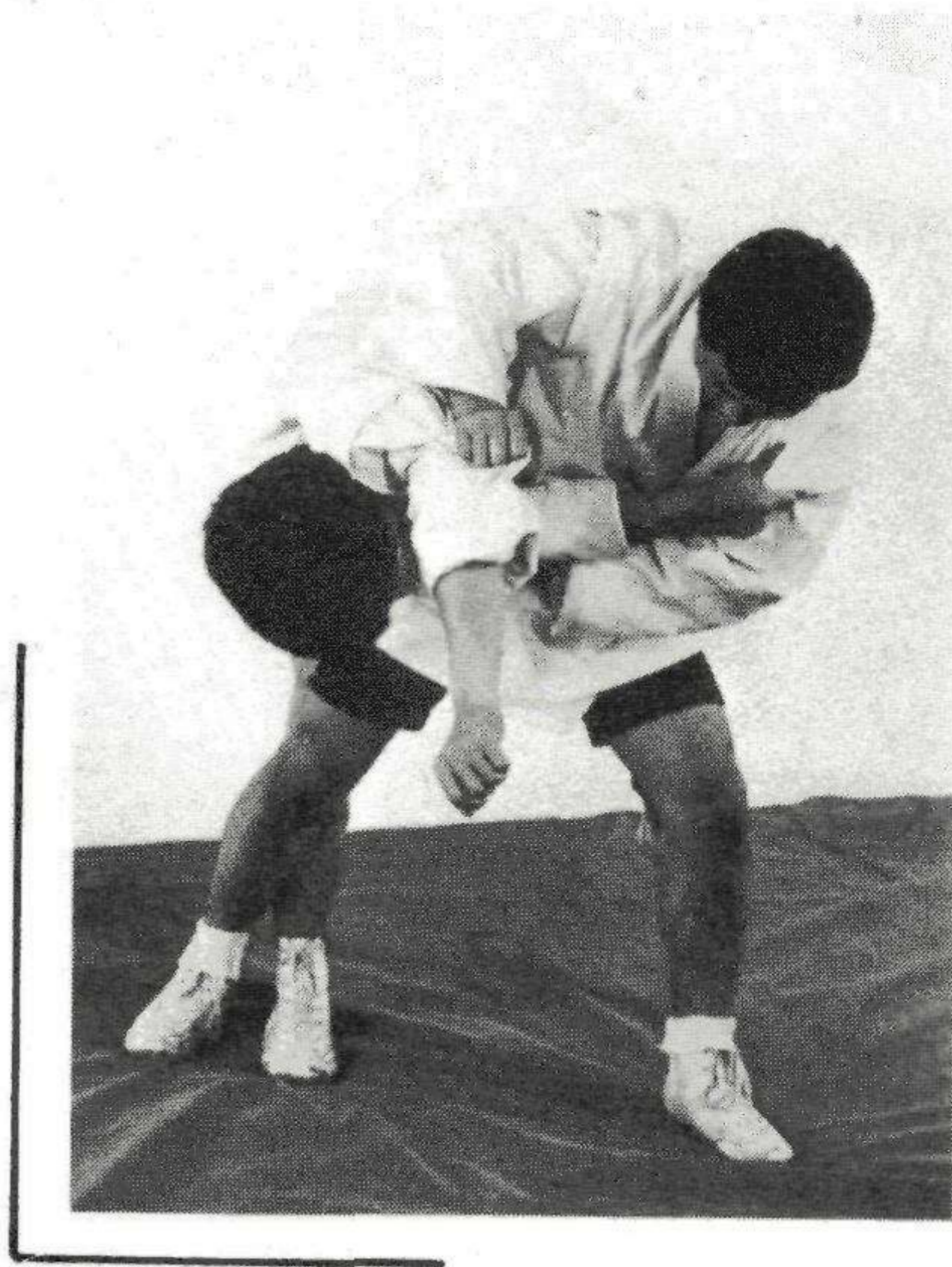


(7)

3. SUPPORTING TRIP

Grasp the opponent with the left hand under the right elbow and with the right hand at the jacket under the left shoulder (1). Do a step forward with the right foot (2), then turning to the left, put the left leg outside opponent's left leg (3). Replace the weight onto the bent left leg, put the right leg close to opponent's right leg, pressing his knee against your knee socket (4). Bend forward, pull the opponent to the left and down (5) and throw him on the mat over your straight leg (6).

Safeguarding – by the right sleeve. Self safeguarding – left side fall (7).



(1)



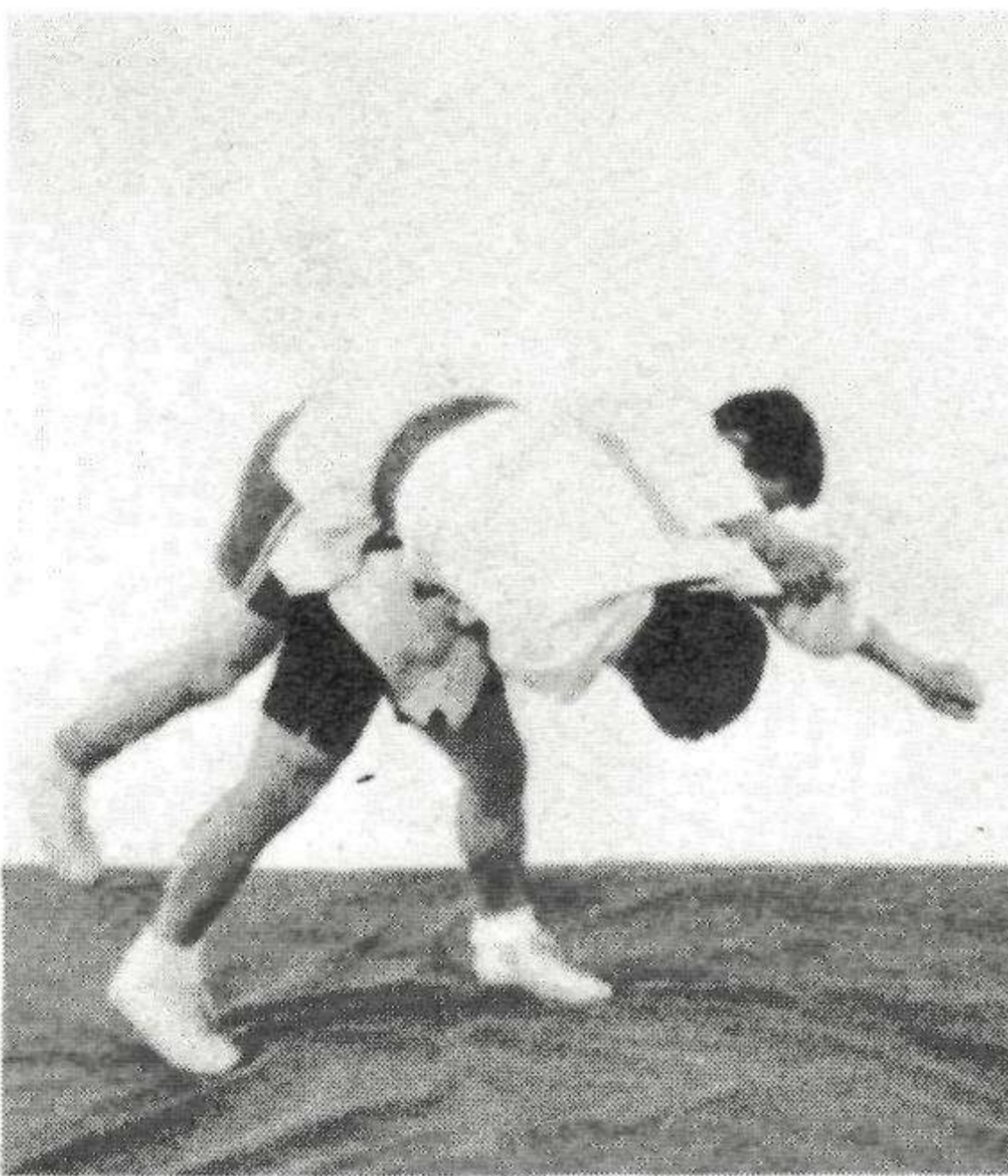
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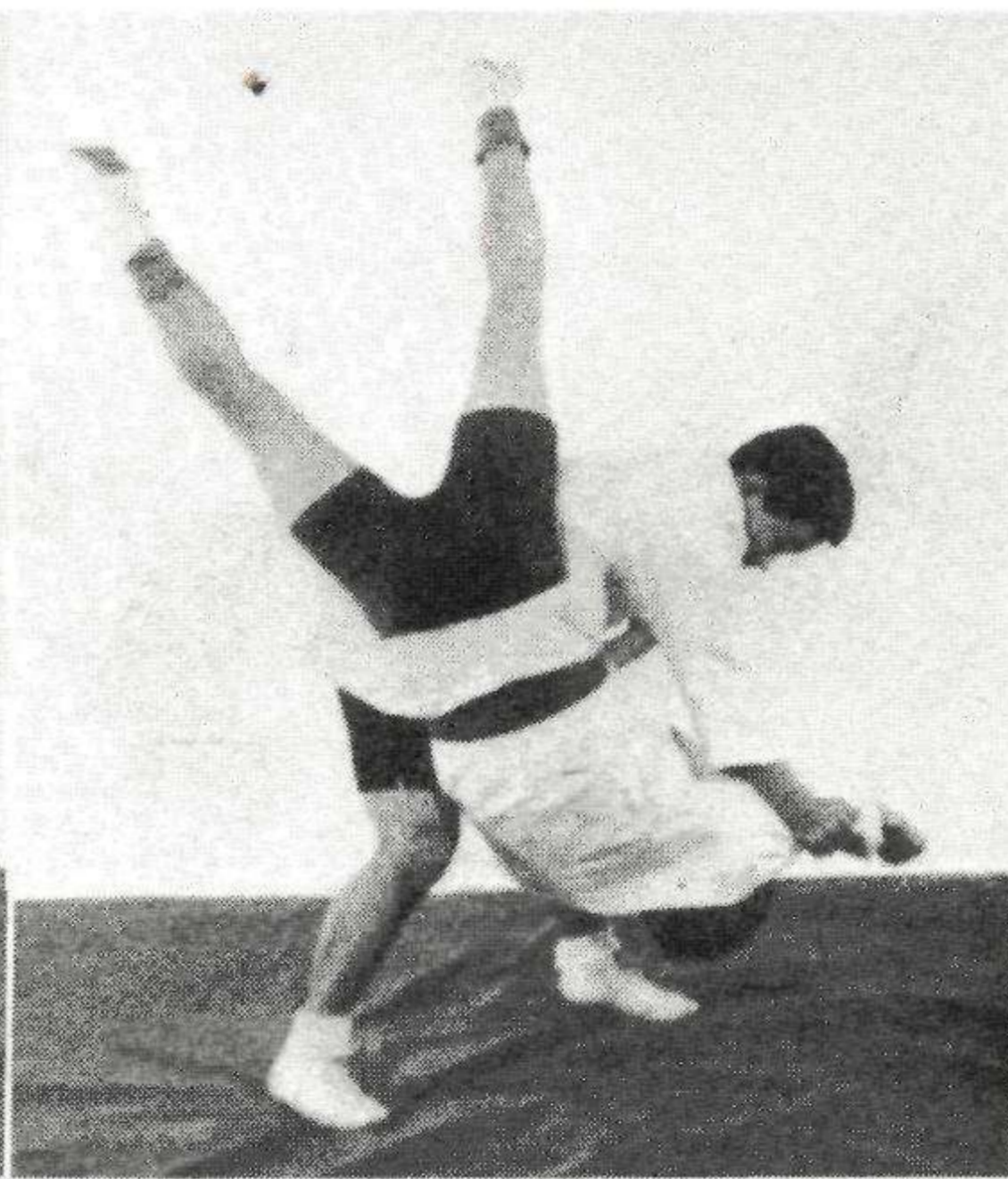
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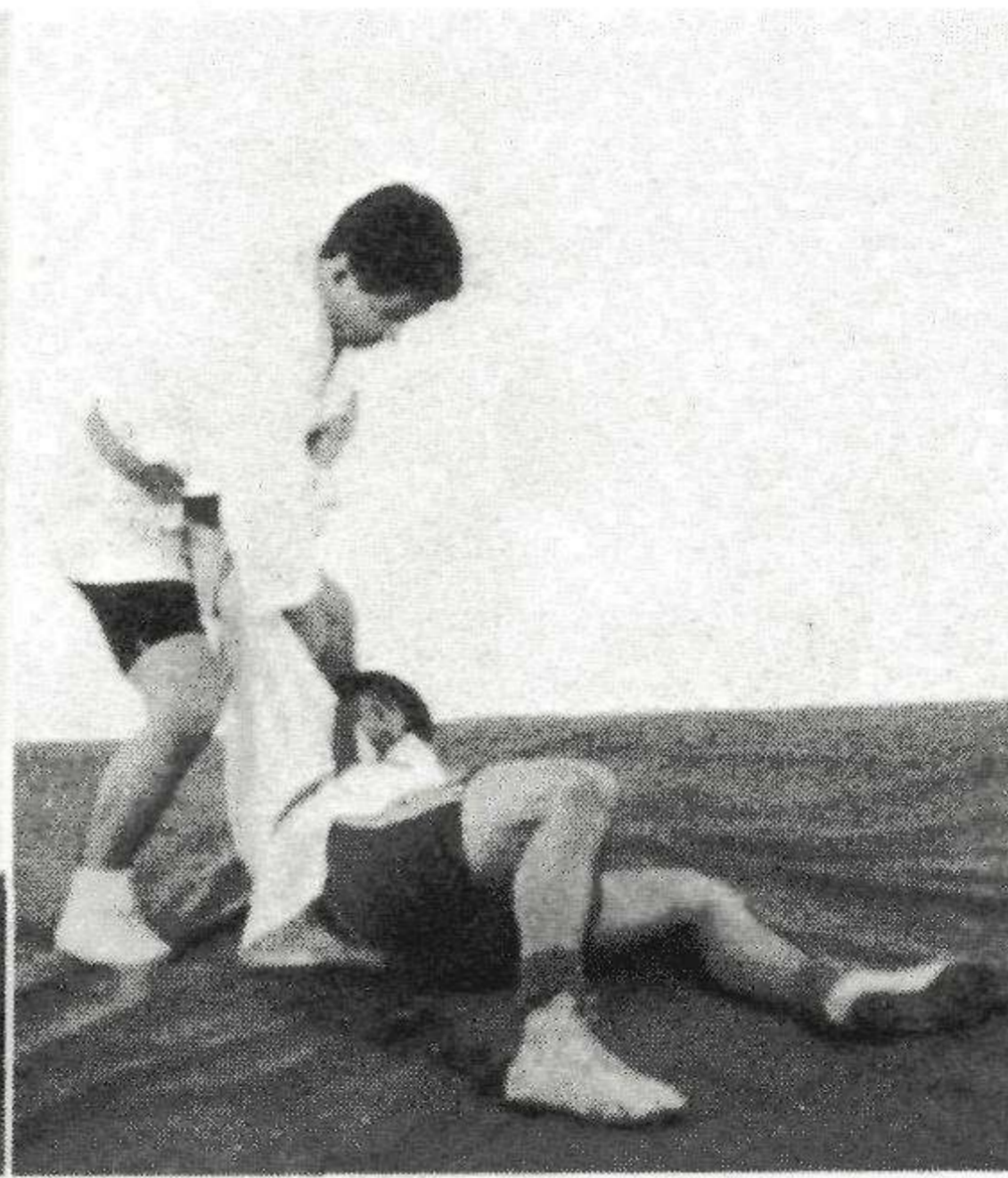
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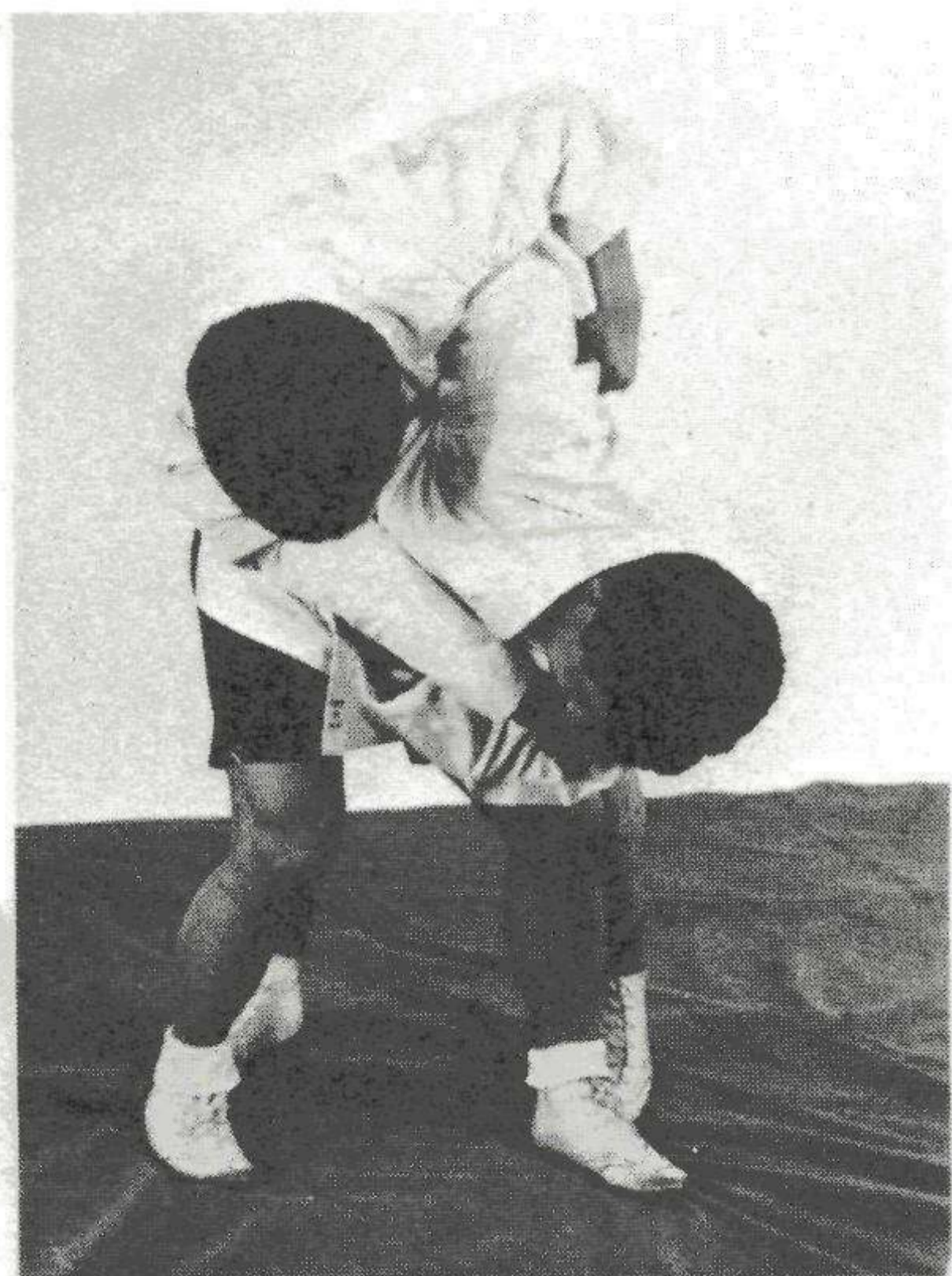
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4. LOIN THROW

Grasp the opponent under the right elbow with the left hand and with the right at the belt at the back (1). Do a step forward with the right foot, put the foot on the heel between opponent's legs on the toe line (2). Turning to the left (3), bend the knees and put the left leg by the right (4). Unbending the knees, reap the opponent with the loin (5) and bending forward (6), throw him on the mat (7).

Safeguarding – by the right sleeve. Self safeguarding – left side fall (8).



(1)



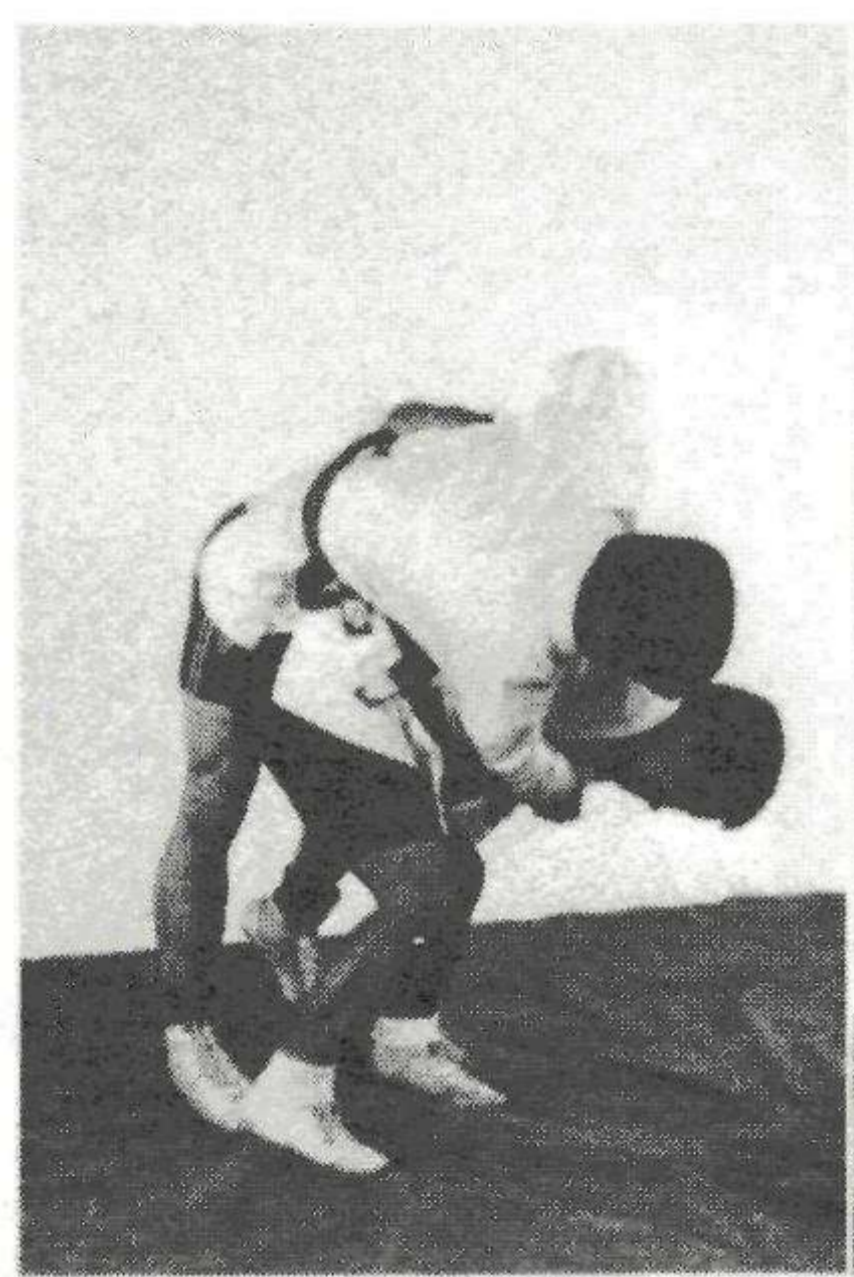
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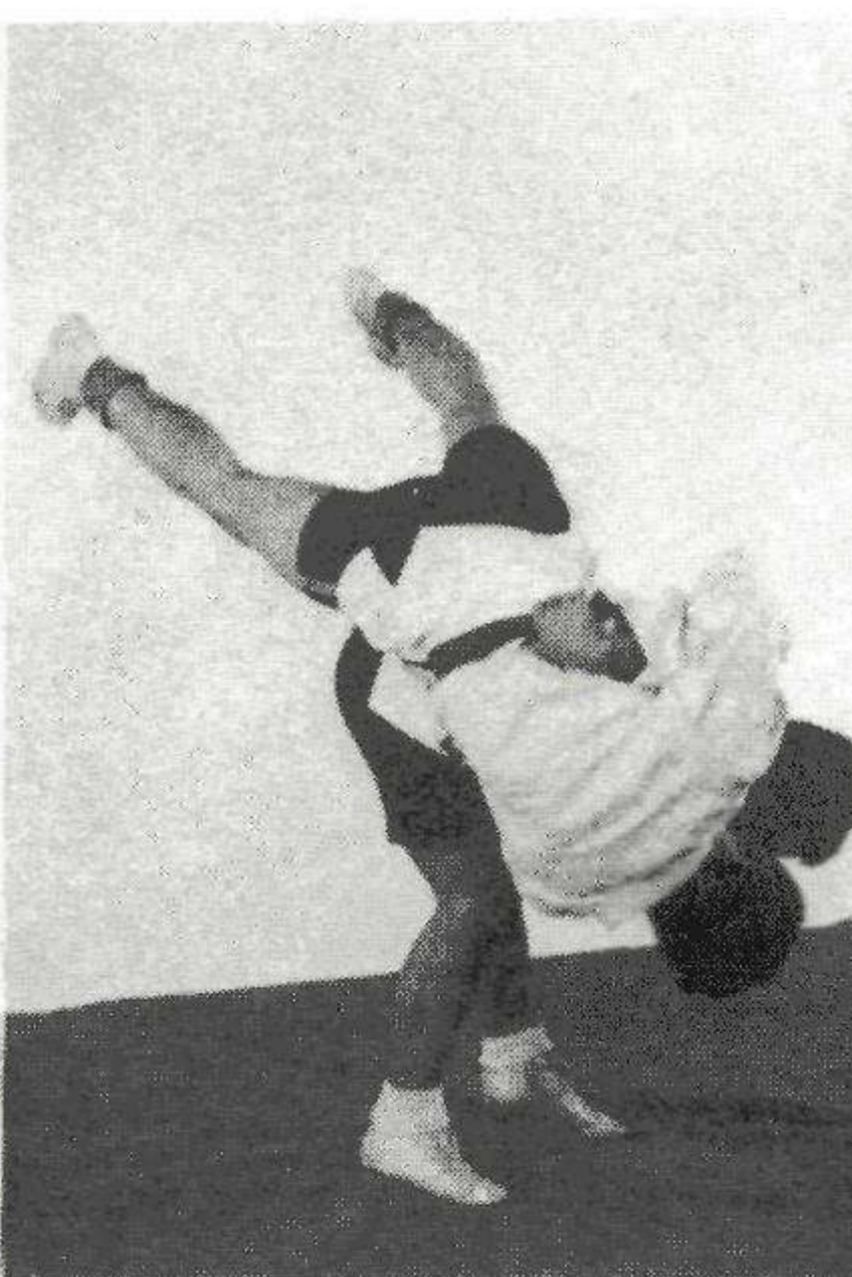
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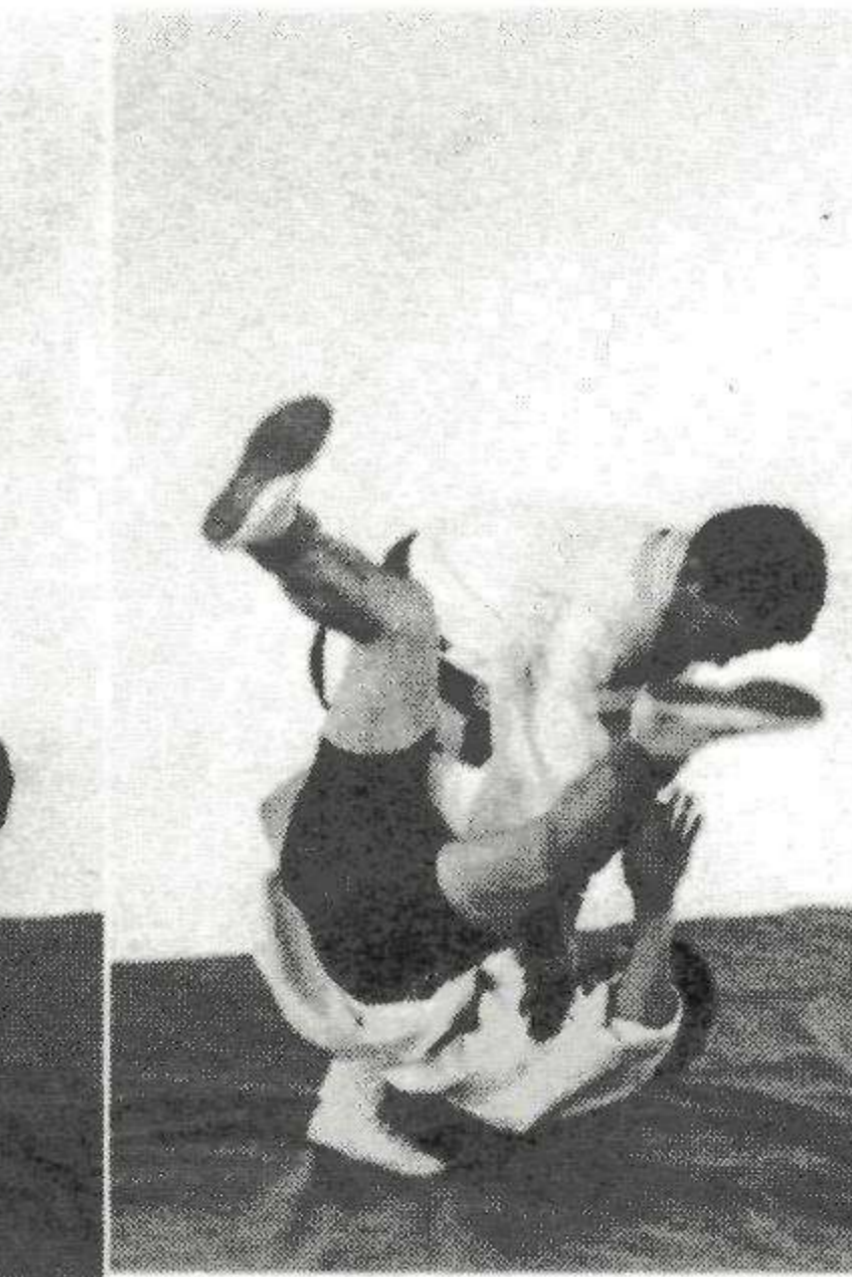
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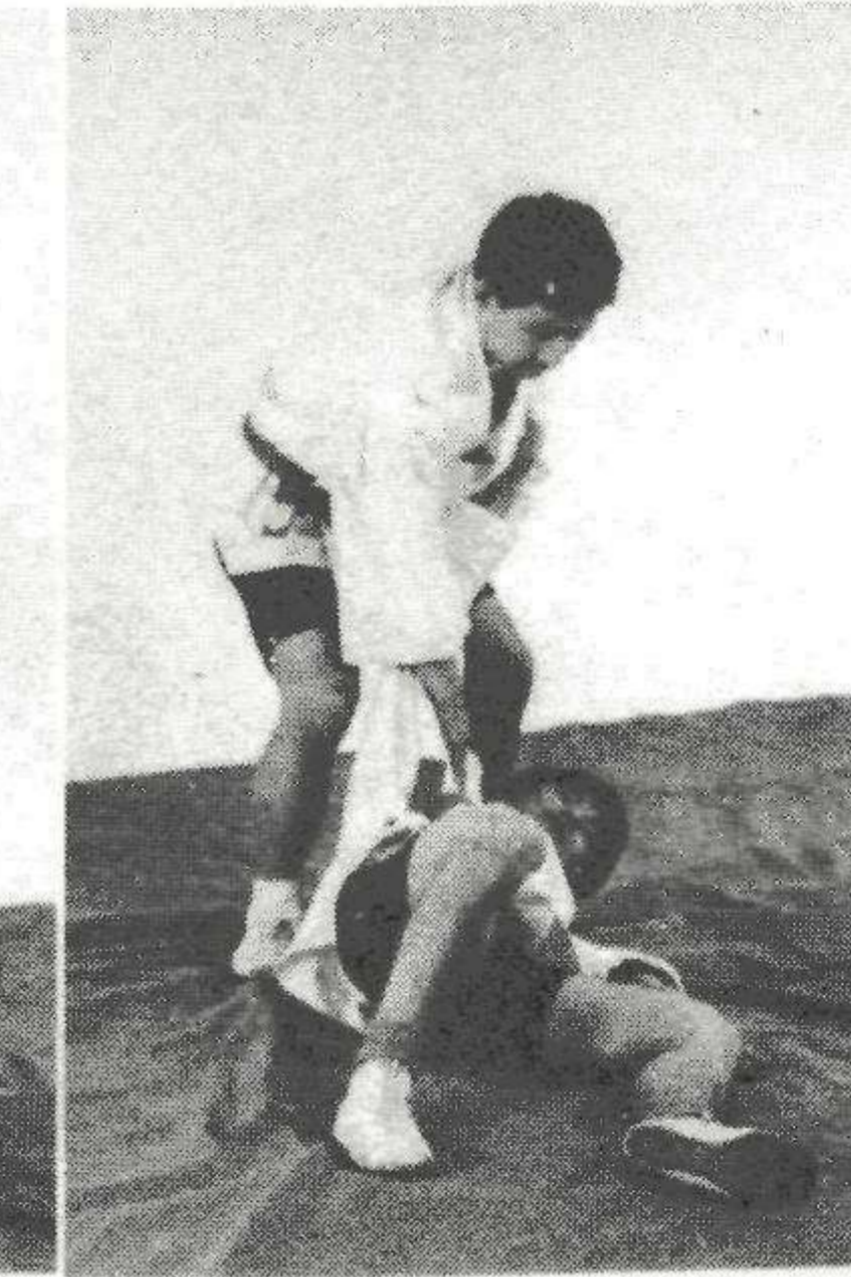
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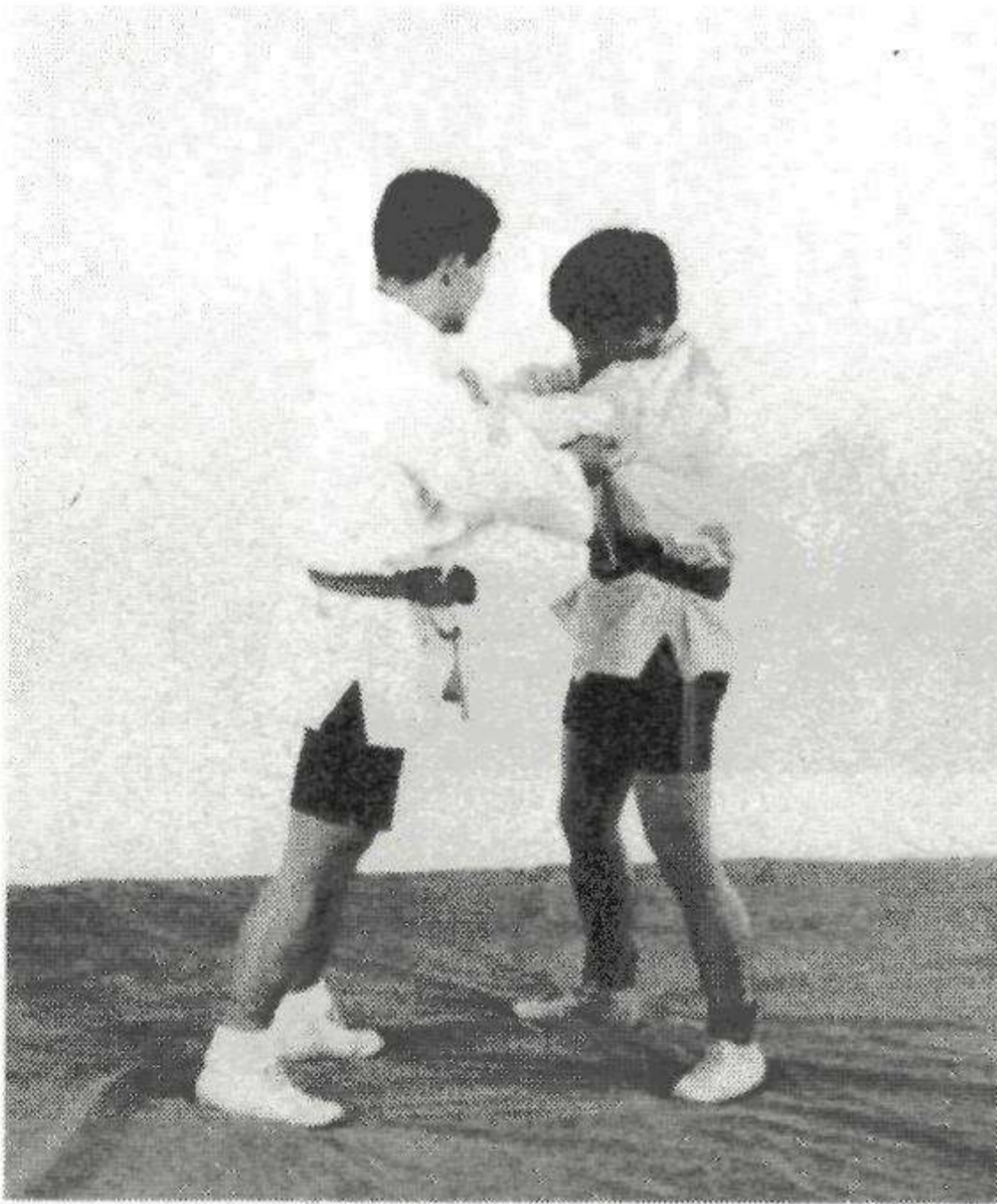
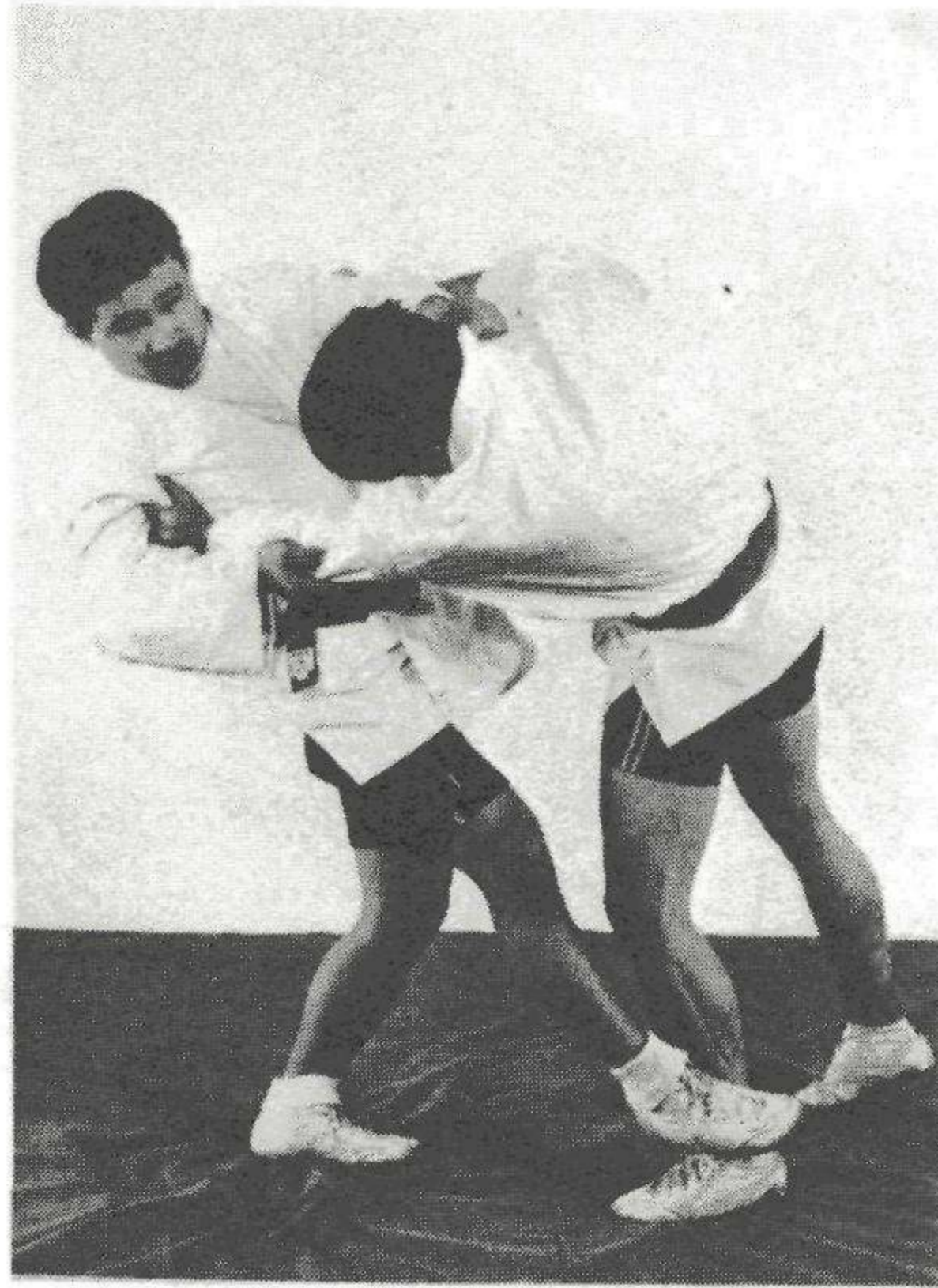


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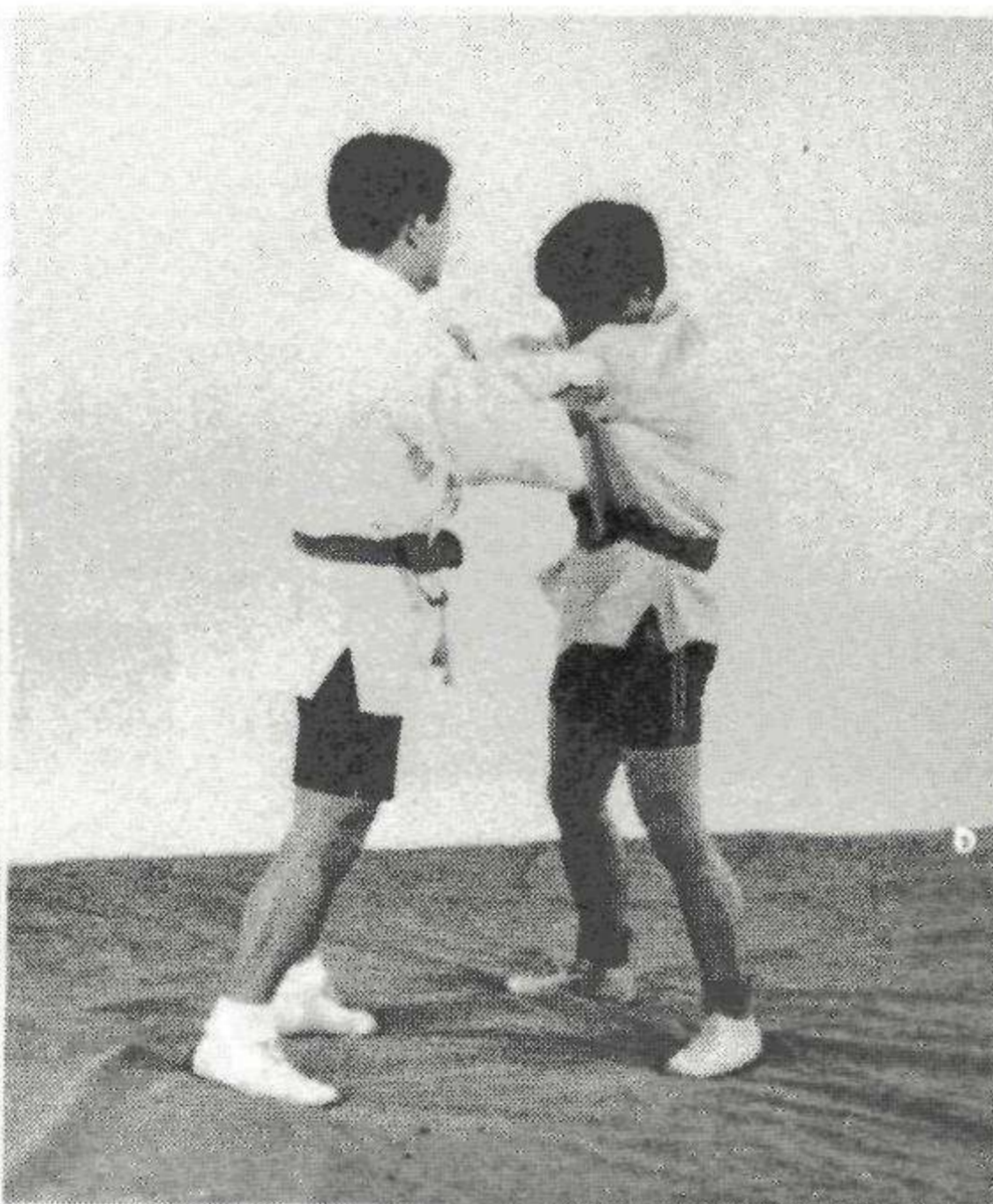
5. DRAWING ANKLE THROW

Grasp the opponent under both elbows (1). By pulling the opponent up and backwards put him on his toes (2). Replacing the weight onto the left leg (3), reap opponent's left leg with the right sole (4), then tugging to the right and downwards (5) throw the adversary on the mat. At the moment of the fall do a right lunge with the right foot (6).

Safeguarding – by the left sleeve. Self-safeguarding – right side fall.



(1)



(2)



(3)



(4)



(5)



(6)



6. INSIDE THIGH THROW

Grasp the opponent with the right hand at the belt at the back and with the left under the right elbow (1). Do a step forward with the right foot, then turning press the opponent against yourself (2). Put the left foot by the right one and replace the weight on it (3). Bending the right leg (4) reap the opponent, bending forward simultaneously (5-6) and drop the opponent (7). At the moment of the fall lean on the right foot (8) and put the left one aside (9).

Safeguarding - right sleeve. Self safeguarding - left side fall.



(1)



(2)



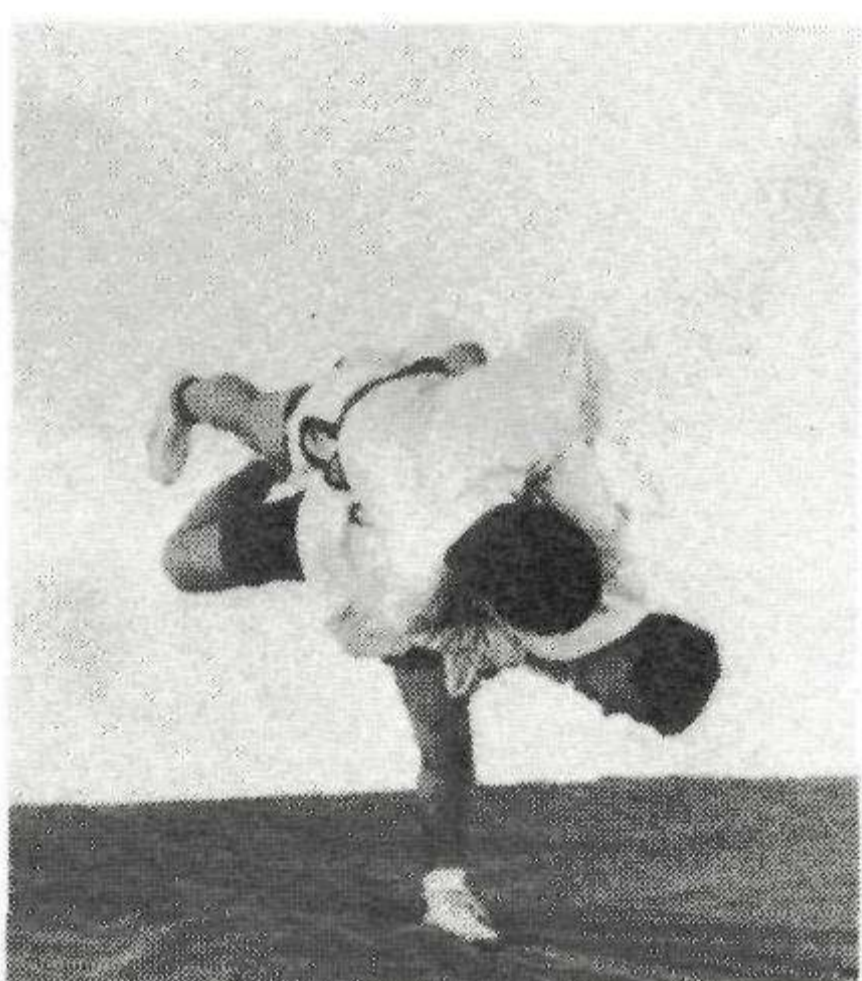
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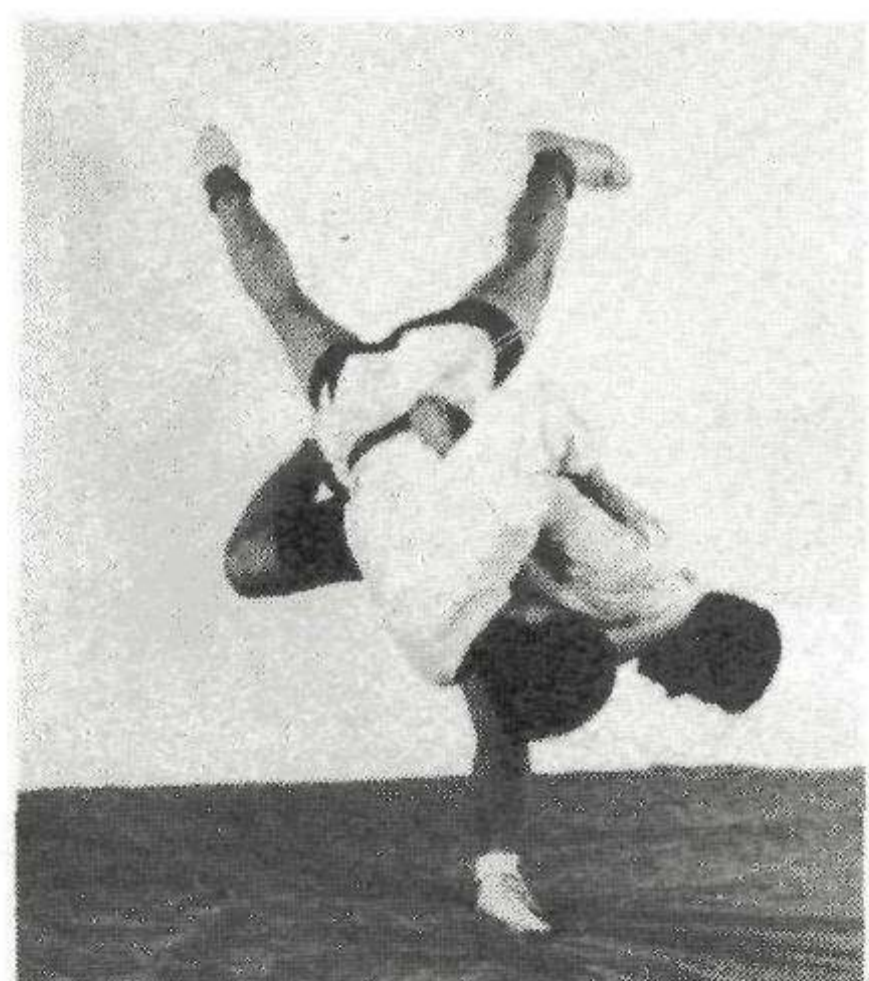
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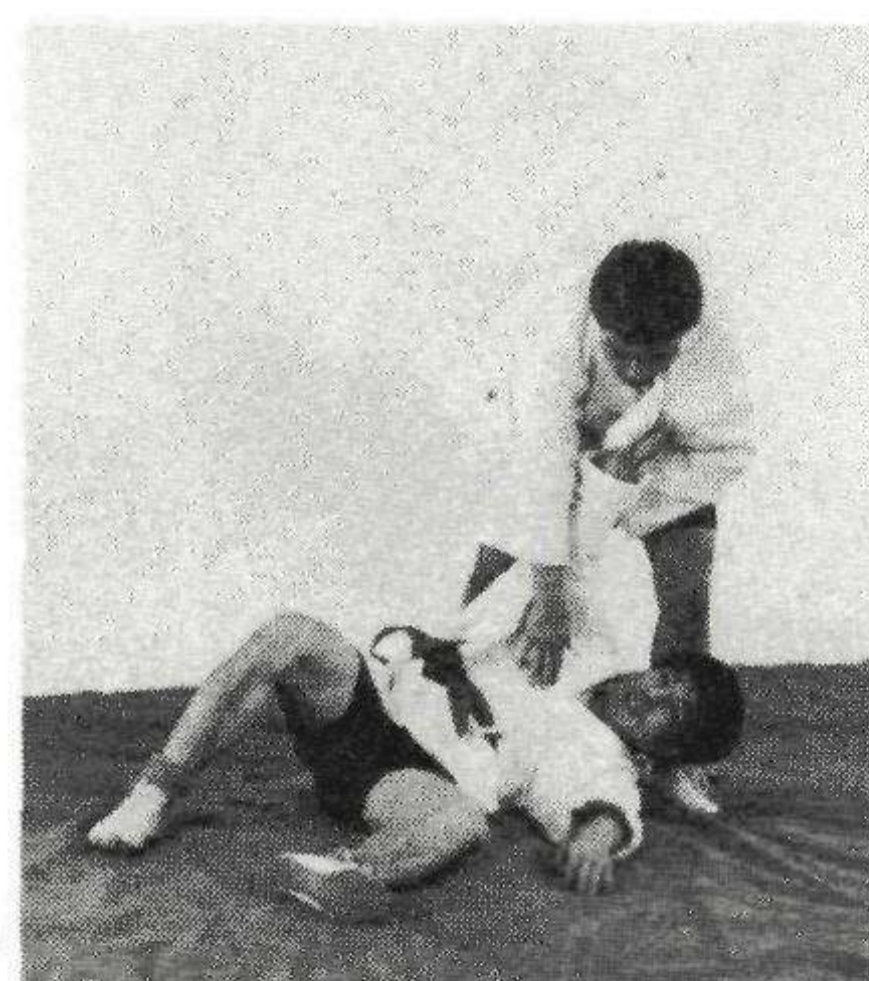
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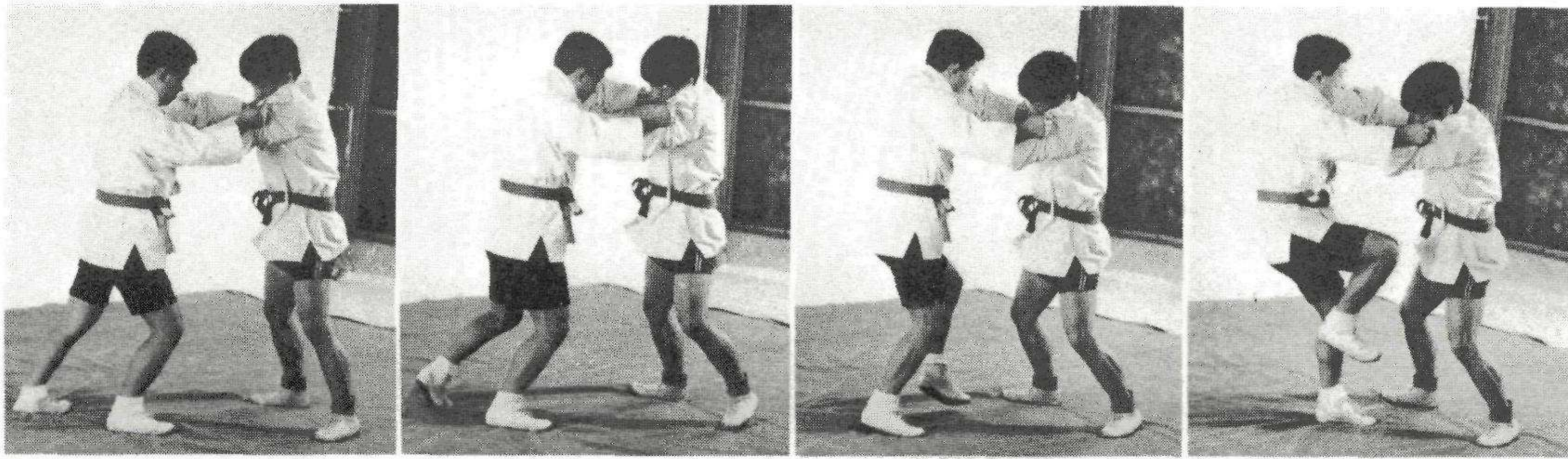
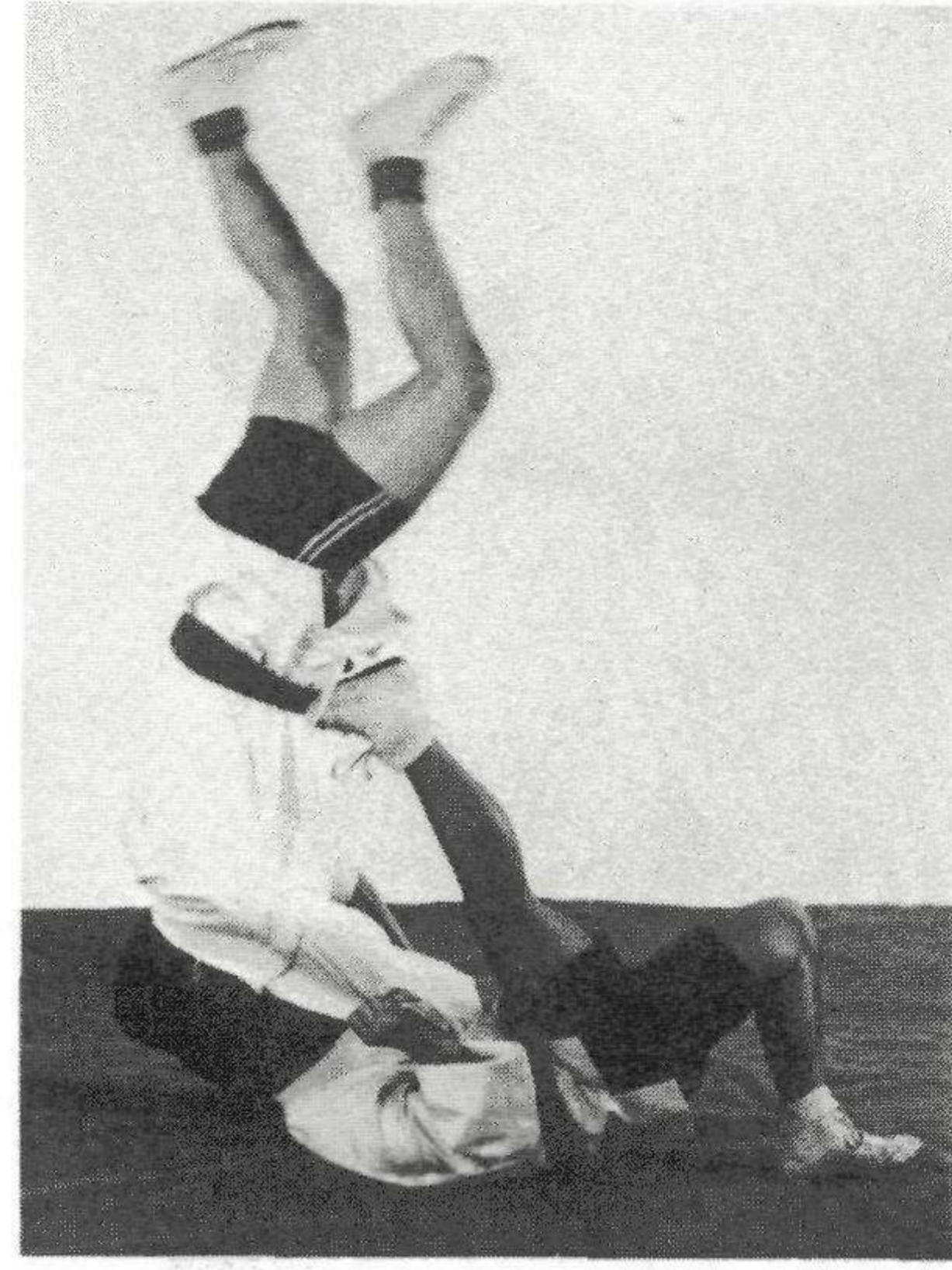
(9)

7. HEAD THROW

Grasp the opponent with both hands underneath the sleeves (1). Replace the weight onto the right foot (2), then do a step with the left foot forward to the opponent (3).

Bending the right leg (4), press the foot against his belt and sit down as close as possible to the own left heel (5). Pull the opponent over (6). Then unbending sharply the right leg (7) throw the opponent over yourself (8). At the moment of the fall, draw him to your right (left) shoulder (9).

Safeguarding – forward tumble throw. Self safeguarding – back fall.

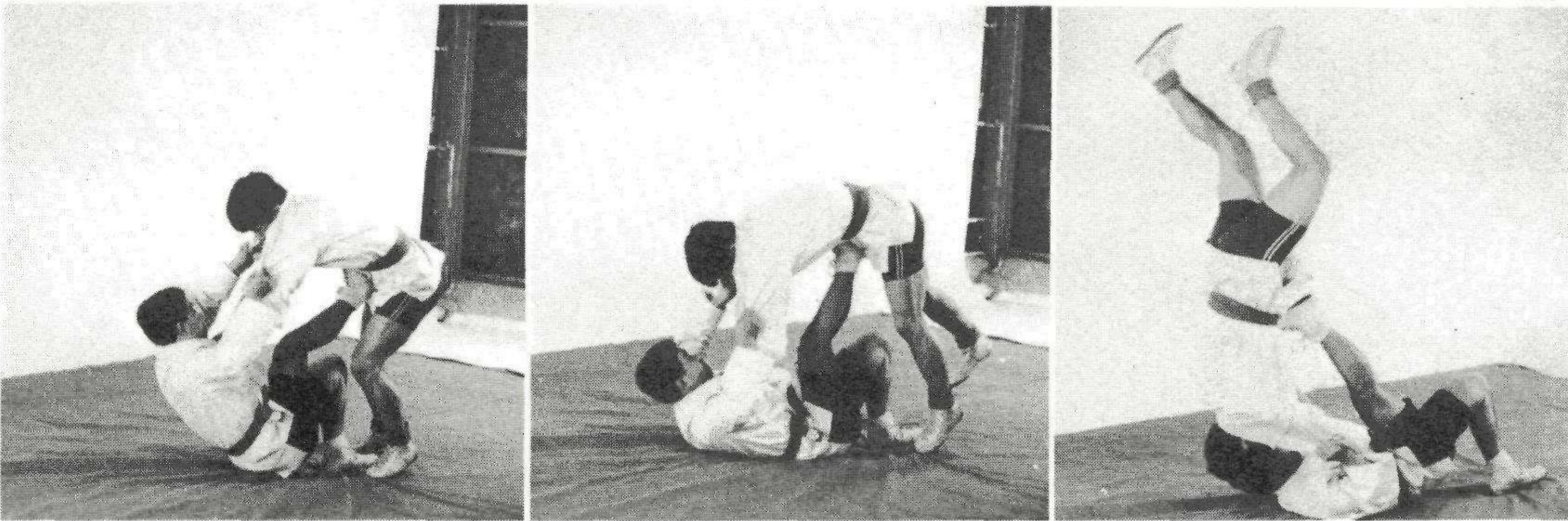


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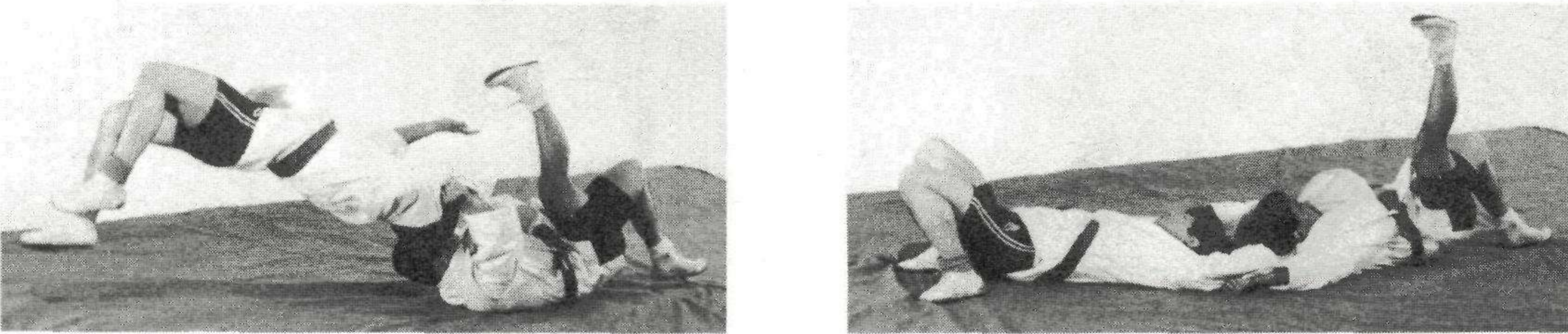
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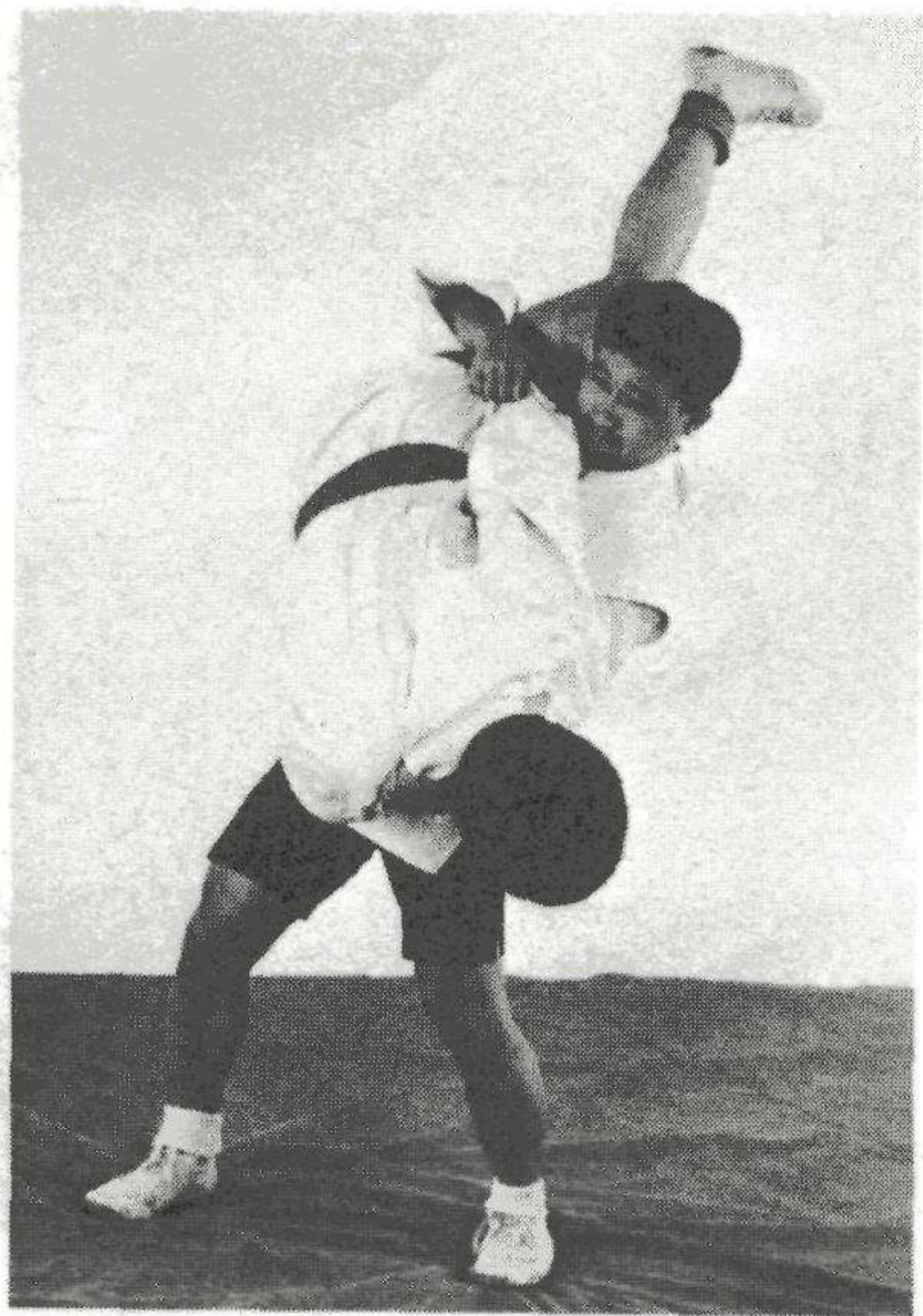
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(8)

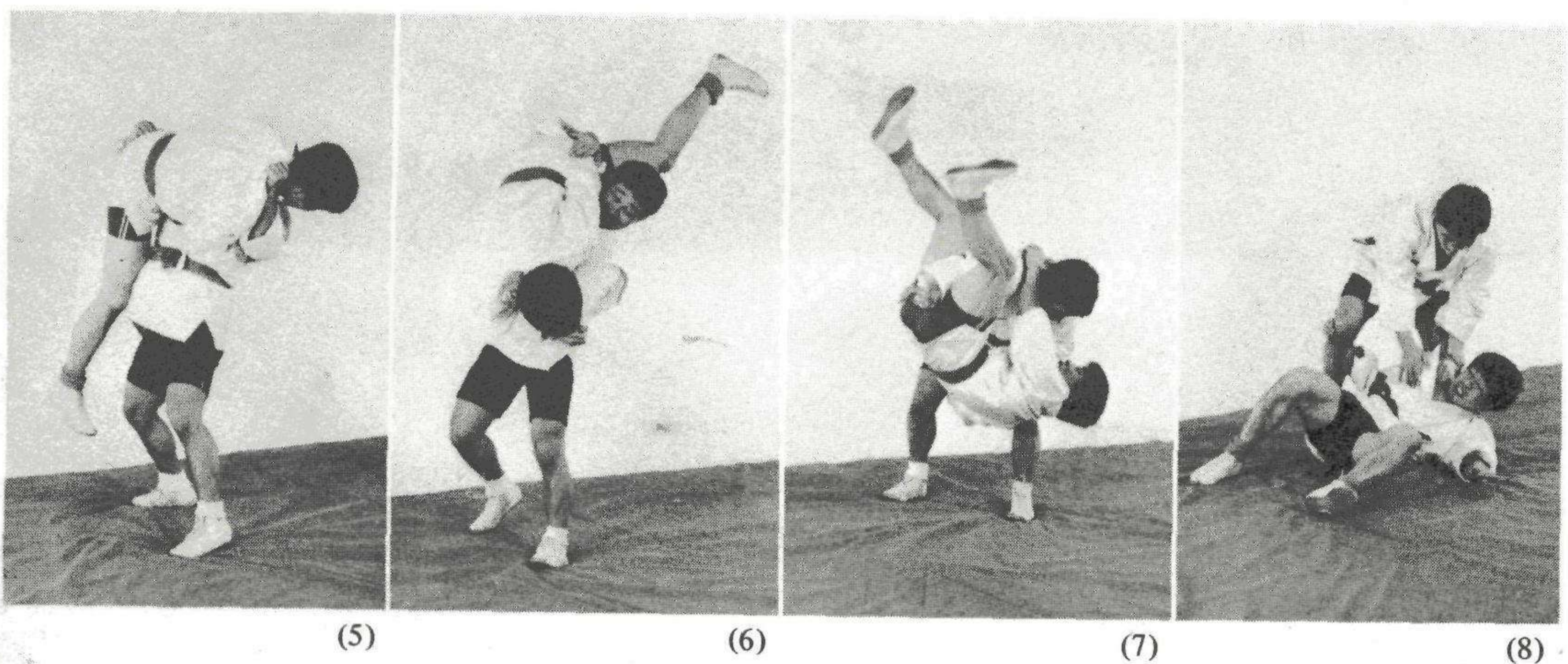
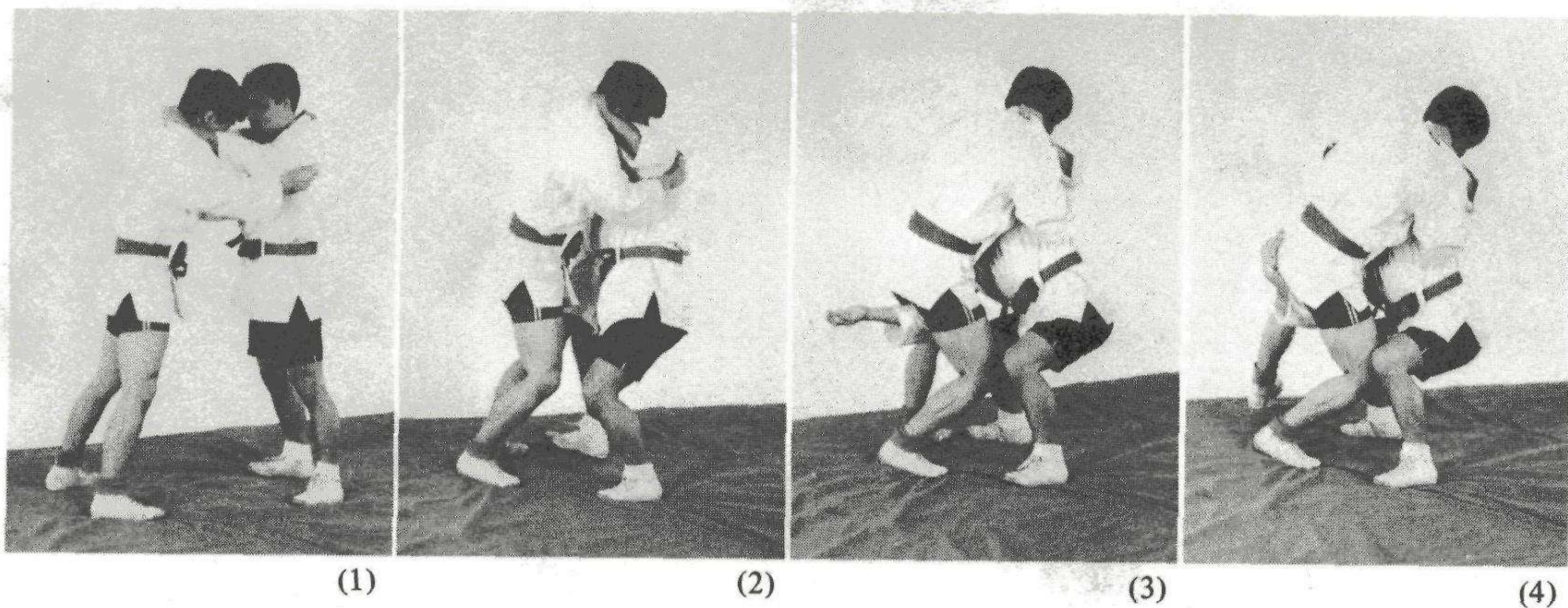
(9)



8. OVERTURNING

Grasp the opponent with the left hand at the collar and with the right at the left sleeve underneath (1). Do a step with the left foot forward (2). Pulling up the right leg, squat (3) and grasp with the right hand opponent's left thigh (4). Unbending the bent legs (5), lift the opponent above the mat. Lift with the right hand opponent's leg to your right shoulder (6), put your left leg aside and drop the opponent.

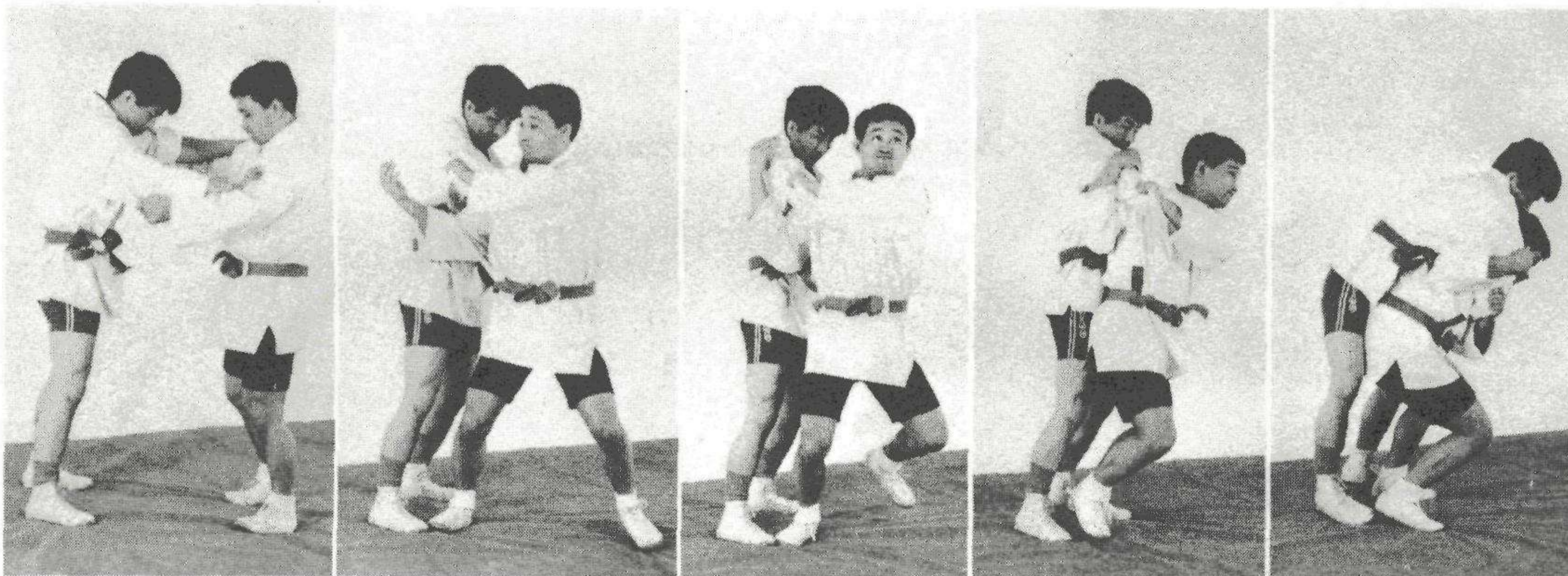
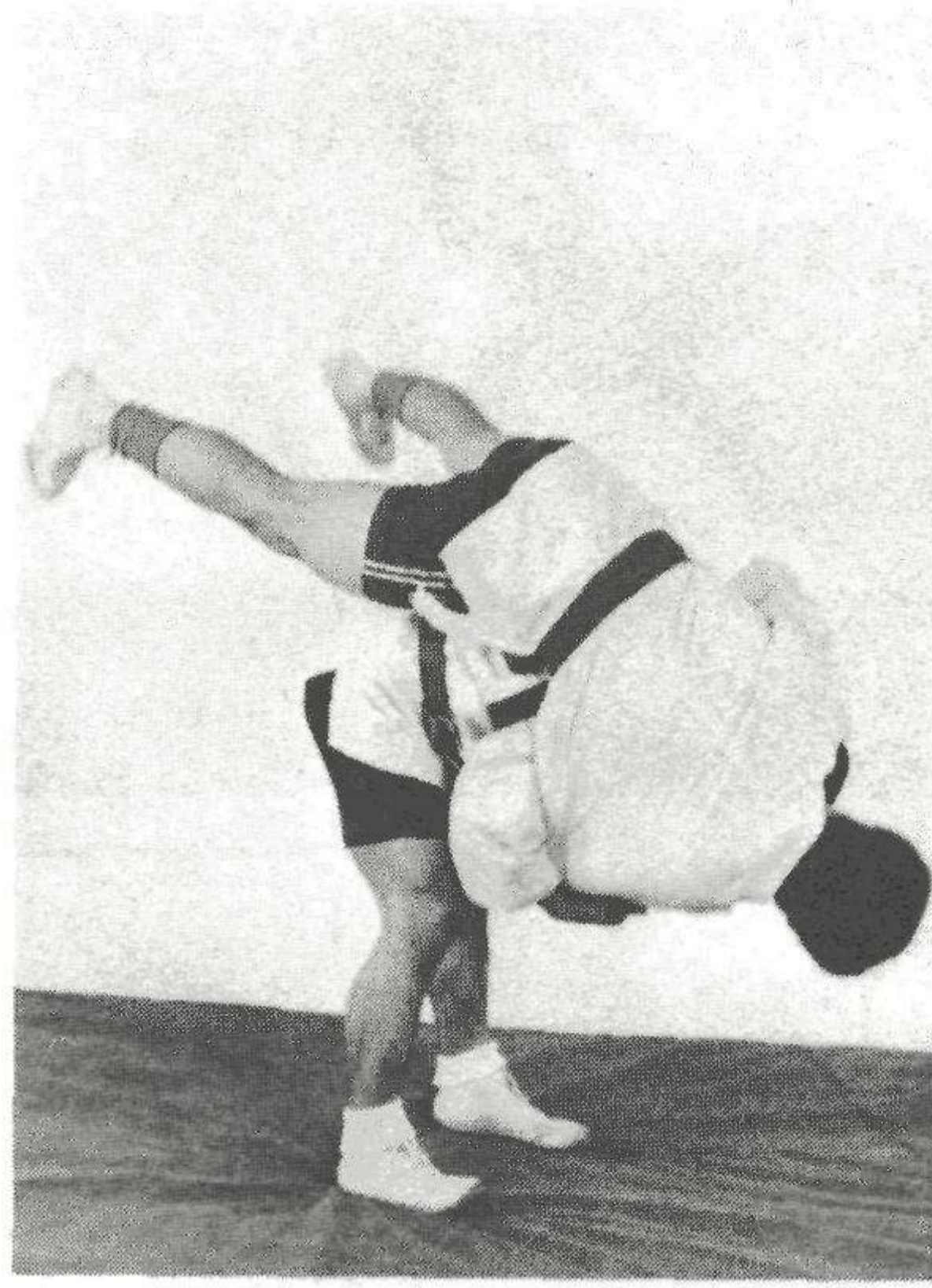
Safeguarding — by the leg and the collar. Self safeguarding — back fall (8).



9. SHOULDER THROW

Grasp opponent's sleeves under the elbows (1). Do a step forward with the right foot, putting it on the heel between his legs (2). Pivoting on the right leg to the left, grasp opponent's right arm with your right hand from underneath (3). Put the left leg by the right one, bend the knees (4), then bending forward, reap the opponent with the buttocks (5) and throw him over your right shoulder (6) down and forward (7).

Safeguarding — by the right arm. Self safeguarding — left side fall.



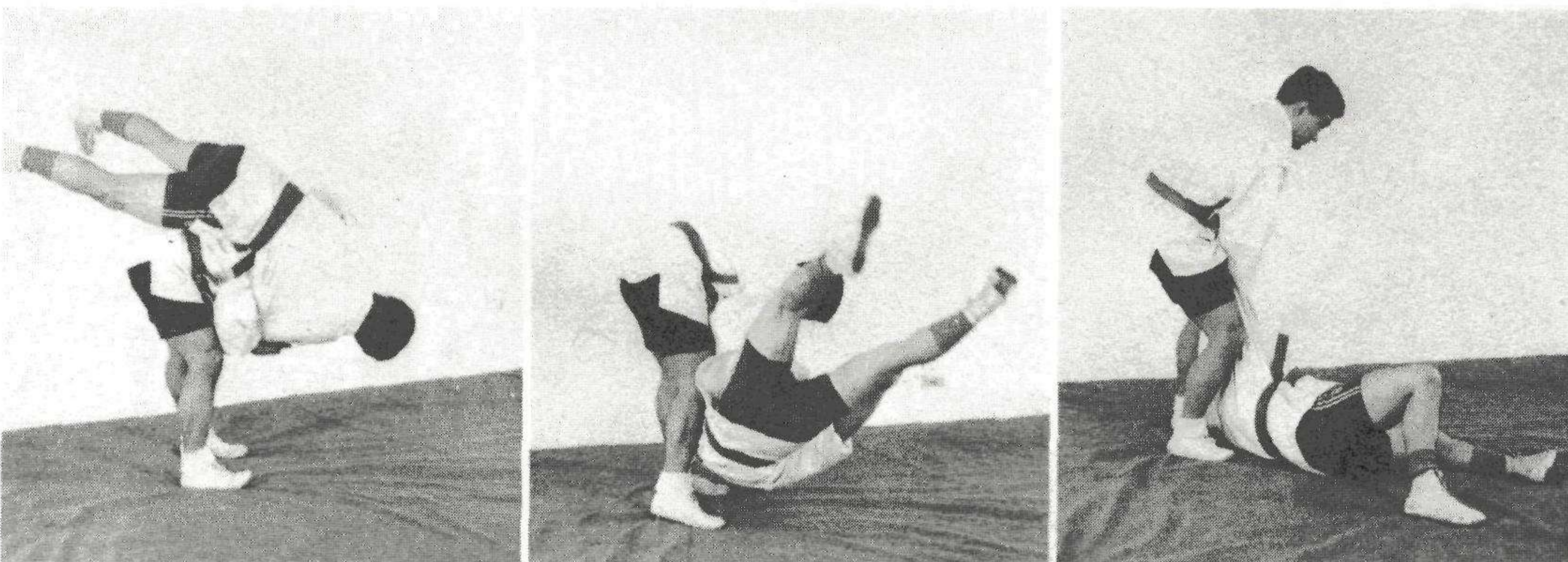
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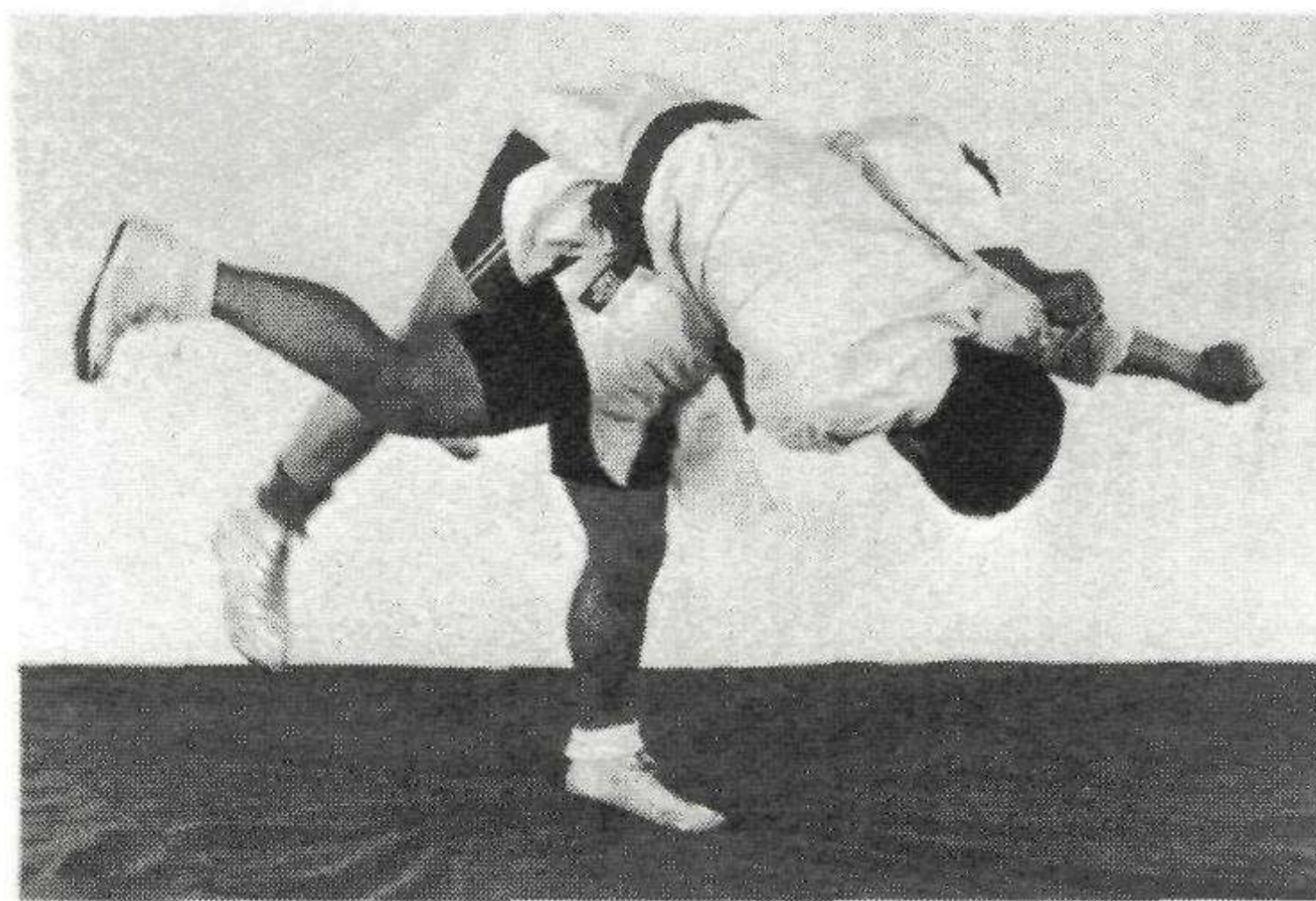
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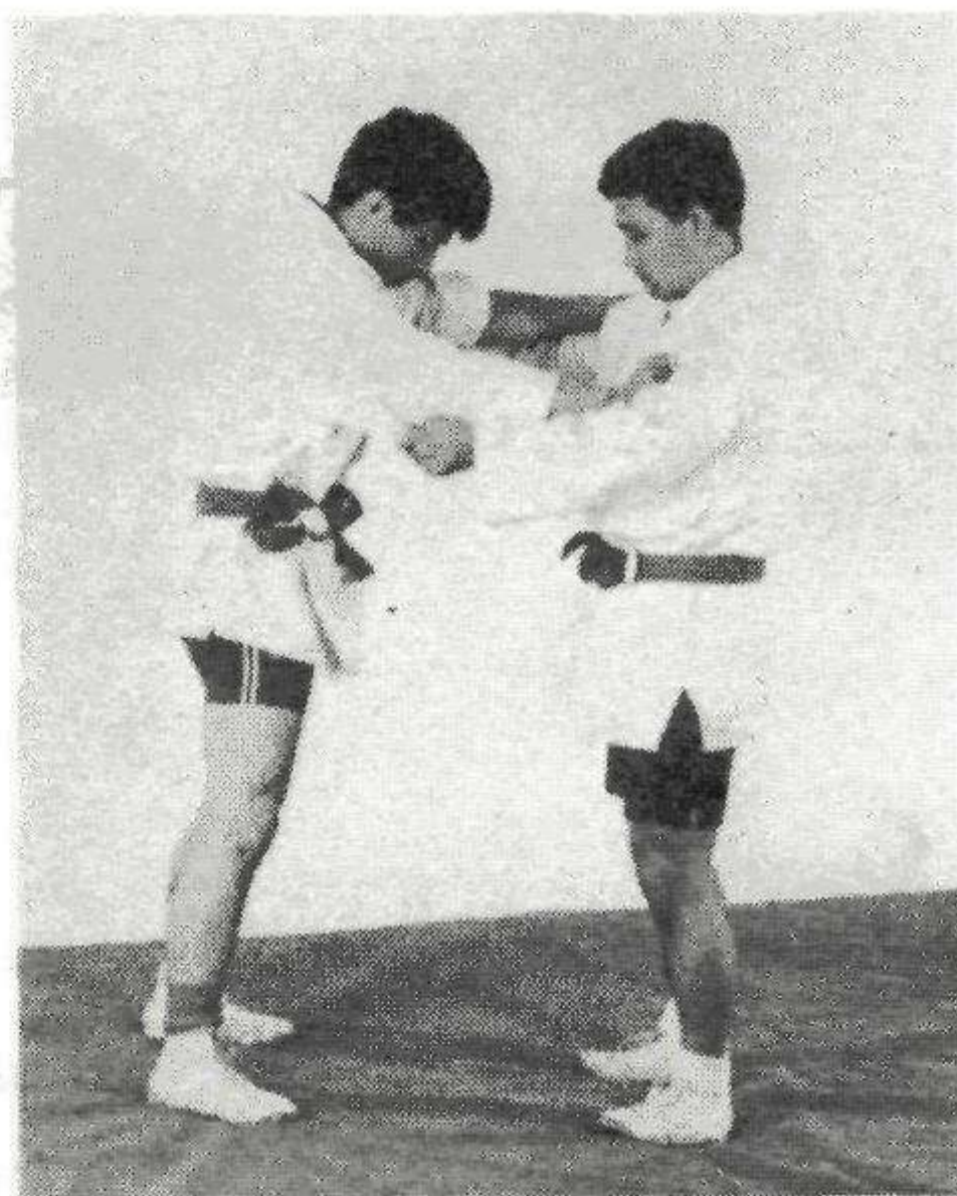
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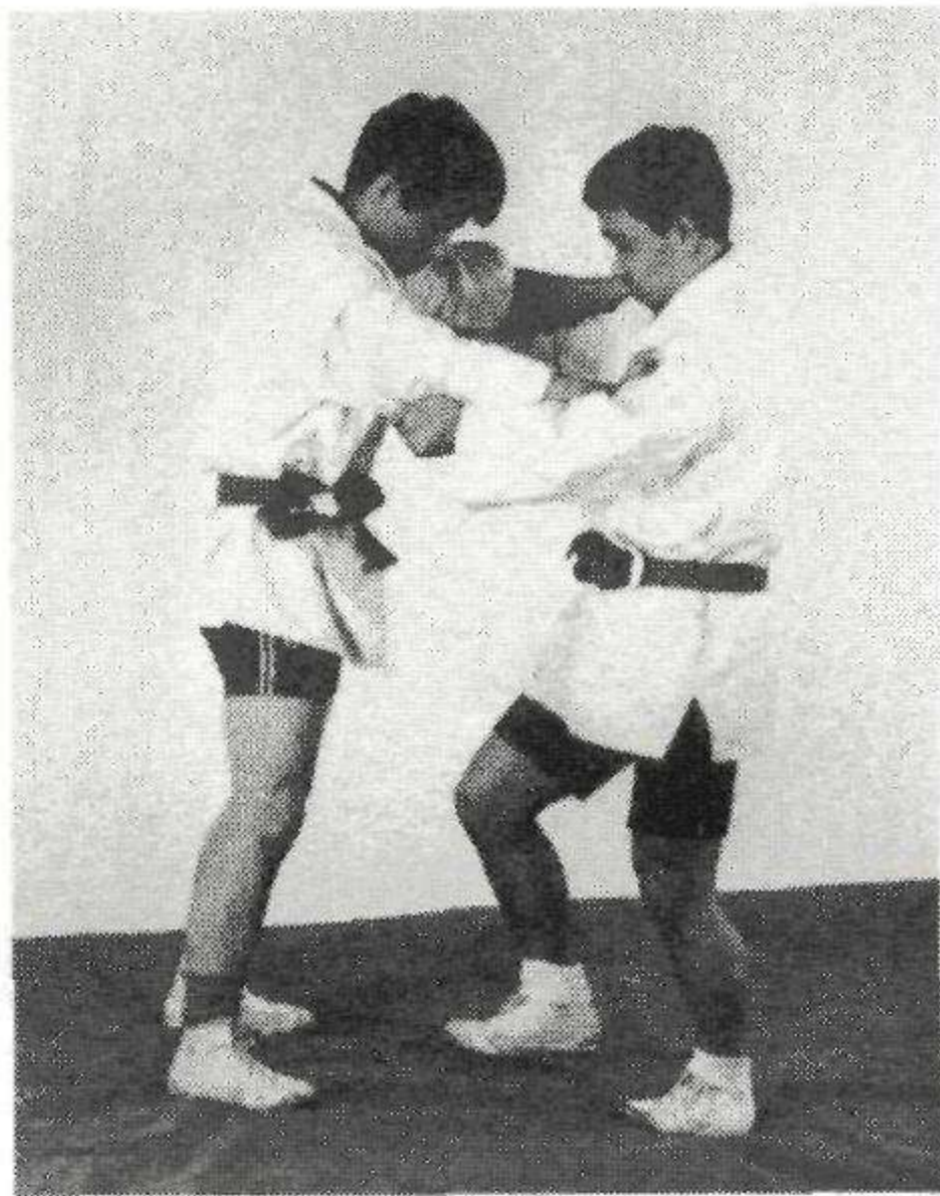
10. REAPING HIP THROW

Grasp the opponent with the left hand under the right elbow and with the right under the left shoulder (1). Pull the opponent upwards, putting him on the toes (2). Turning to the left put the left leg by opponent's left leg (3), then reap with the straight right leg on the right hip (4). Heaving the opponent on the right leg (5), throw him on the mat (6-7).

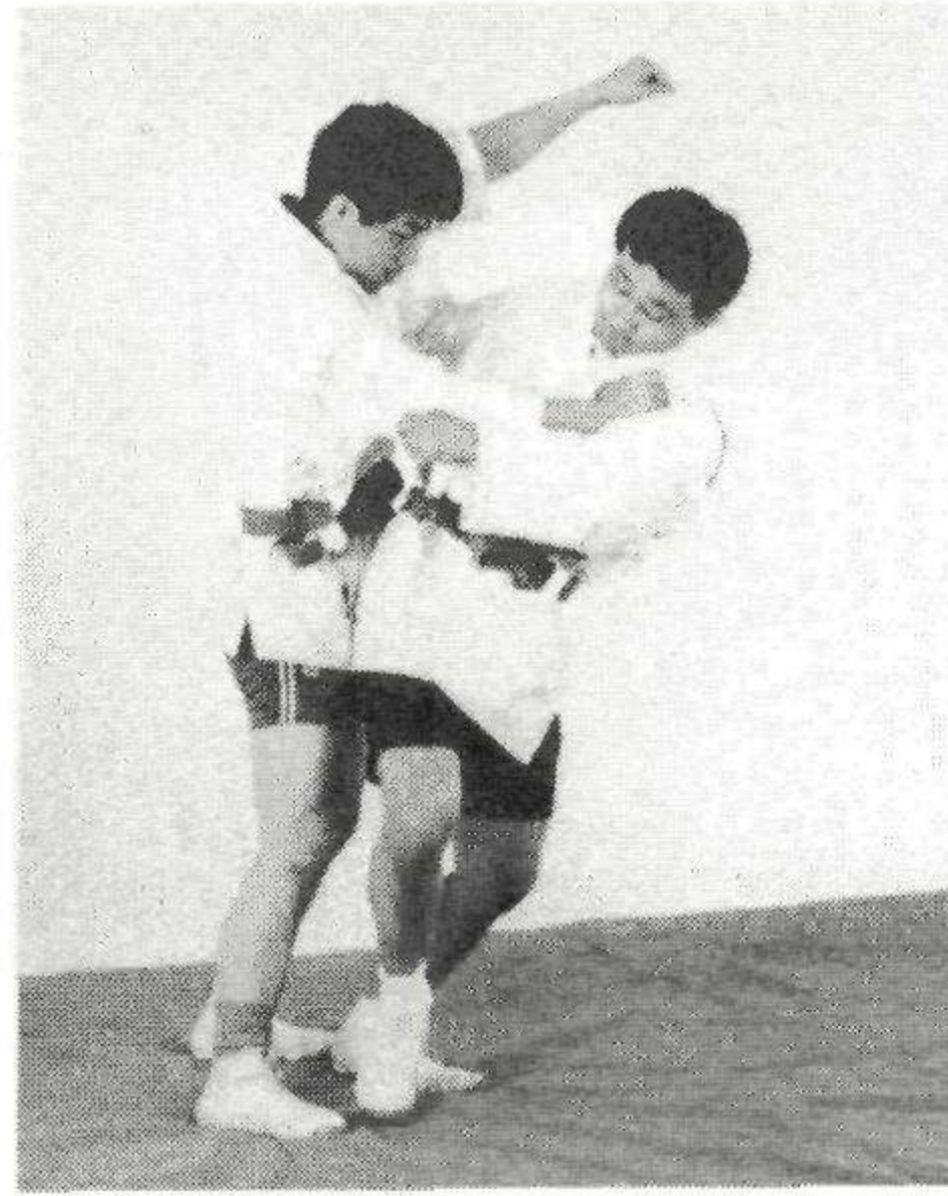
Safeguarding — by the right sleeve. Self safeguarding — left side fall.



(1)



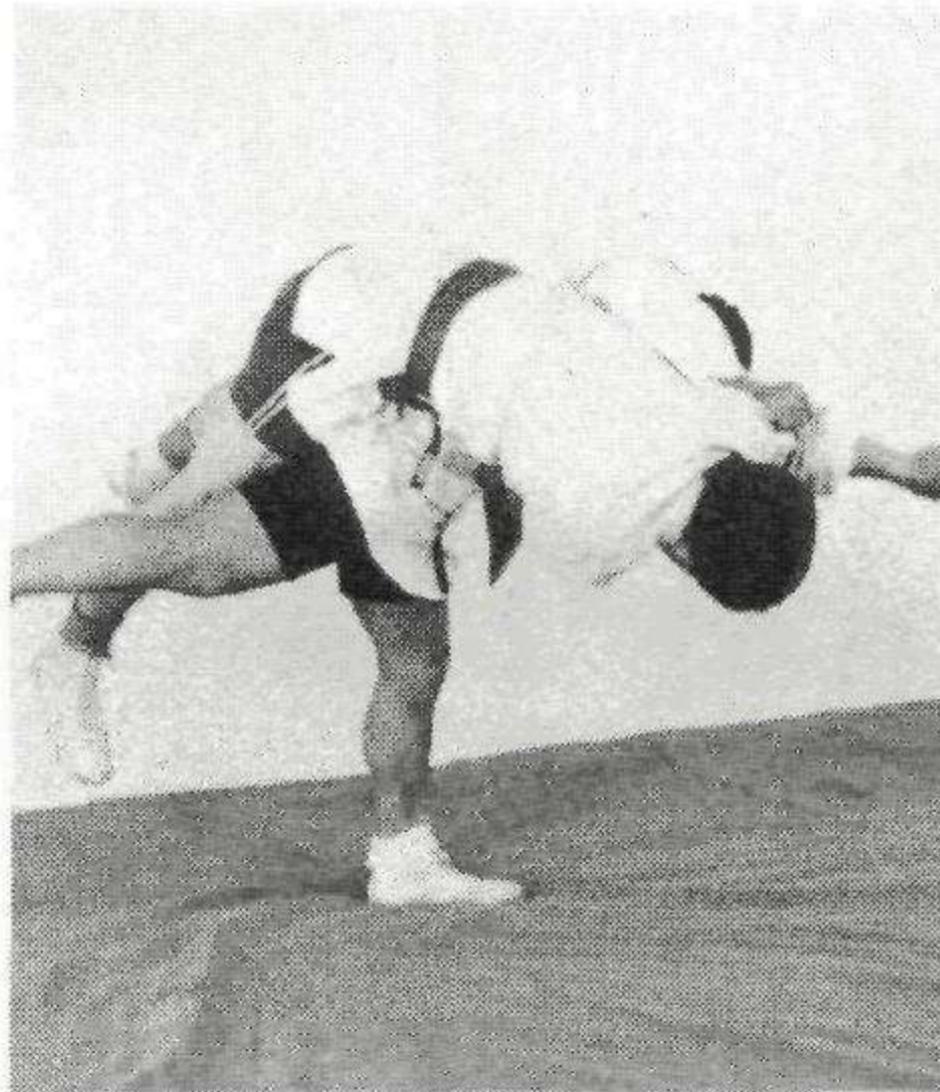
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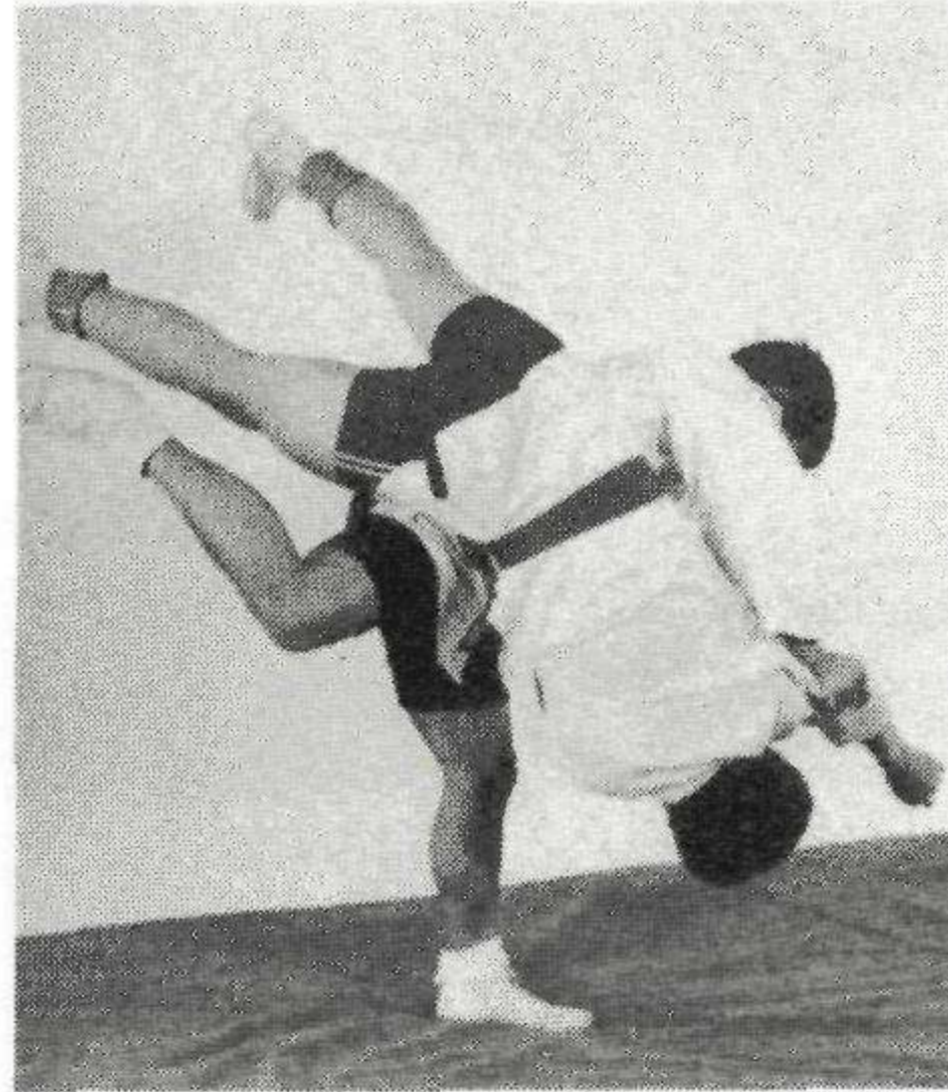
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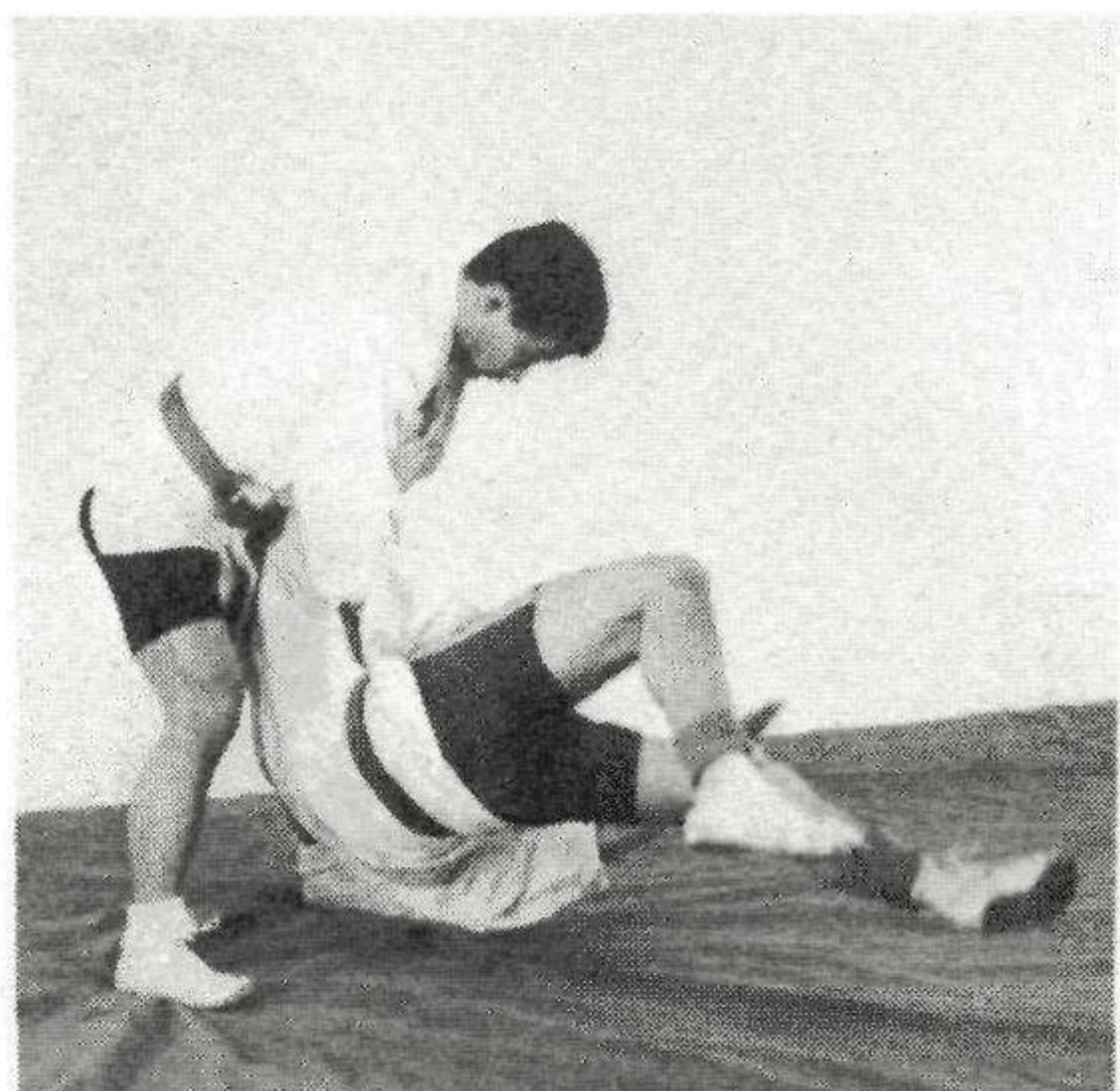
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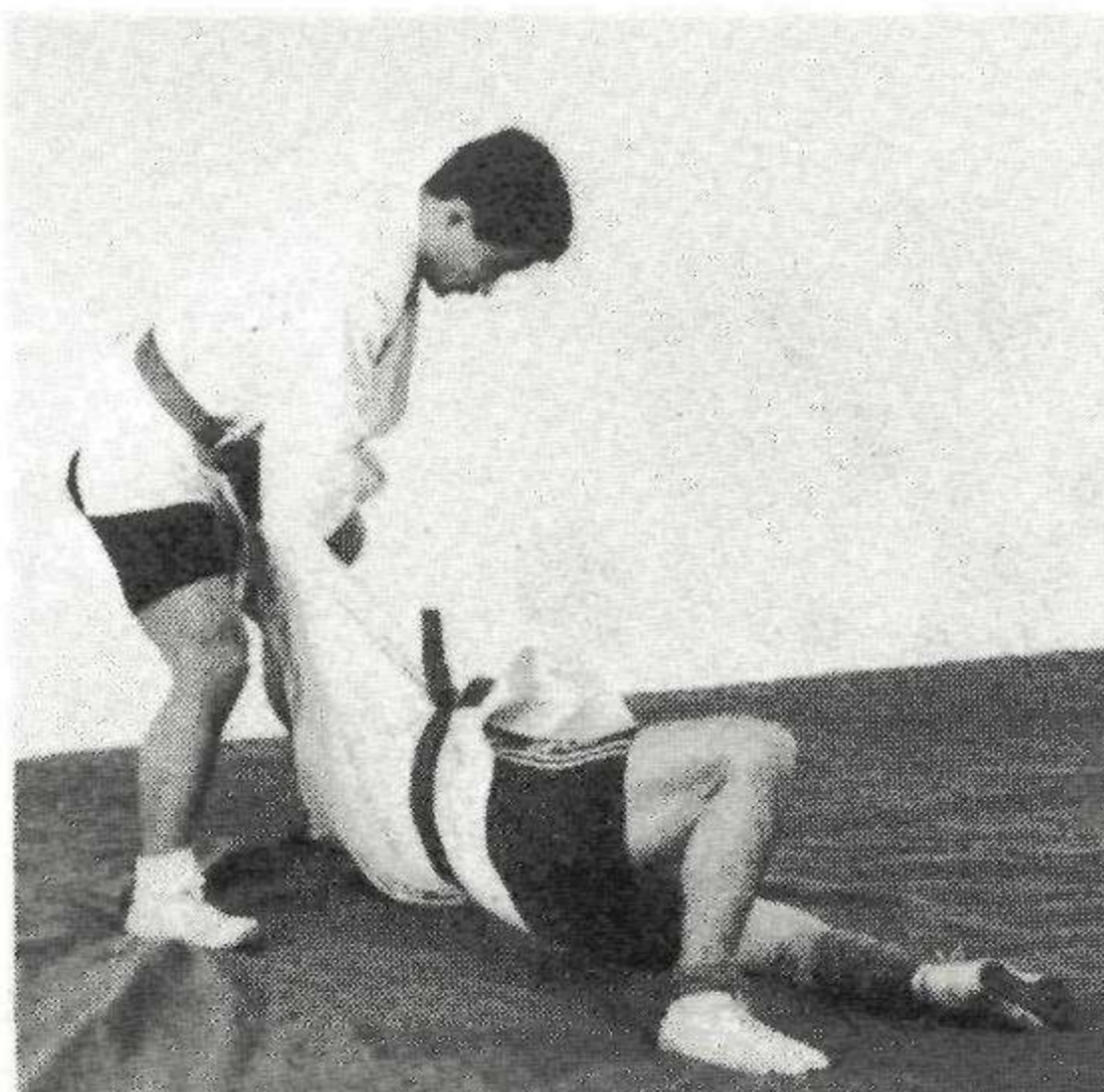
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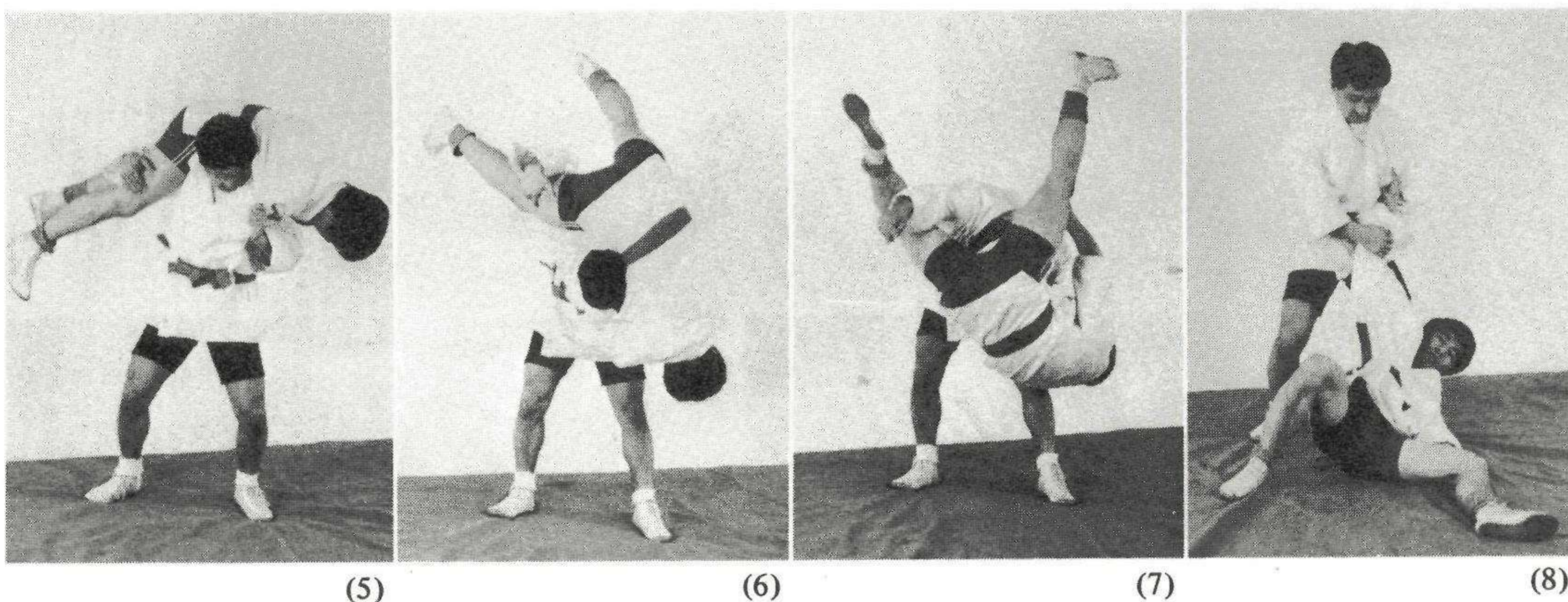
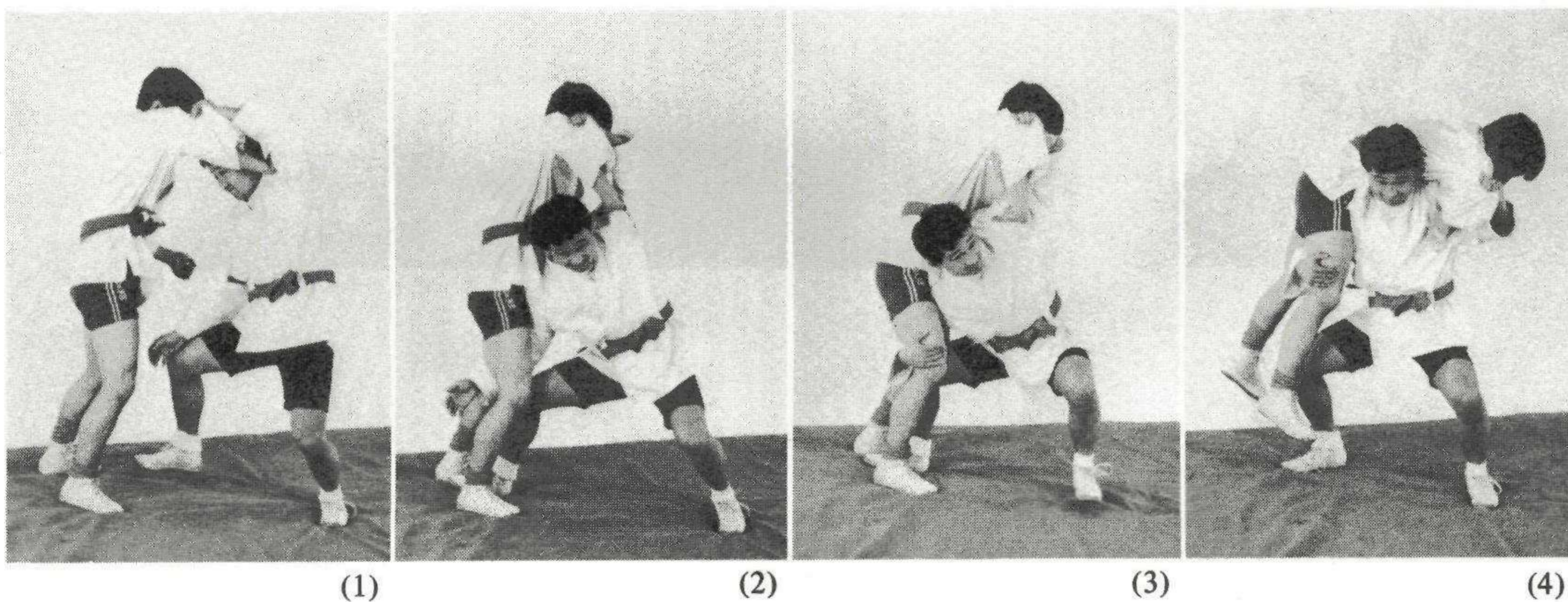
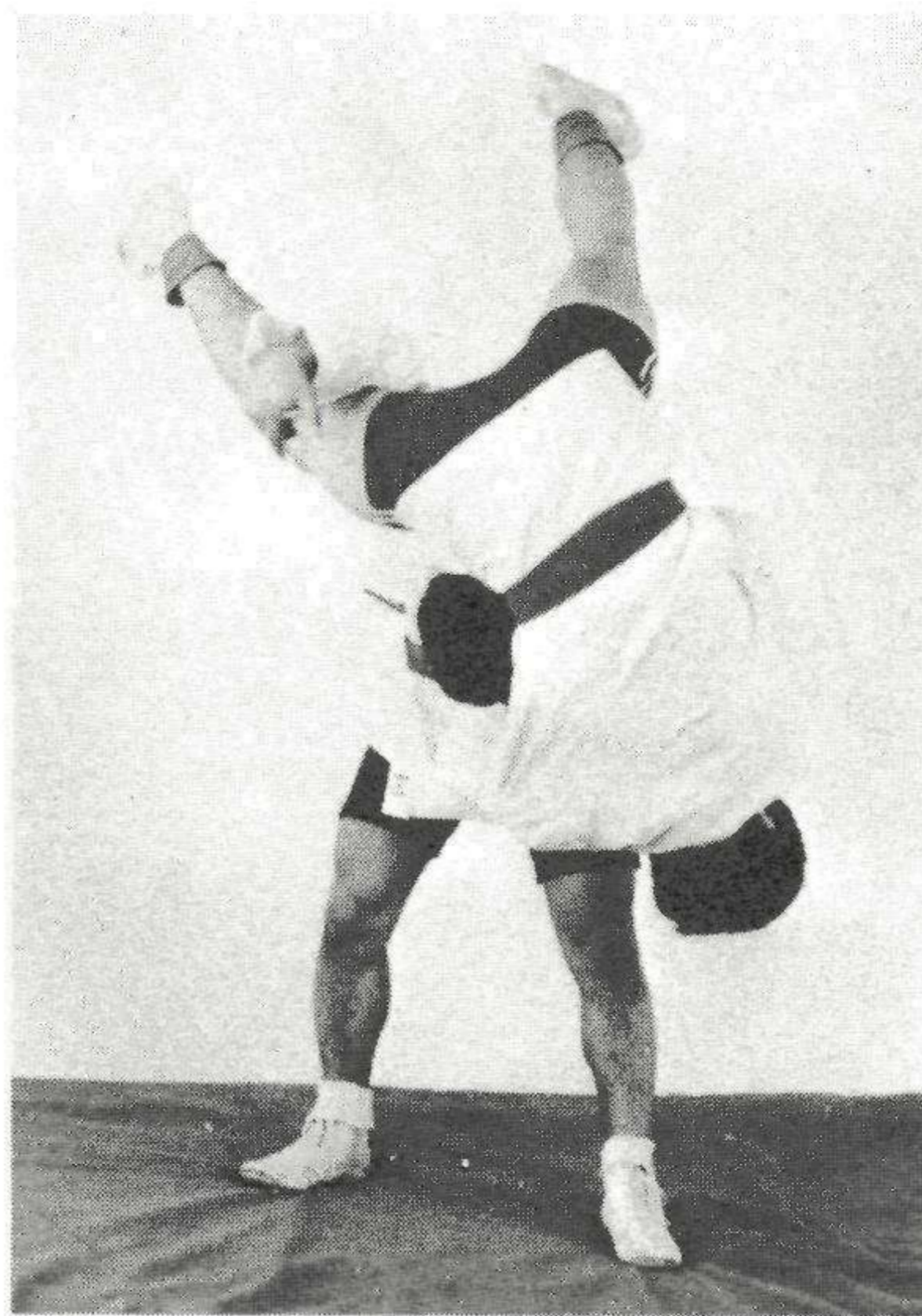


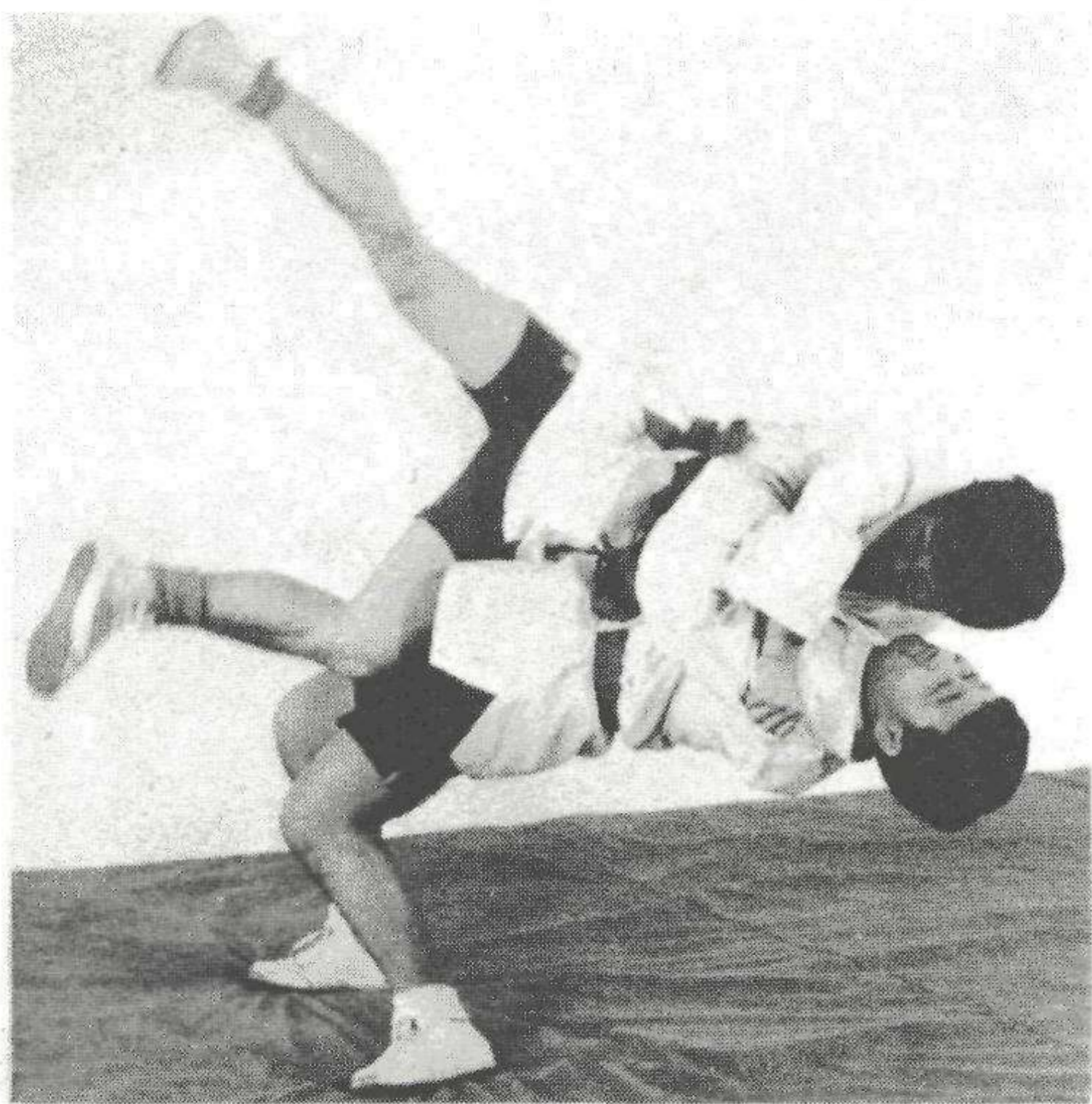
(8)

11. SHOULDERS THROW ("WINDMILL")

Grasp the opponent with the left hand at the right sleeve and wrench sharply forward (1). At the moment when he steps forward with the right foot, do a step forward with the right foot, then dive under his right arm (2). Embrace opponent's leg with the right arm from inside (3) and heave him up by unbending legs and back (4). Lifting opponent's legs (5), bow forwards (6) and drop the opponent (7).

Safeguarding — by the right sleeve. Self safeguarding — left side fall.

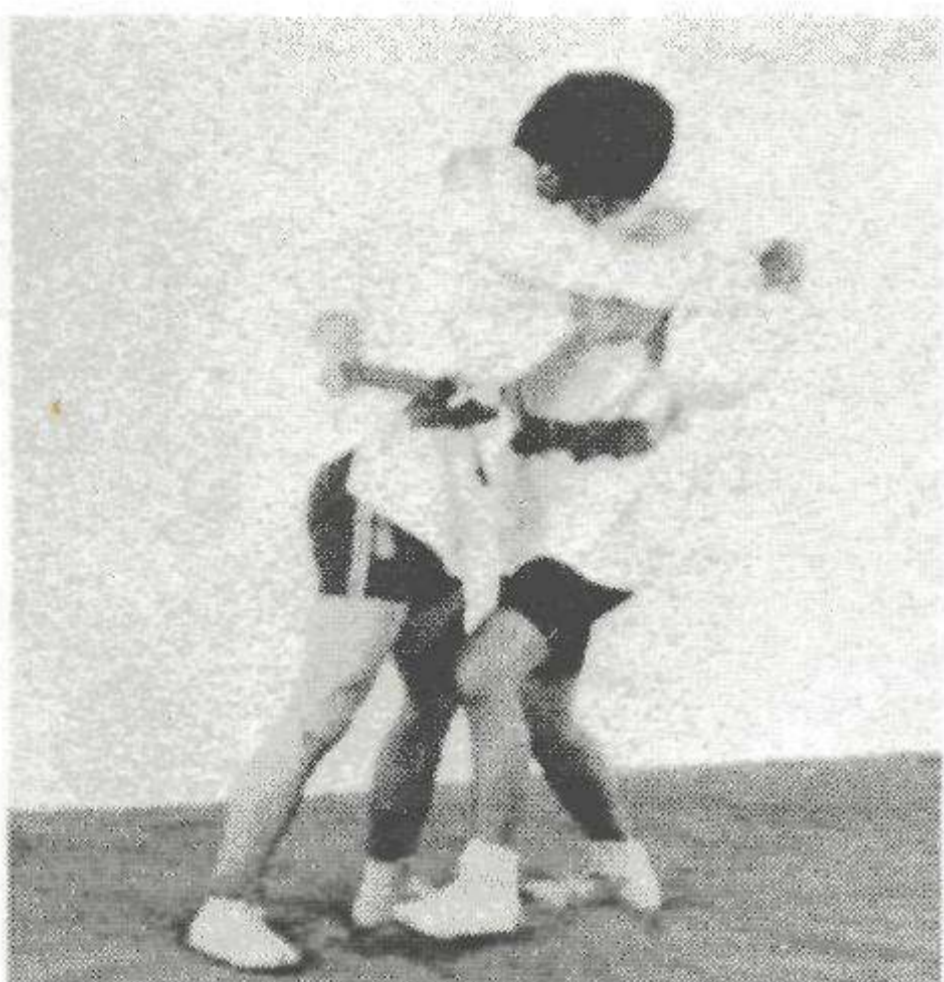




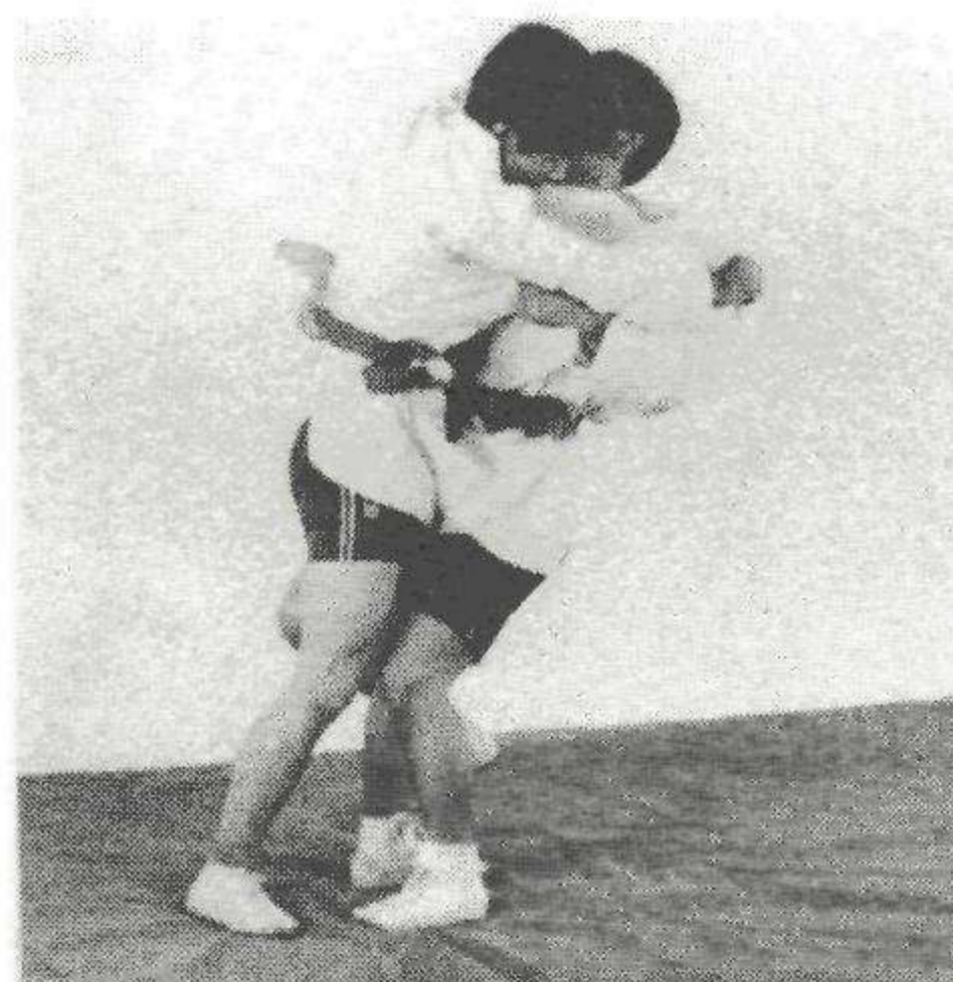
12. CHEST AND SHOULDER THROW

Grasp the pressing opponent with the right hand at the belt at the back, and with the left under the right elbow (1). Bending the knees (2), grapple the opponent (3), then unbending (4) and hollowing the back (5), throw the opponent on the mat over your chest and right shoulder (6-7). At the moment of the fall lie down on the stomach (8), then changing the position of the legs (9), get hold of the opponent for pressing down from the side (10).

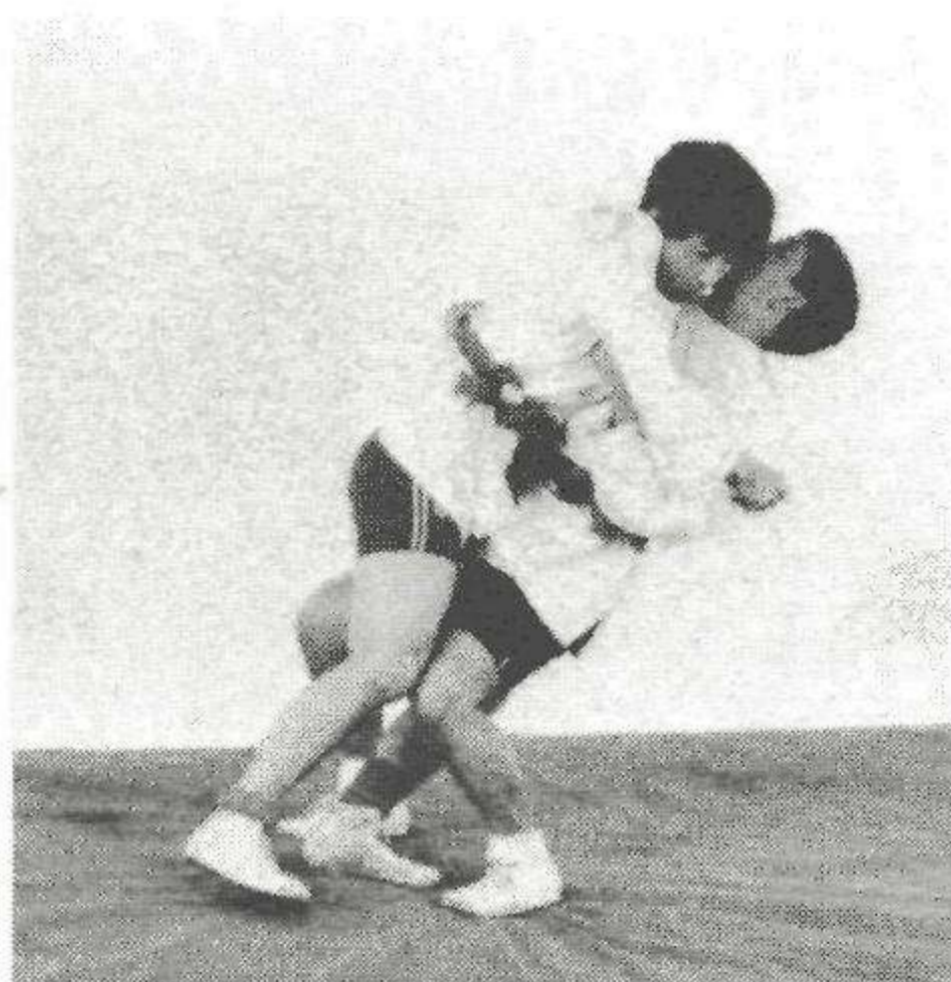
Safeguarding — do not fall with the chest on the opponent. Self safeguarding — backfall.



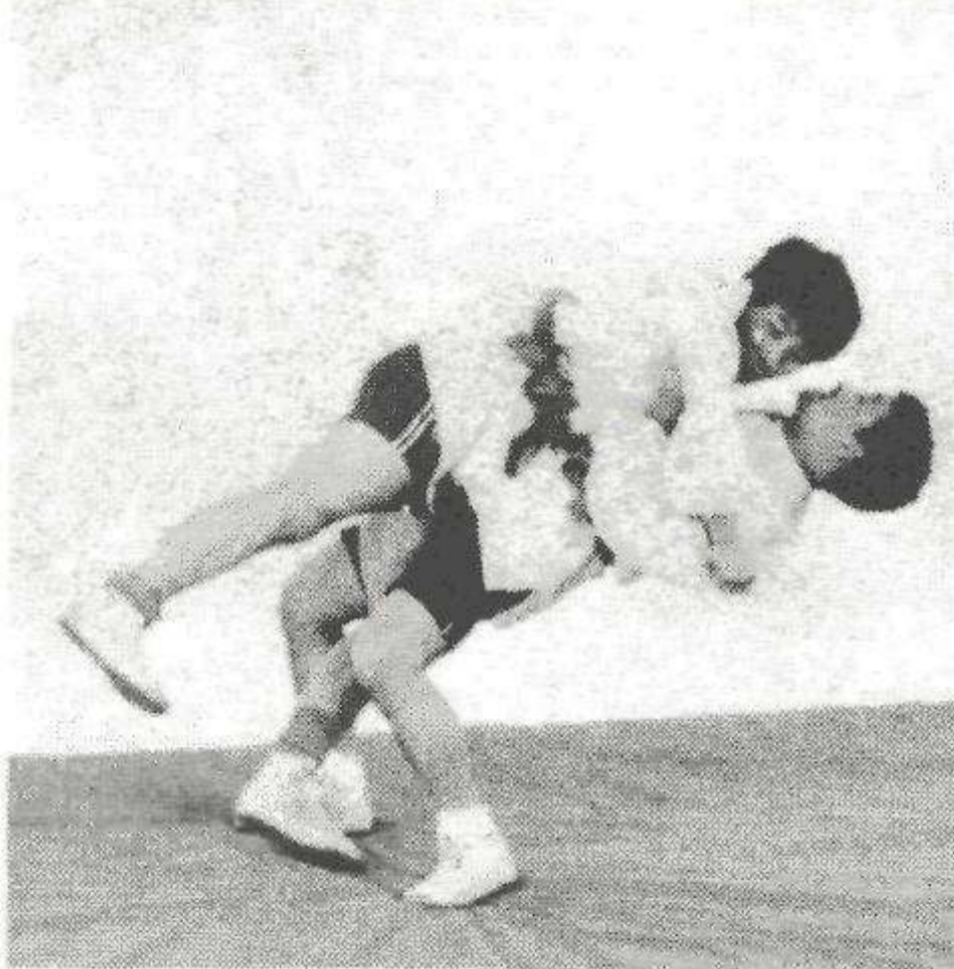
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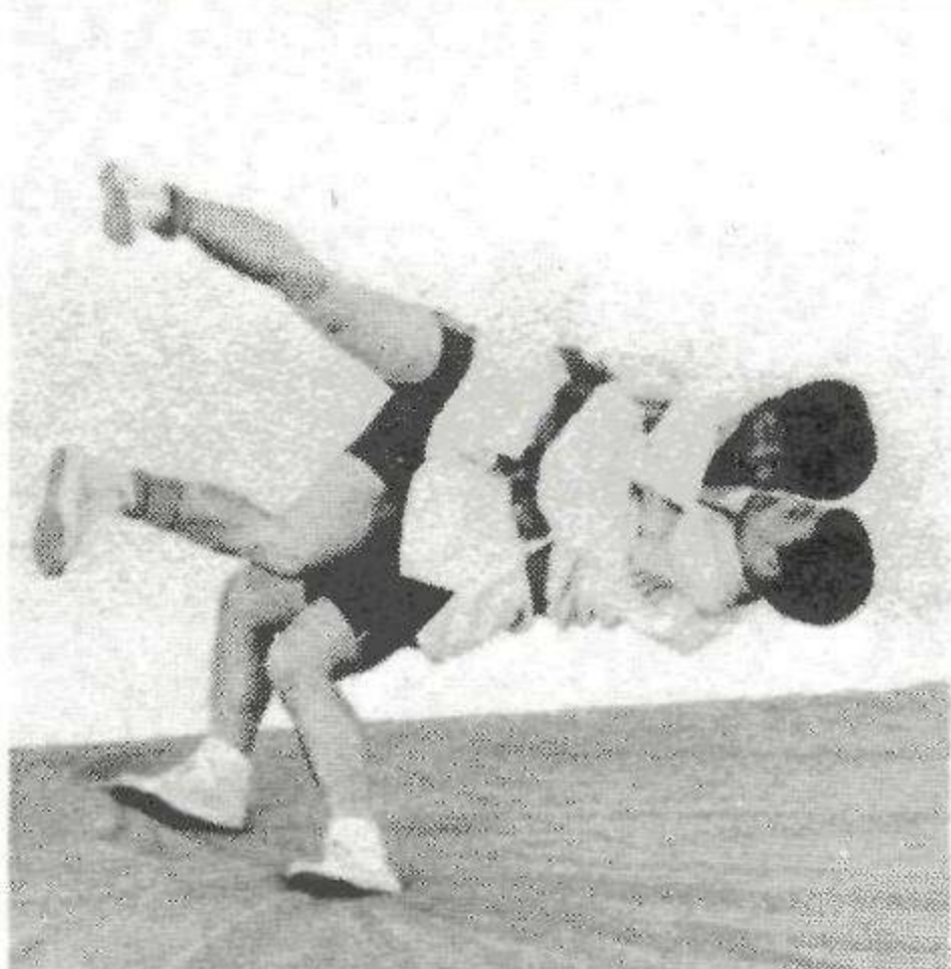
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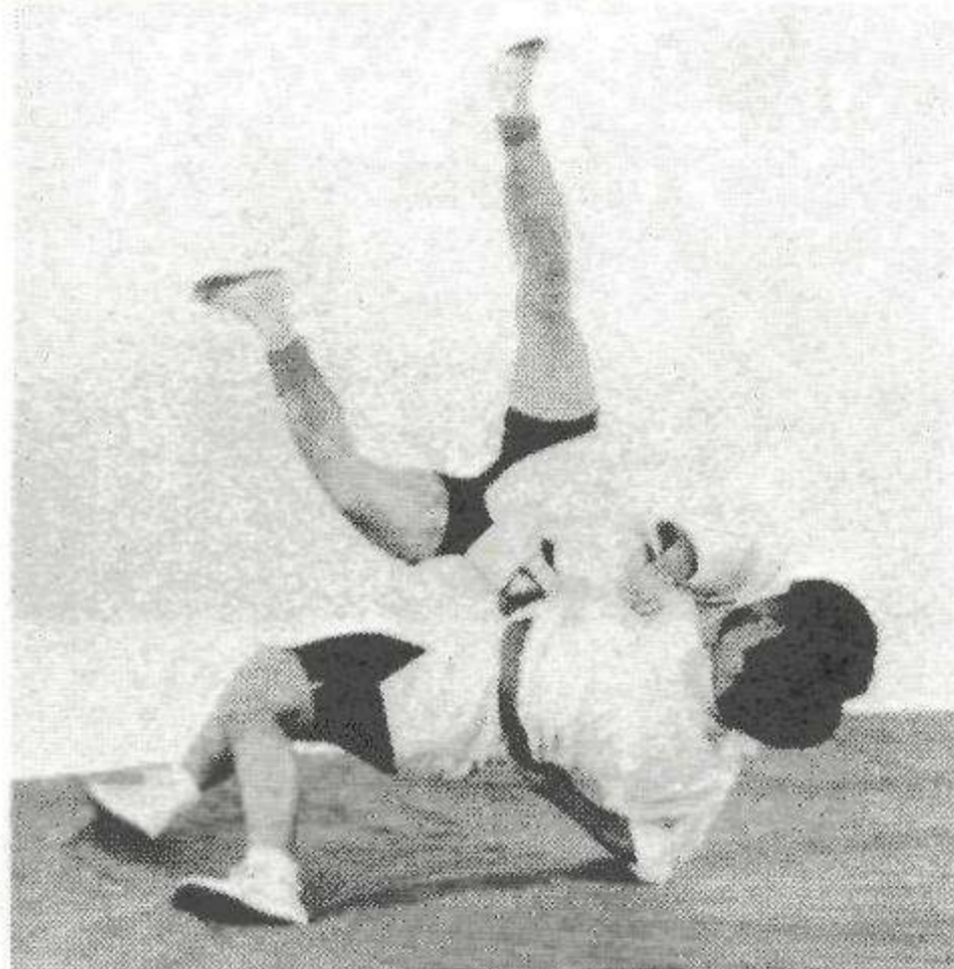
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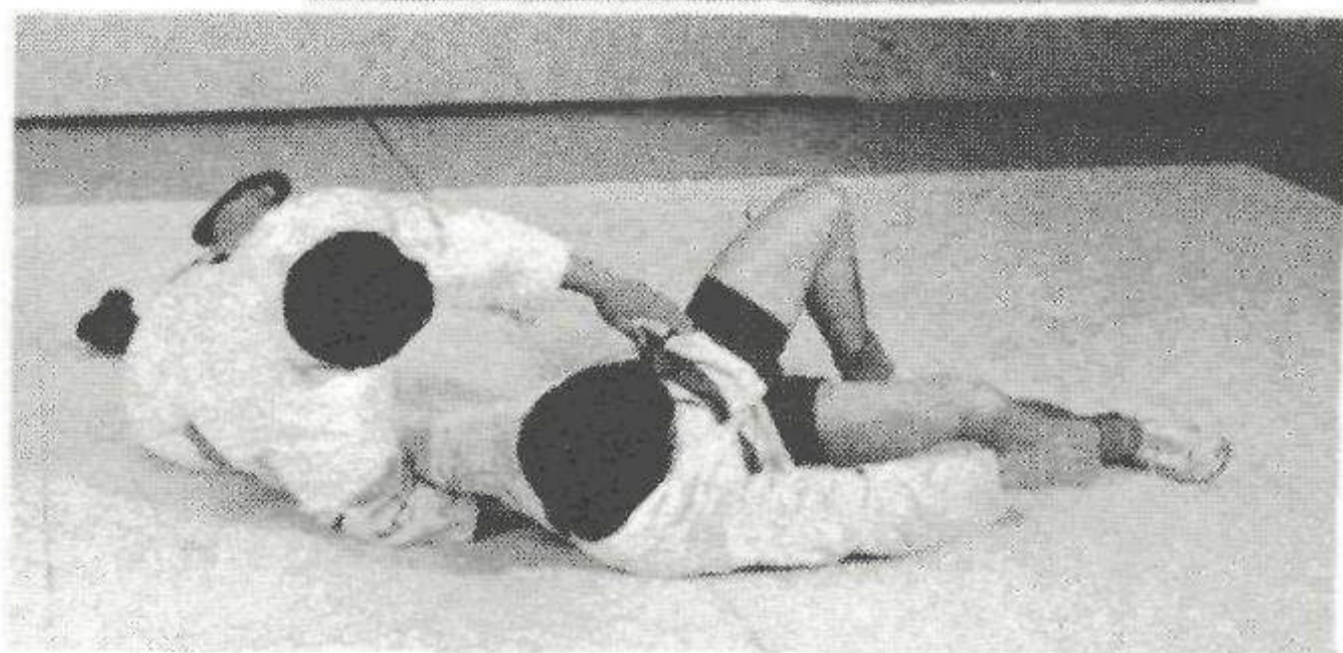
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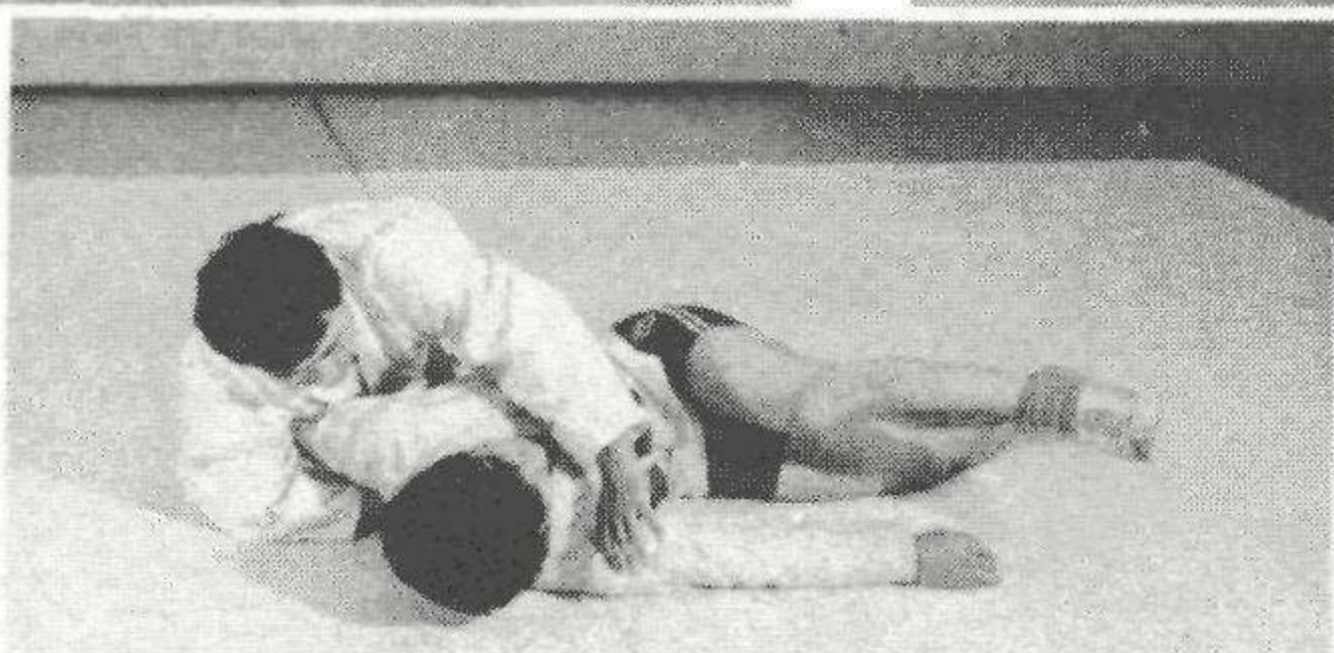
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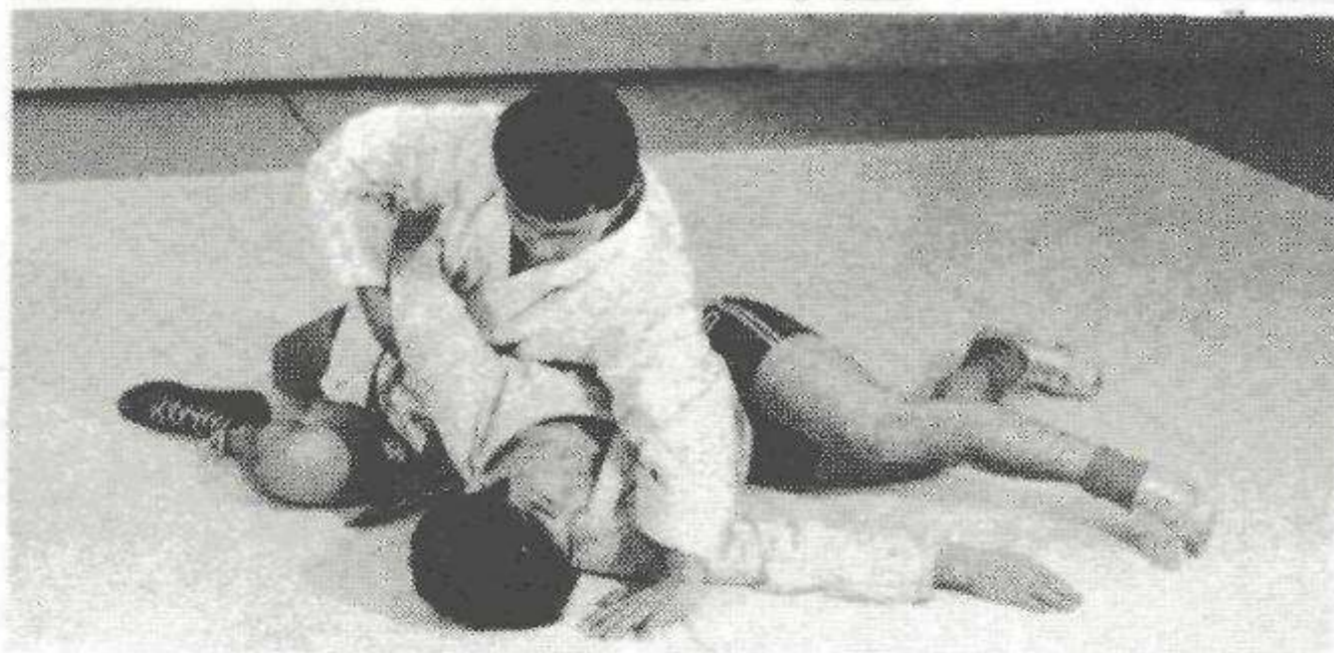
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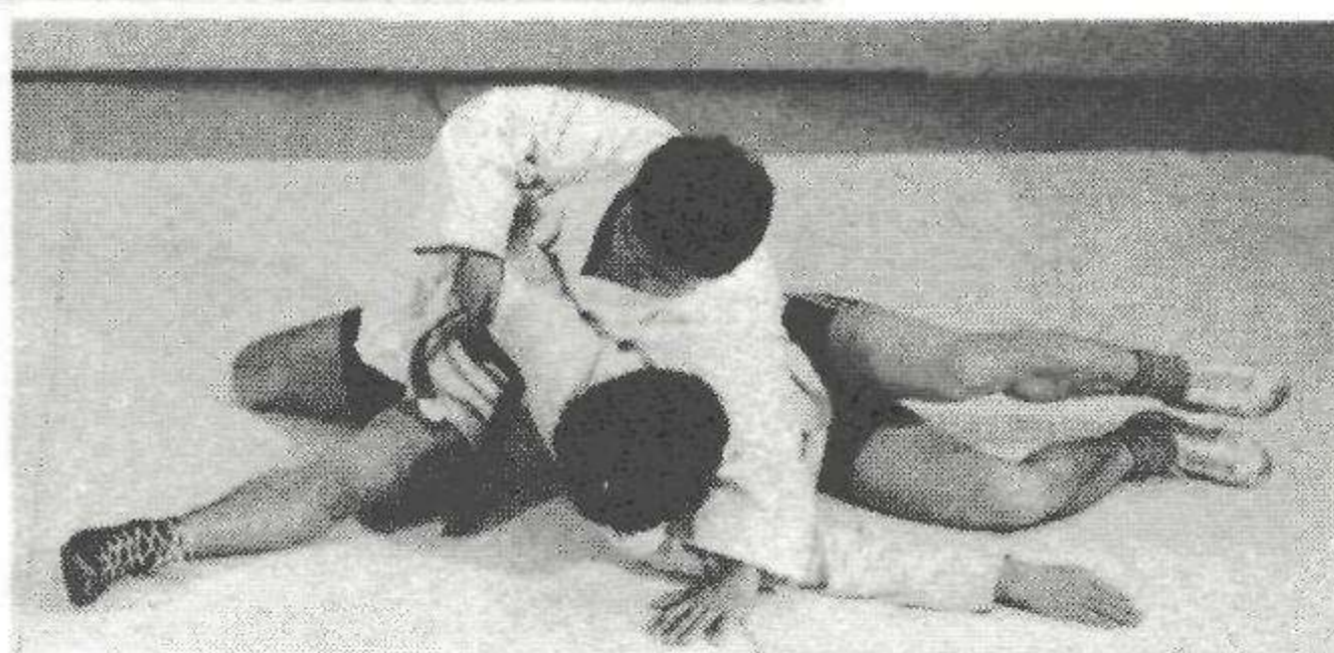
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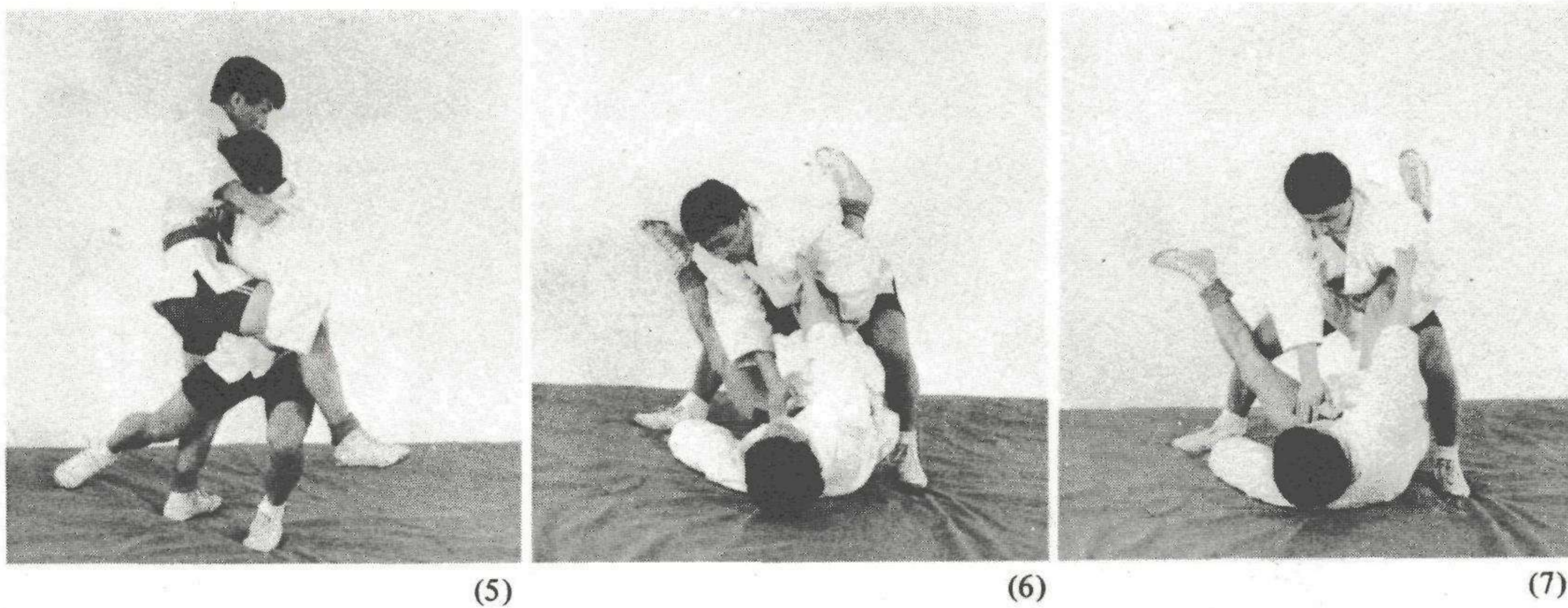
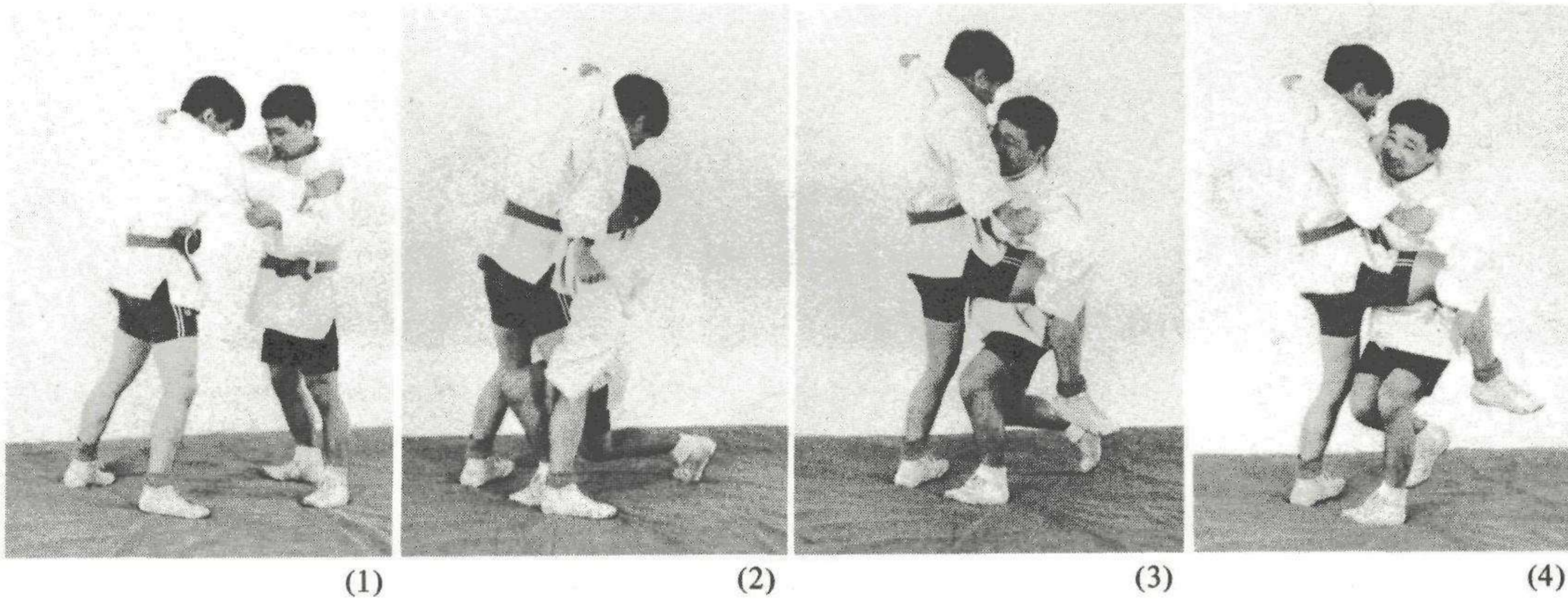
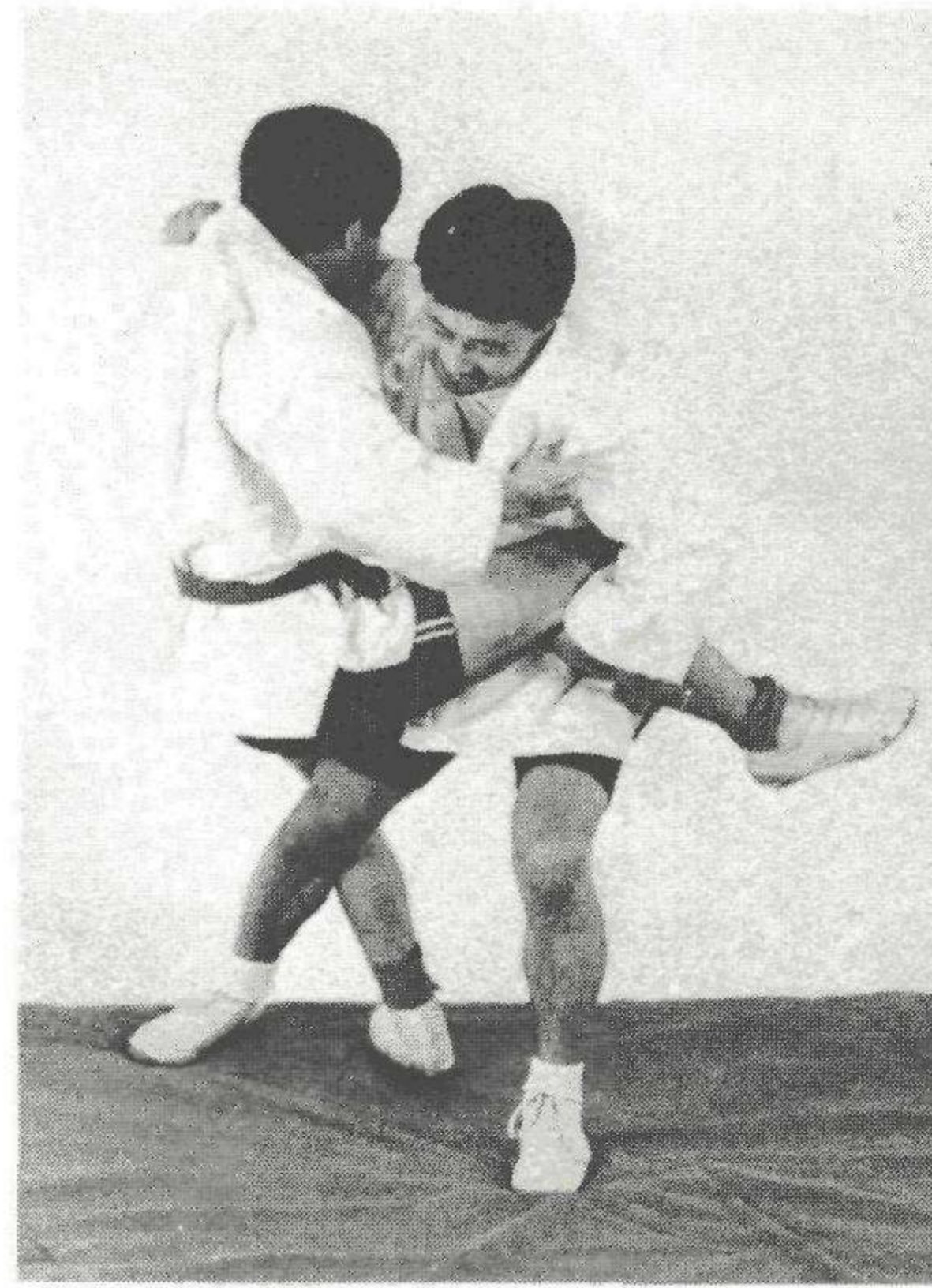
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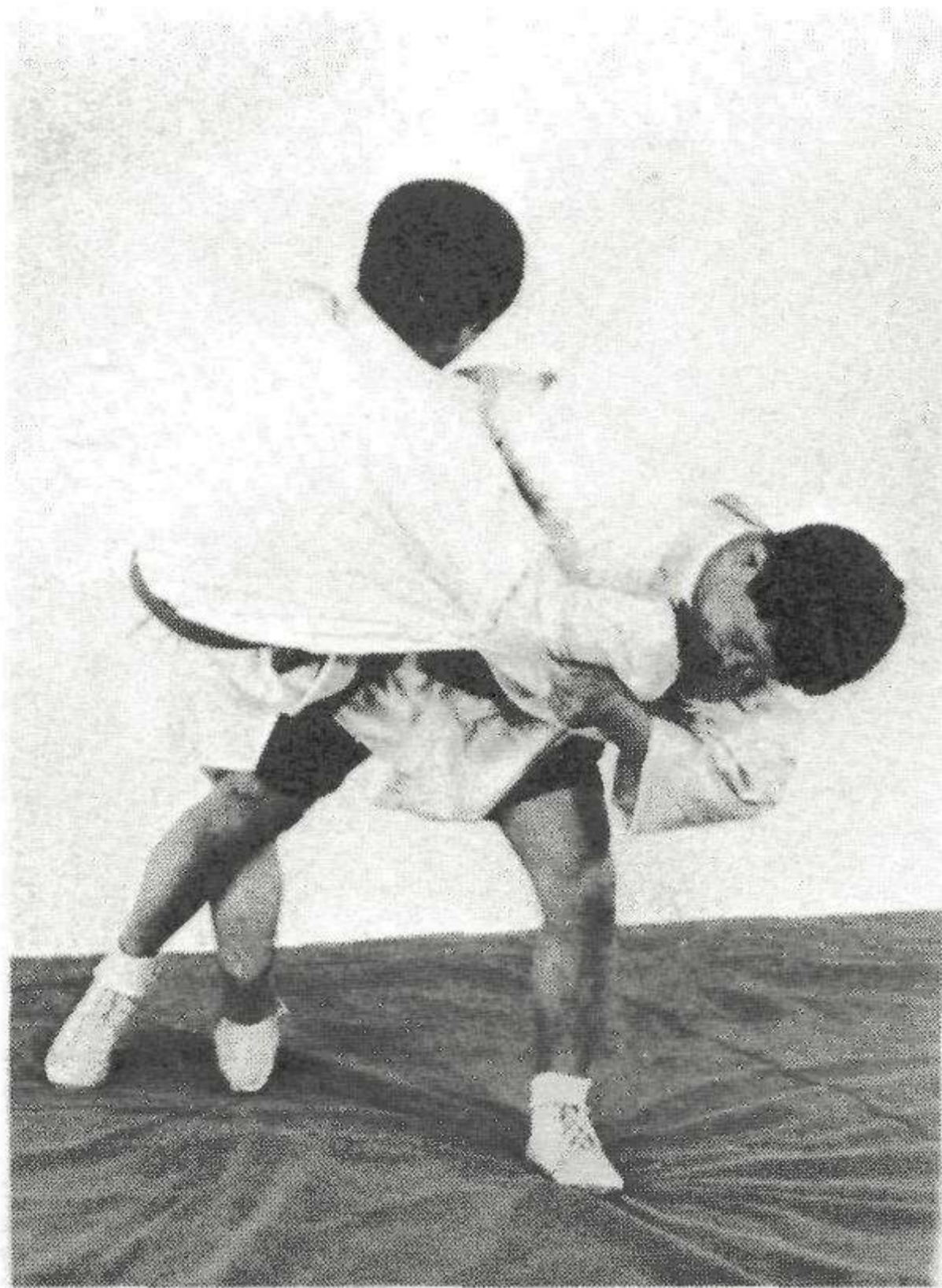
VARIATIONS OF THE THROWS OF THE TUGGING OPPONENT

1 A. OUTSIDE FOOT HOLD TRIP

Grasp the opponent with the left hand under the right elbow, and with the right hand at the collar (1). Do a step forward with the left foot, put the left leg between opponent's legs, then squatting, grasp his right leg with the left hand (2). Standing up lift up opponent's leg (3). Turning the left toe to the left (4), put the extended right leg back of opponent's left leg (5), then drop the opponent to the left over your leg (6).

Safeguarding — by the leg and the collar. Self safeguarding — back fall (7).





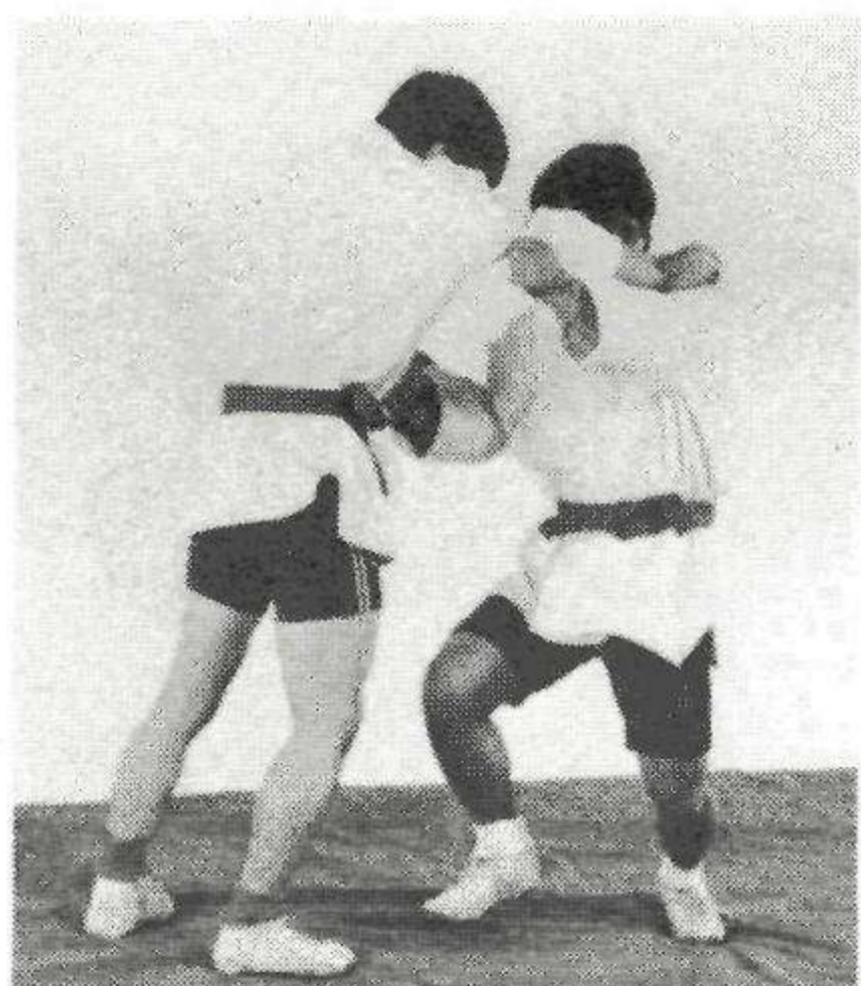
1 B. LEG CROSS GRIP BACK TRIP

Grasp the opponent at the sleeves under the elbows (1). Releasing the grip on opponent's right hand (2), do a step with the right foot forward and to the left so as to put it outside the right leg of the opponent (3). Bowing and squatting, take a hold of opponent's right leg with your right hand from inside (4). Standing up, lift opponent's leg (5); do a step forward with the left foot (6) and put the extended right leg back of opponent's left leg so as to press your knee socket against the knee socket of the opponent (7). Turning to the left, drop the opponent (8).

Safeguarding — by the leg and the sleeve. Self safeguarding — left side fall.



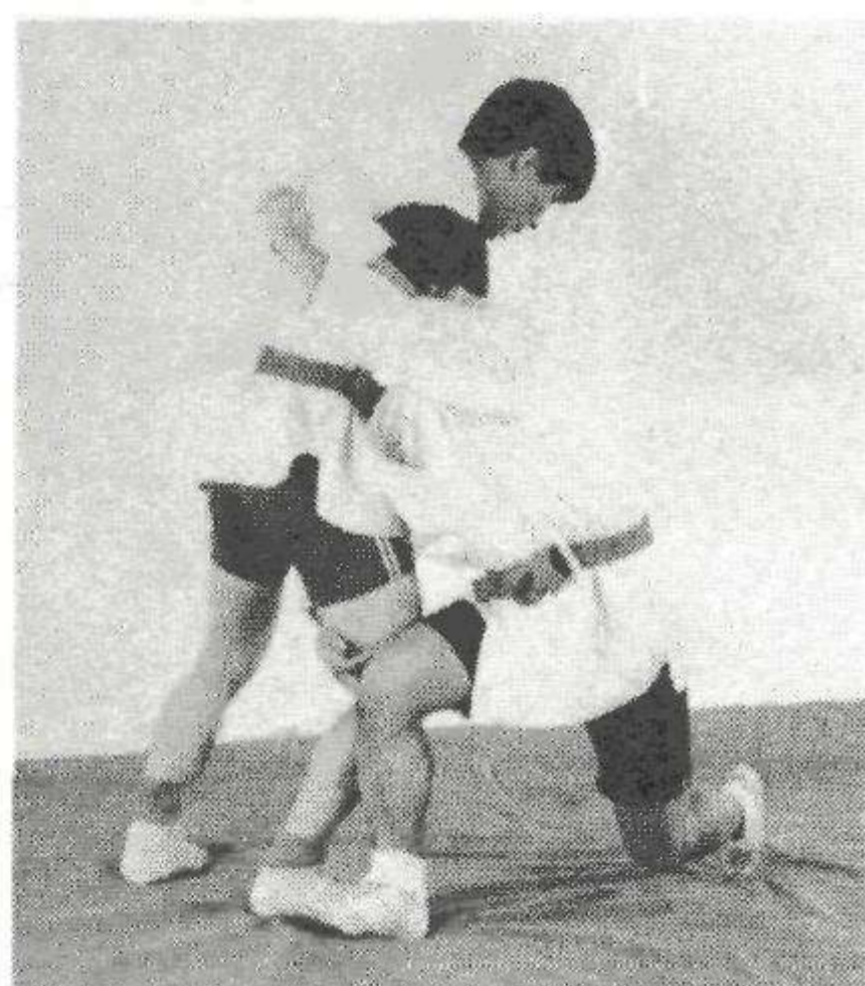
(1)



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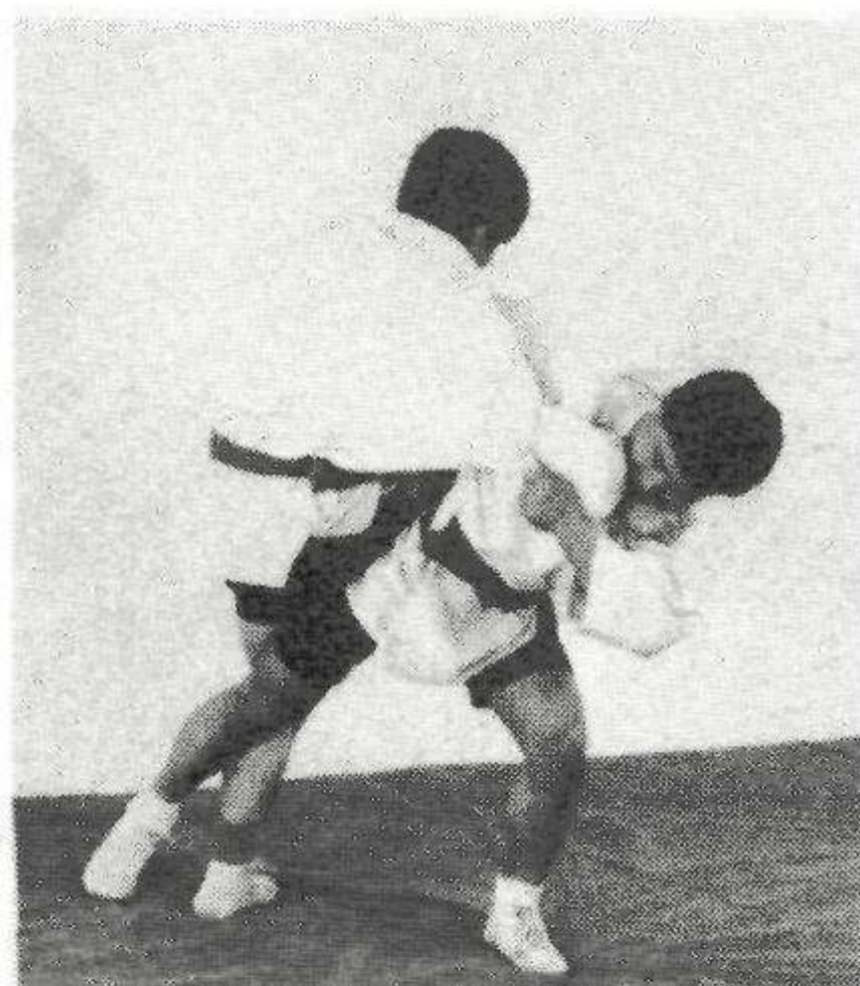
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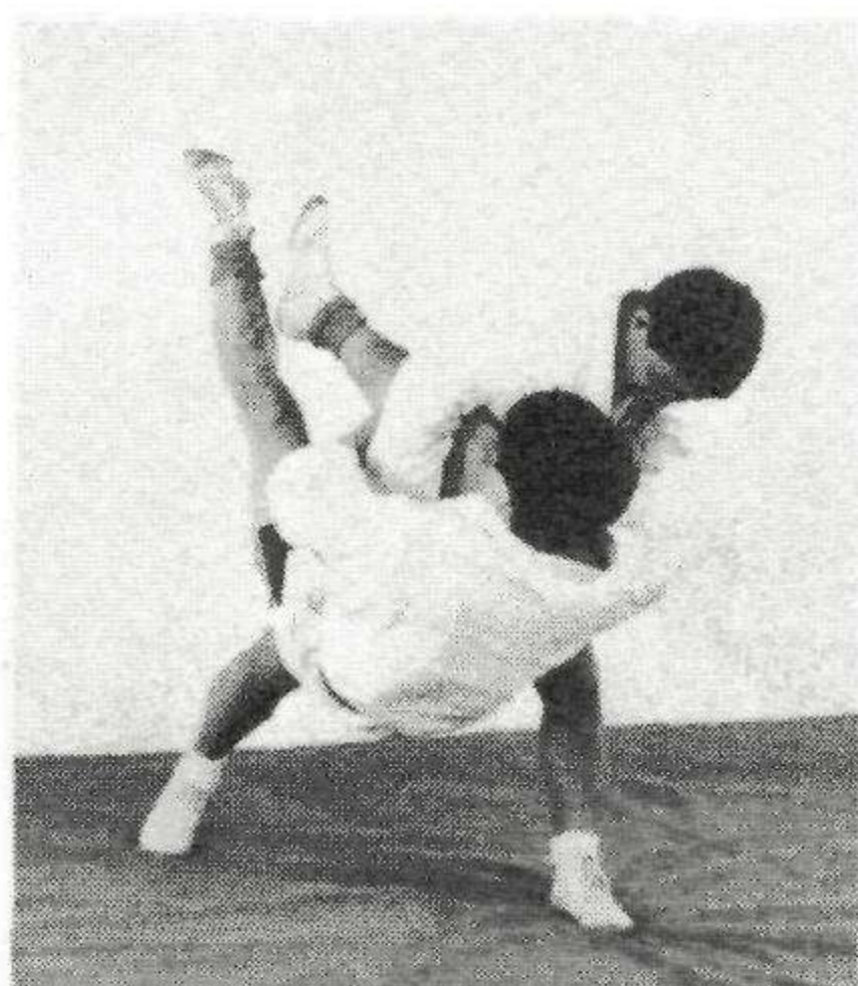
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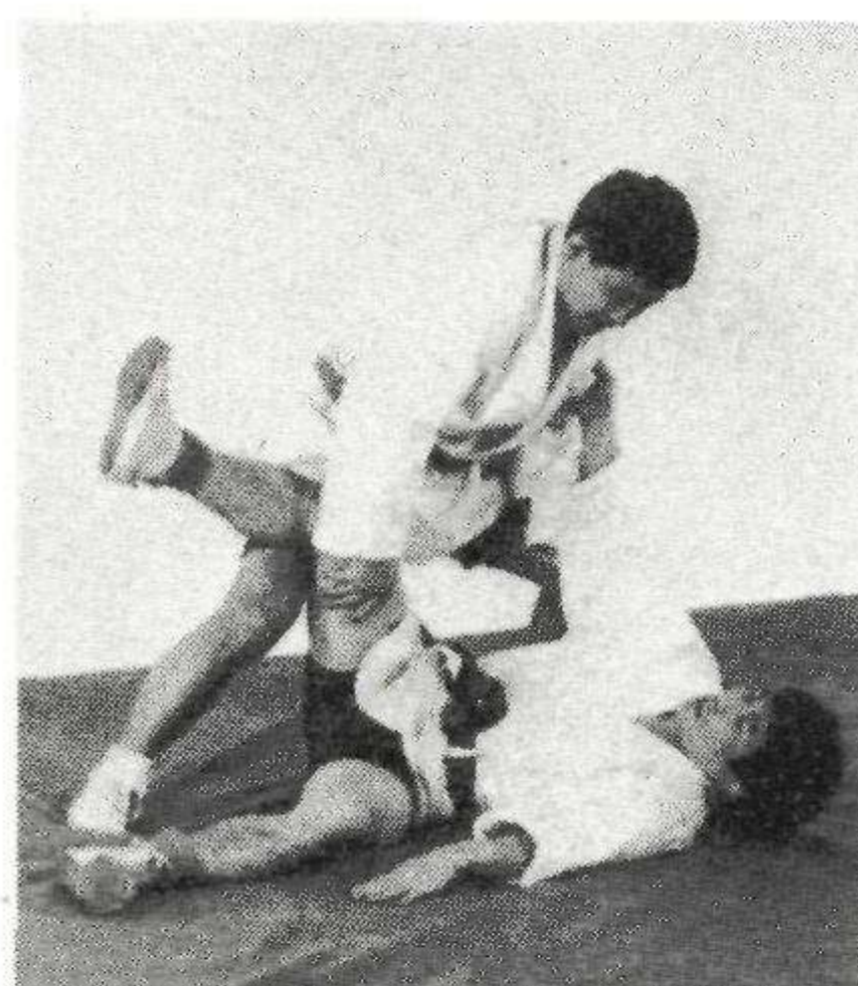
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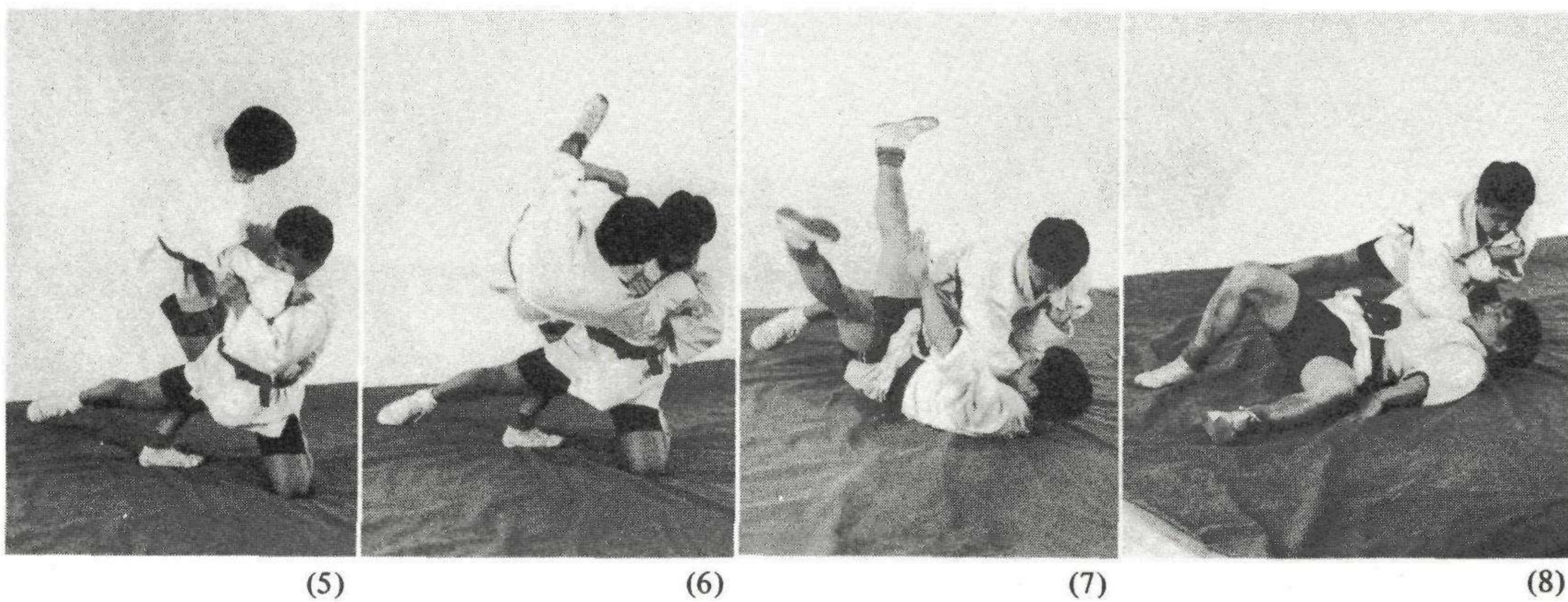
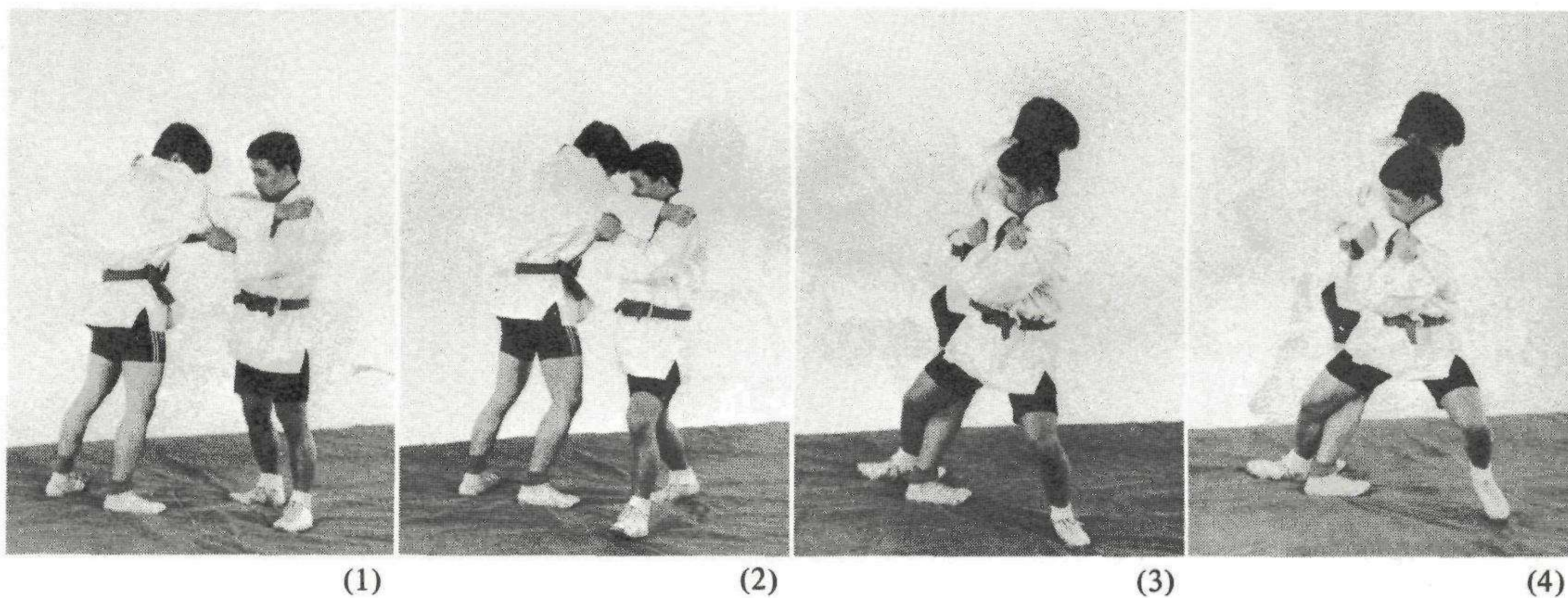
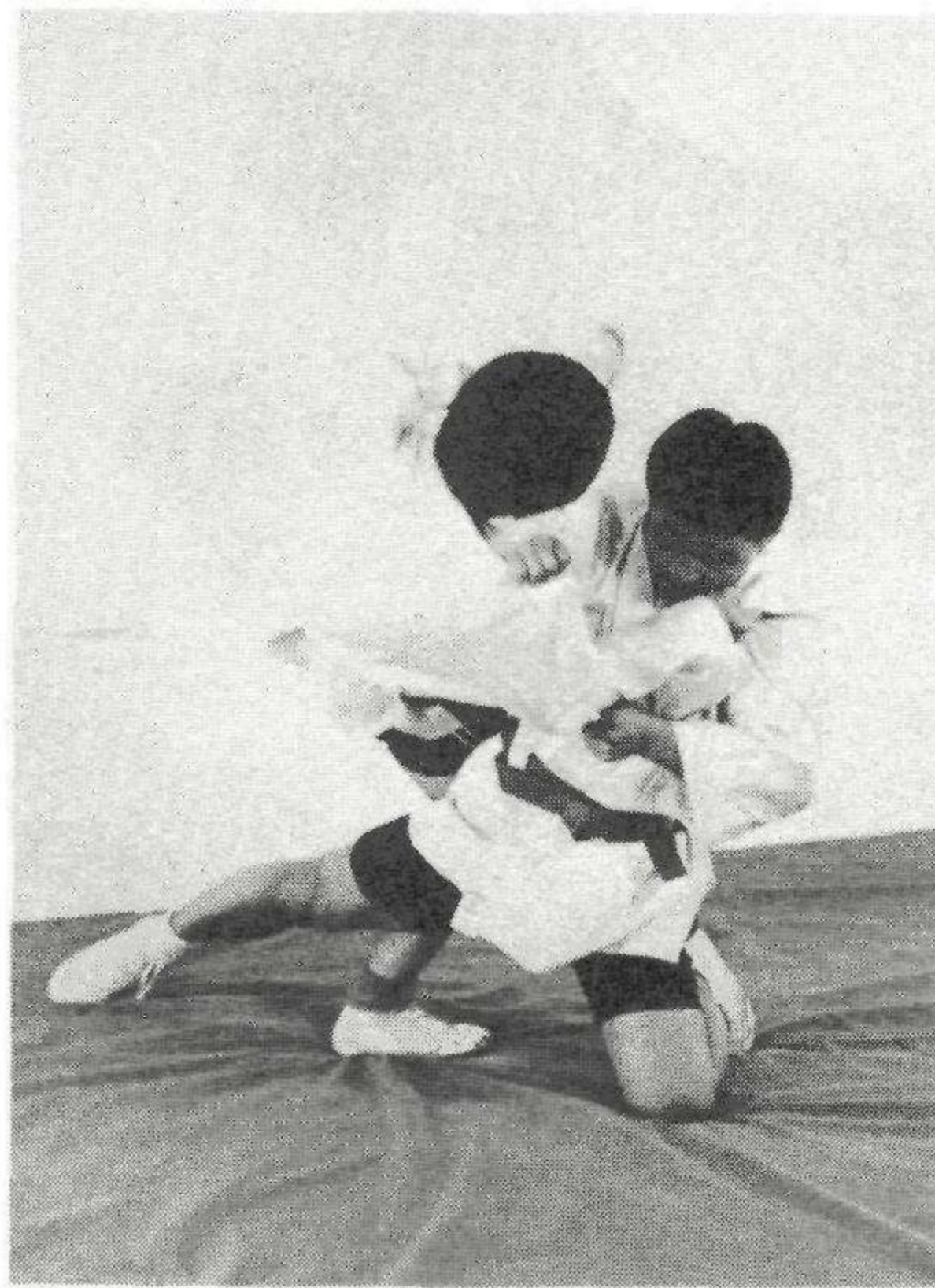


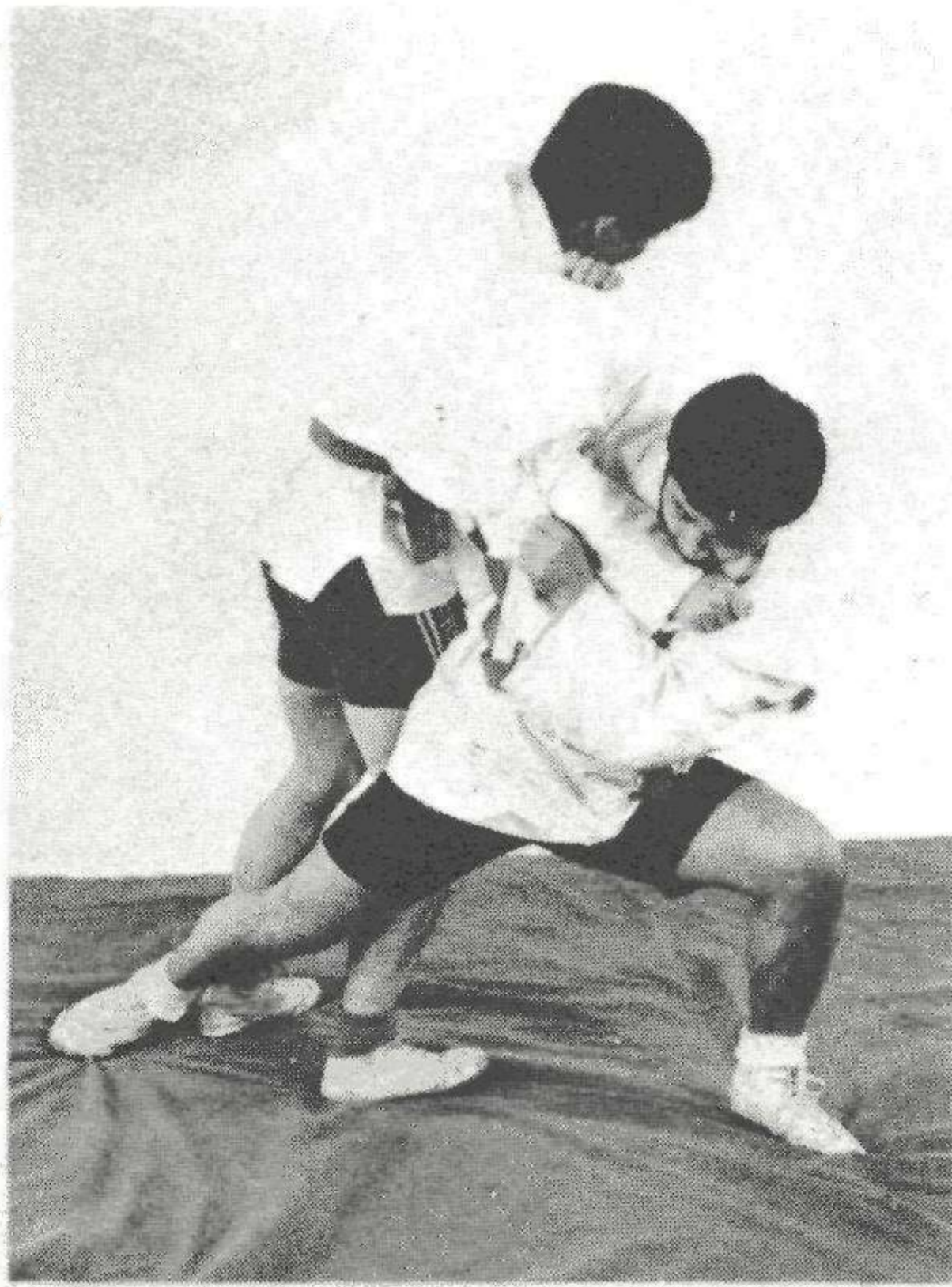
(9)

1 C. KNEELING TRIP

Grasp with the left hand opponent's right arm under the elbow and with the right hand at the lapel above the right collarbone (1). Do a step with the left foot forward and to the left (2), then put the right leg back of opponent's right leg so as to touch his knee socket with your knee socket (3). Kneeling on the left knee (4), pull the opponent down (5) and to the left (6), then throw him on the mat over your extended leg.

Safeguarding - by the sleeve and the lapel. Self safeguarding - left side fall.



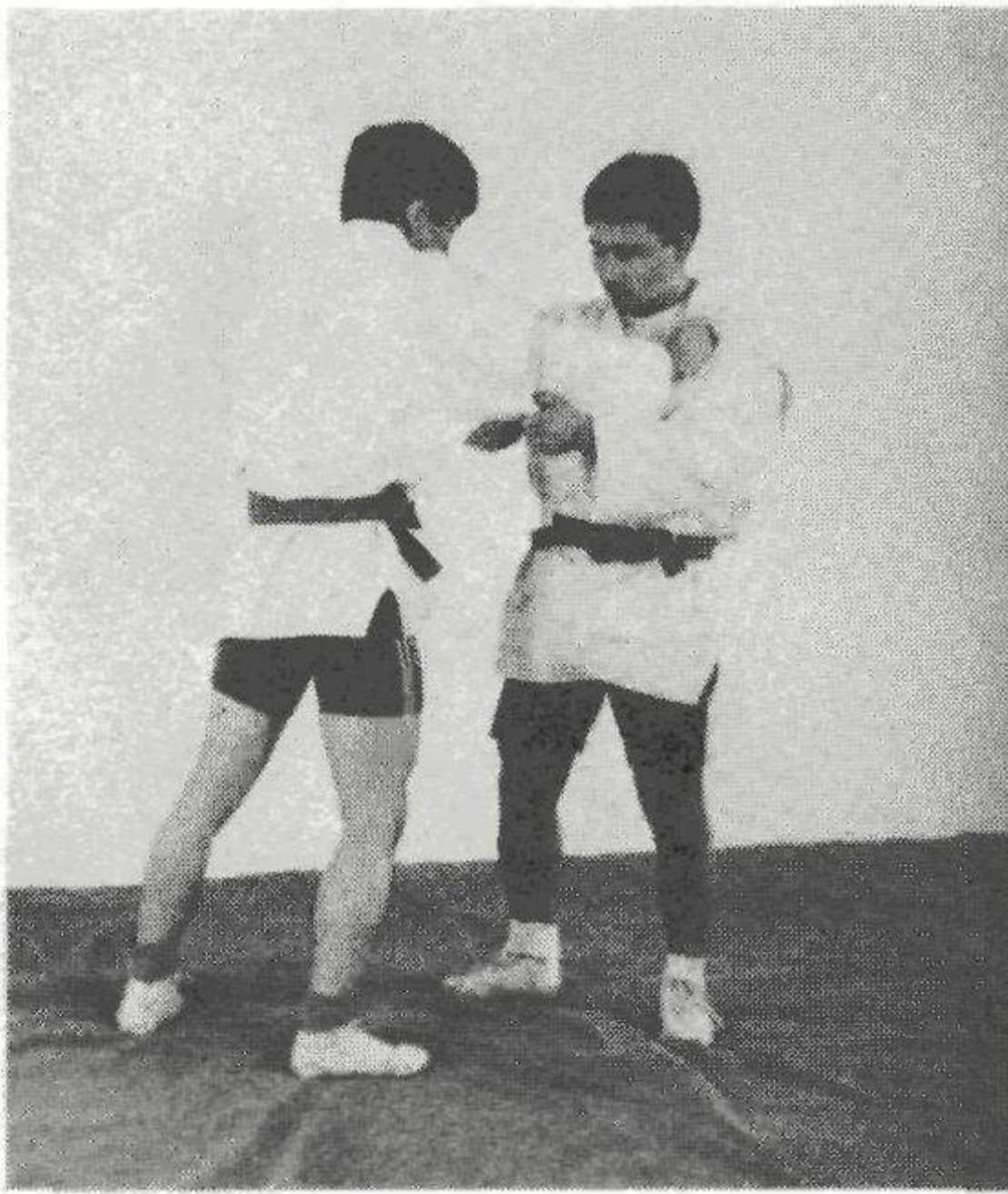


1 D. BACK WHEEL

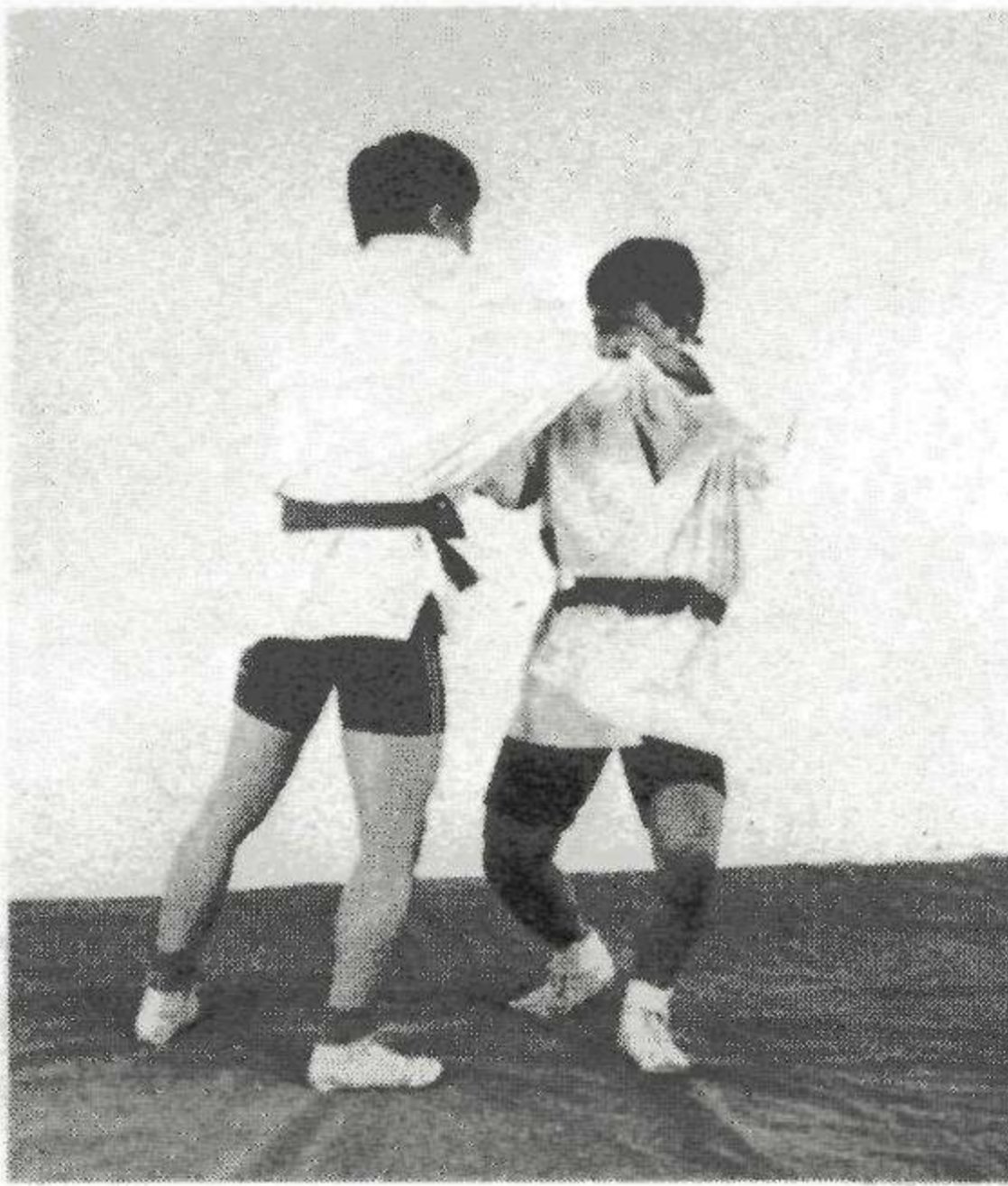
Grasp with the left hand opponent's right arm under the elbow and with the right hand at the lapel above the right collarbone (1). Turning the left toe to the left, do a step to the left and forward (2). Put the extended right leg back of opponent's both legs (3), then pulling to the left and downwards (4), throw the opponent on the mat (5).

Safeguarding - by the sleeve and the lapel.

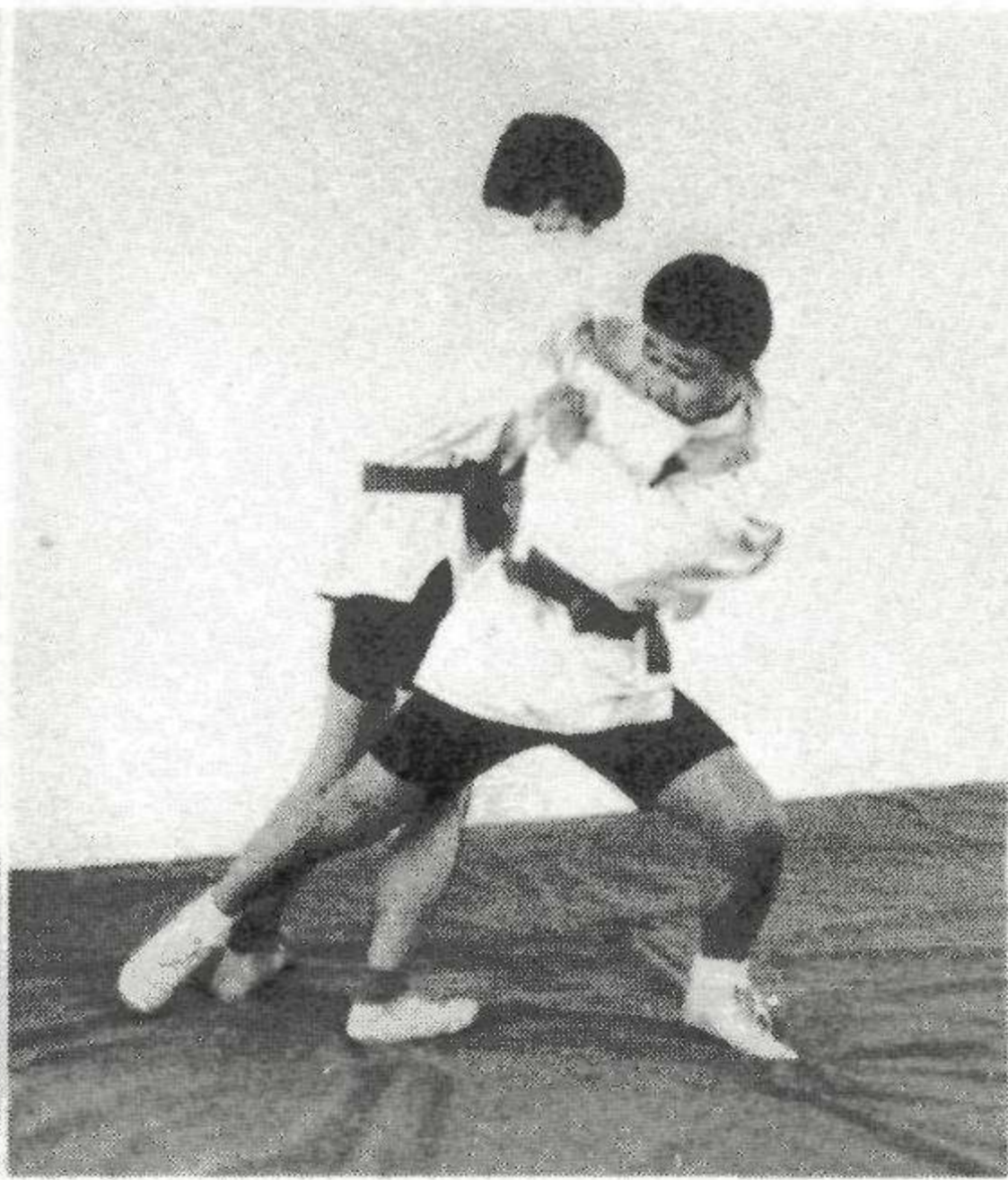
Self safeguarding - left side fall.



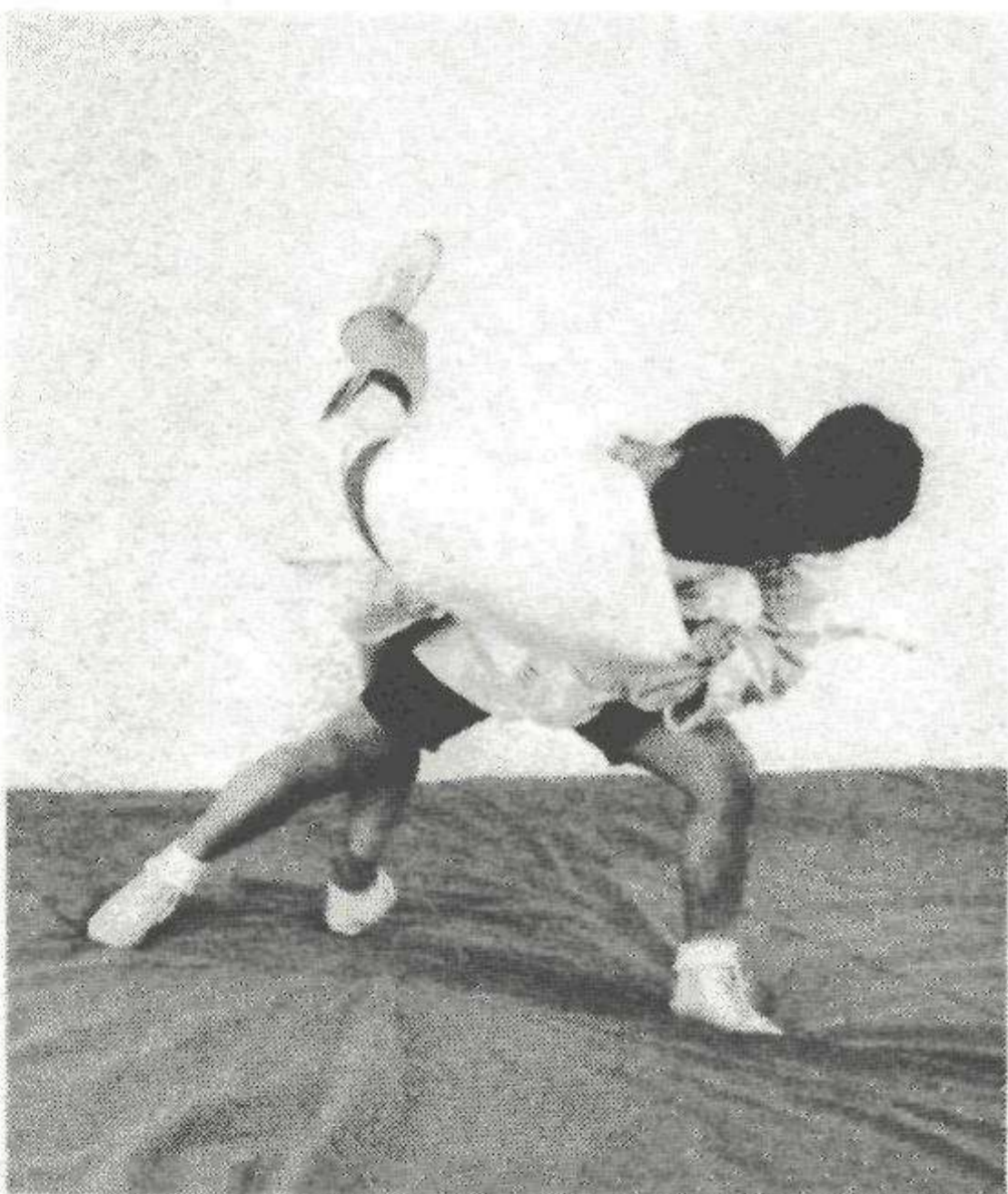
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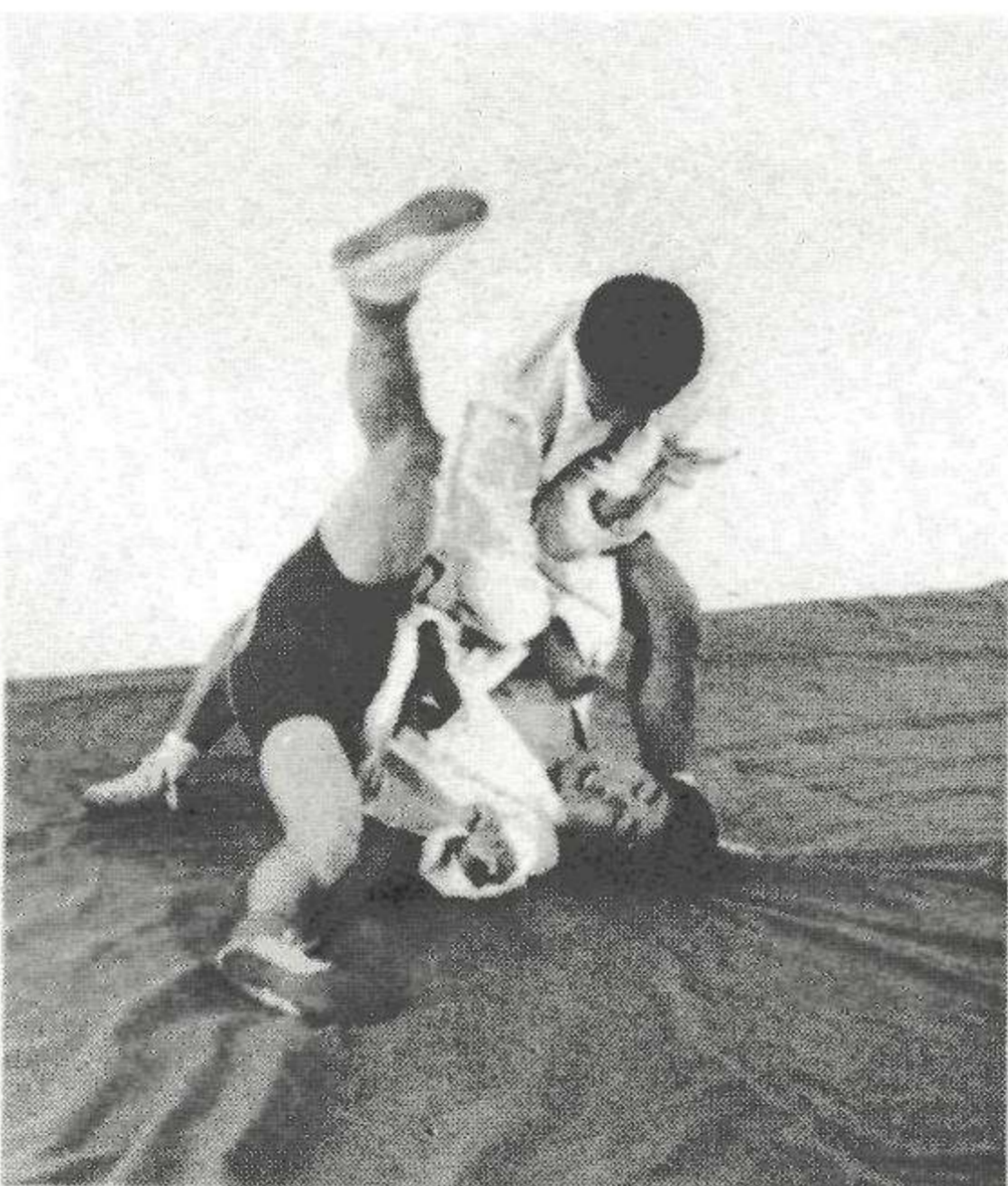
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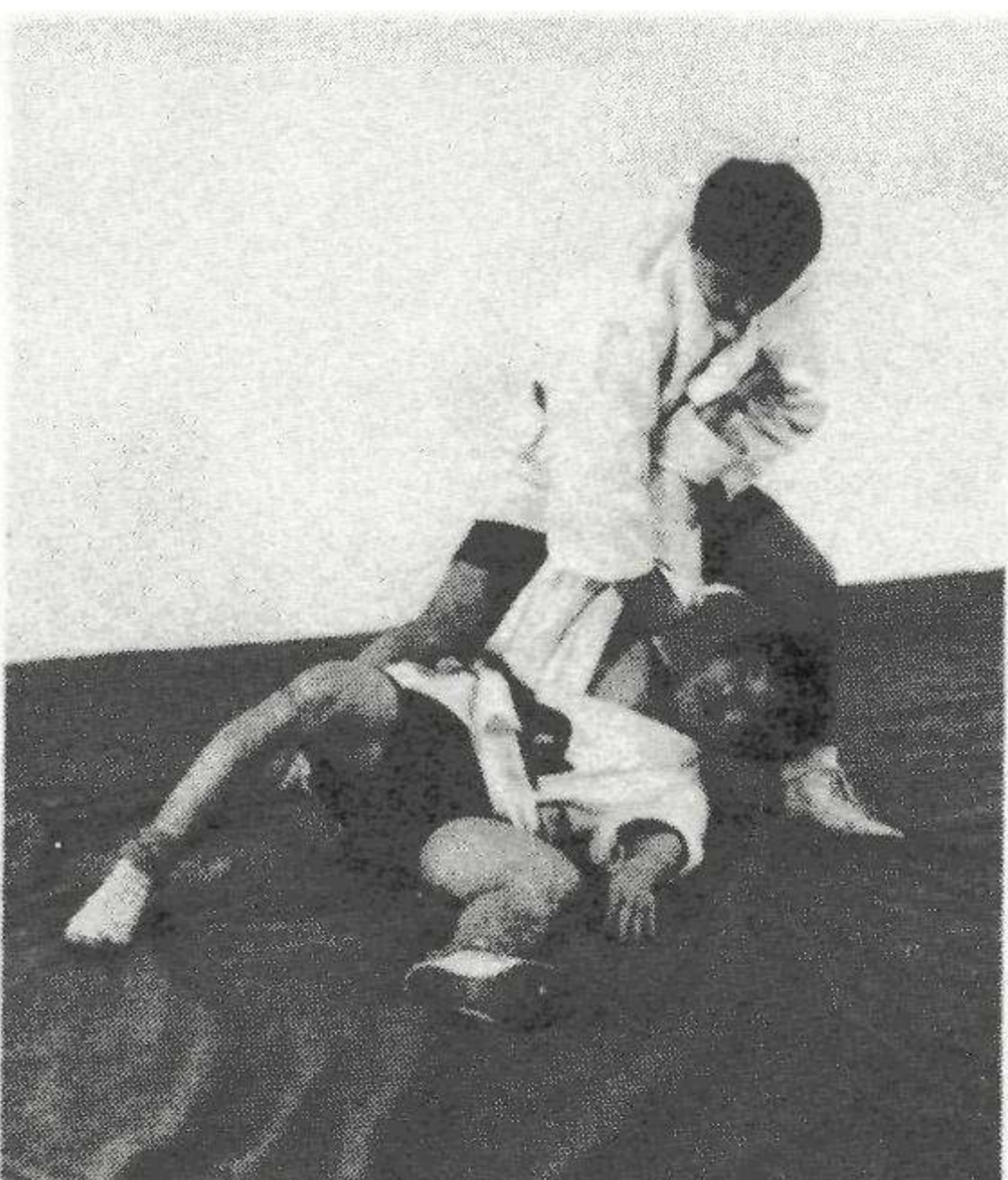
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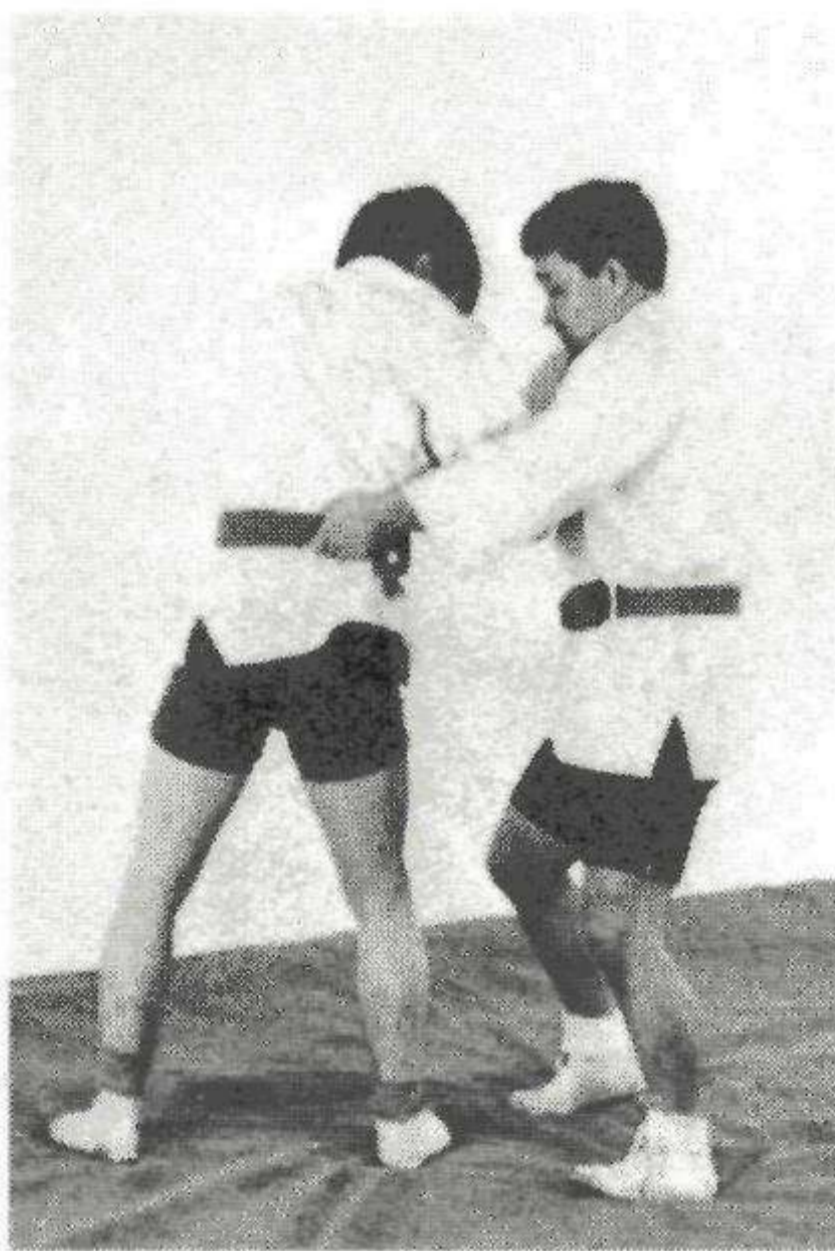
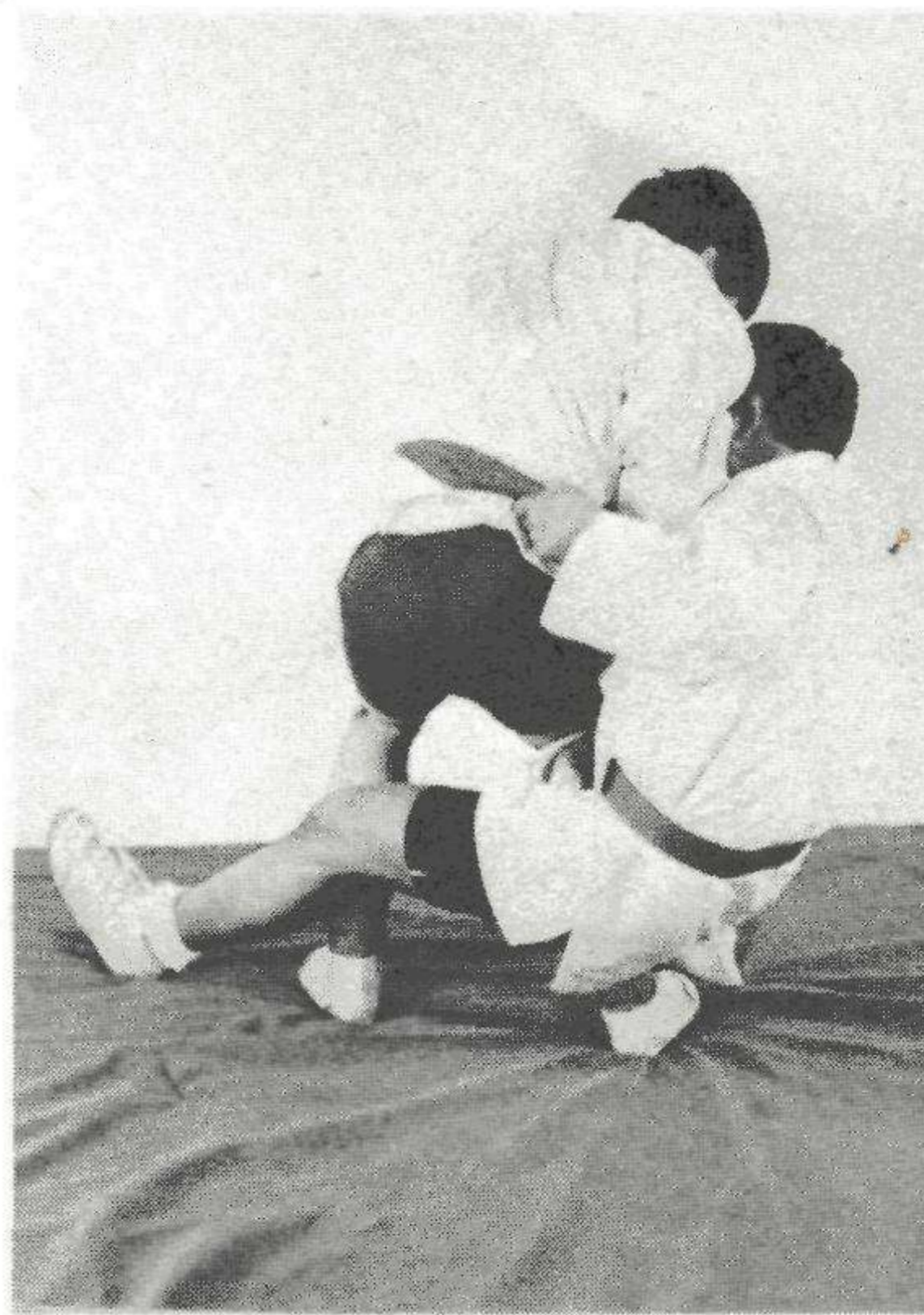


(6)

1 E. HEEL KNEELING TRIP

Grasp the opponent with the left hand at the belt and with the right at the left lapel (1). Pull the right leg forward (2) and put the left leg on the heel back of the legs of the opponent (3). Sitting down (4), pull the opponent to the left and backwards (5), throw him on the back over the leg. (6)

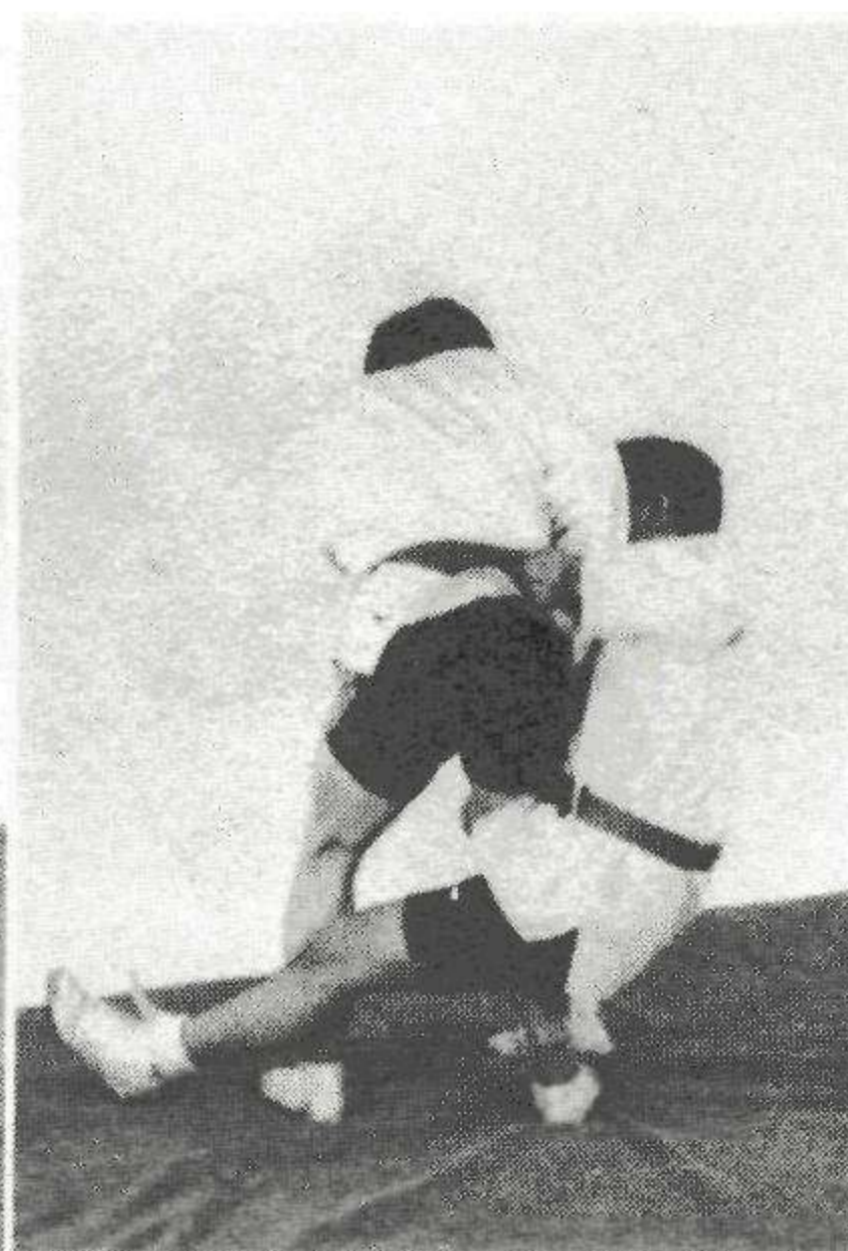
Self safeguarding – back fall (7).



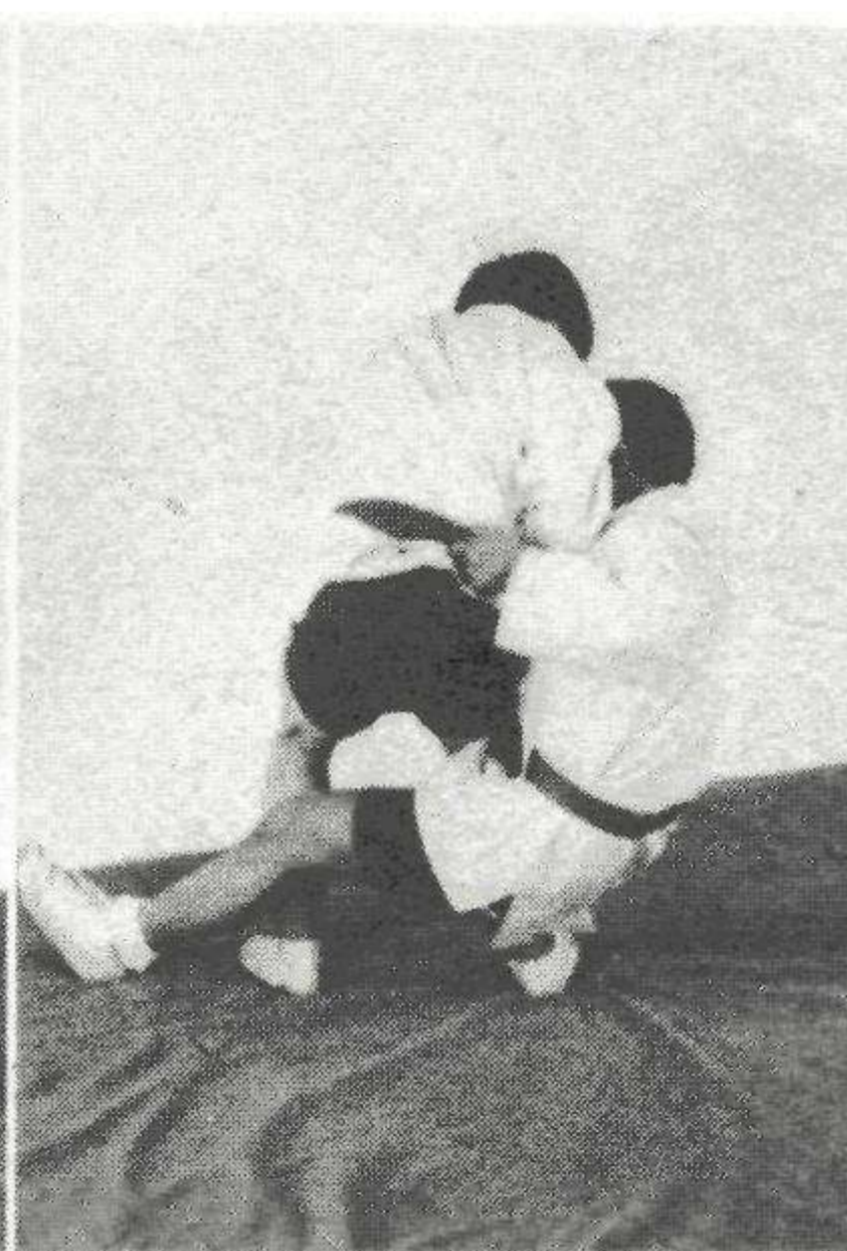
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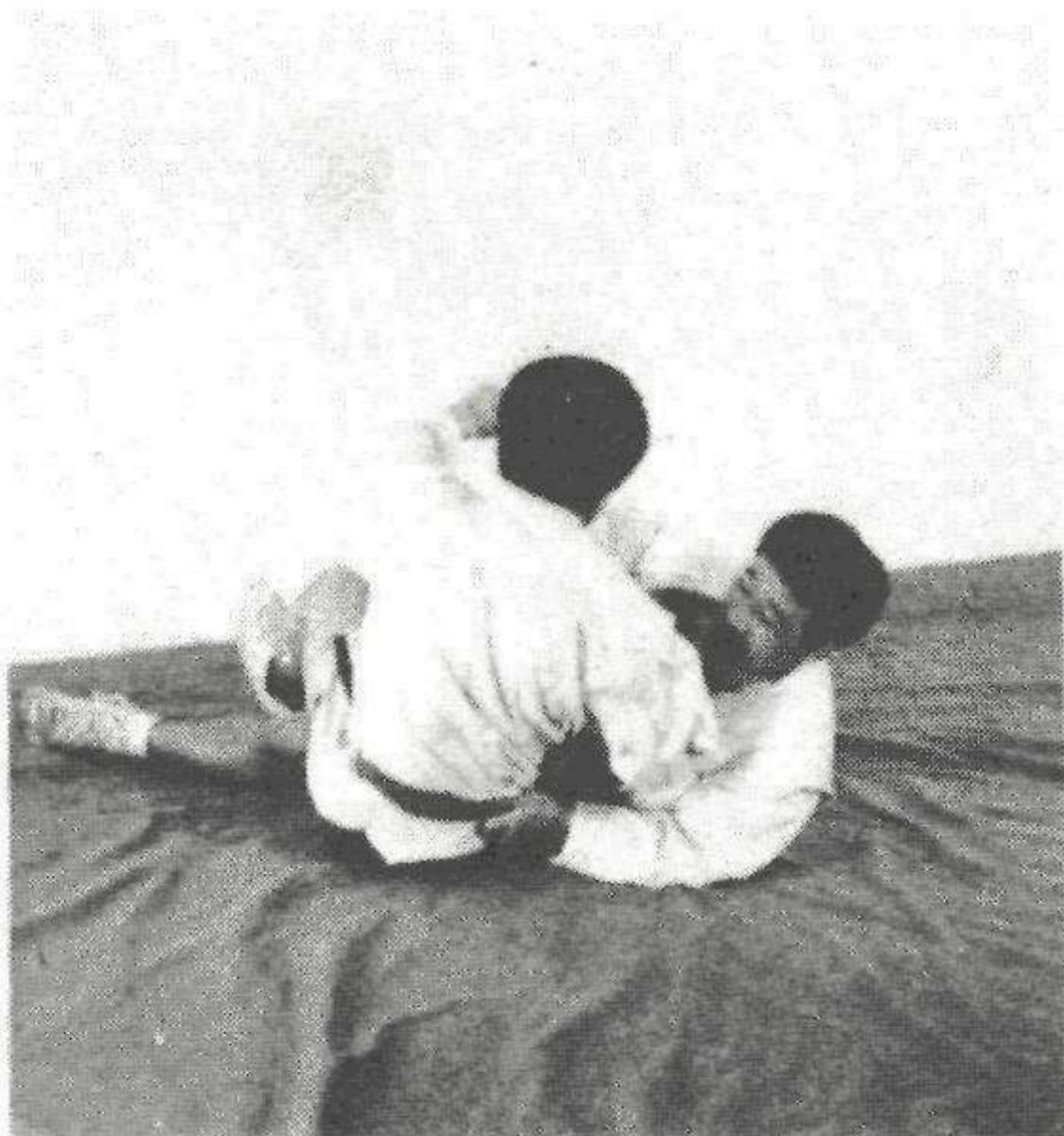
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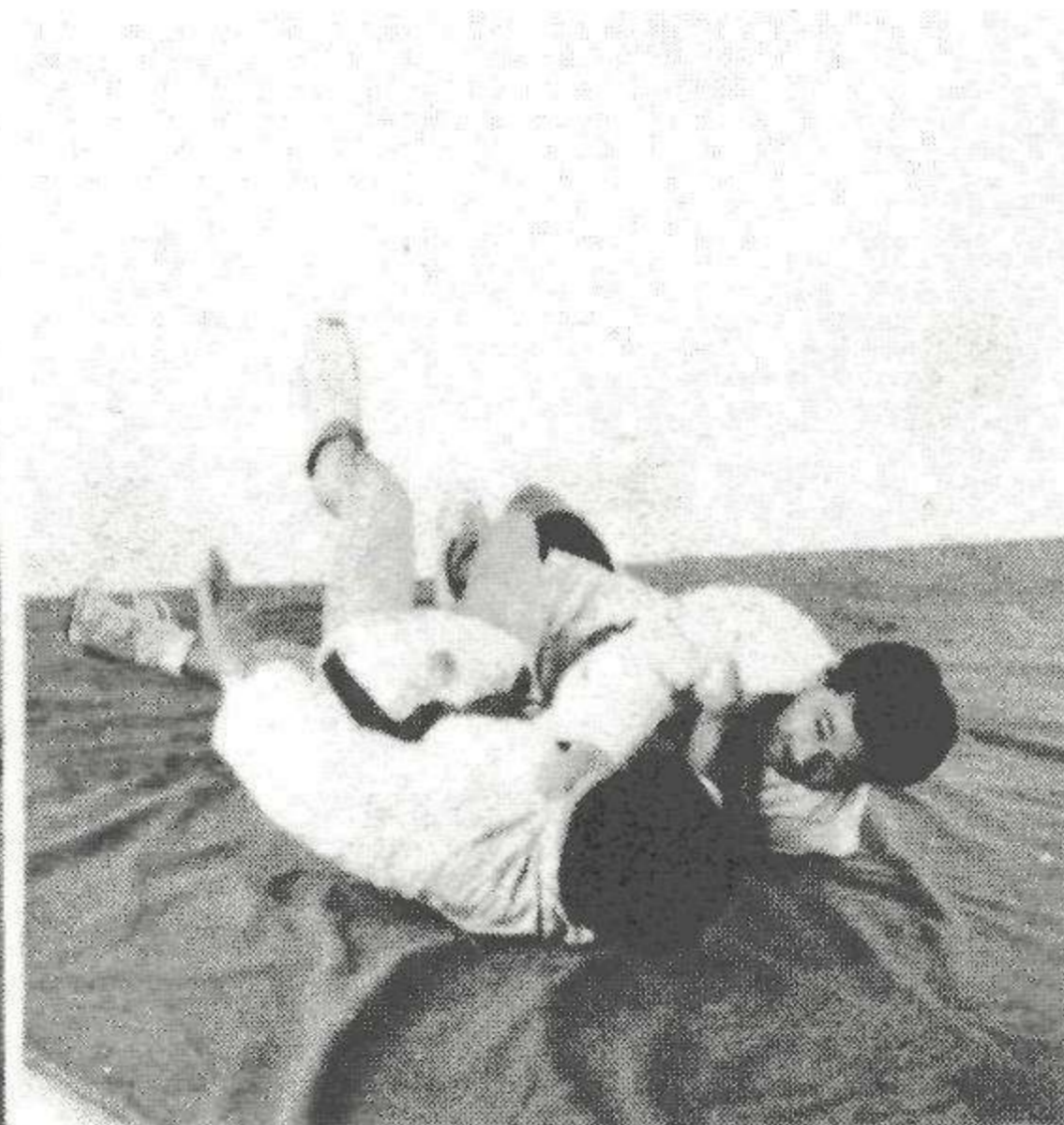
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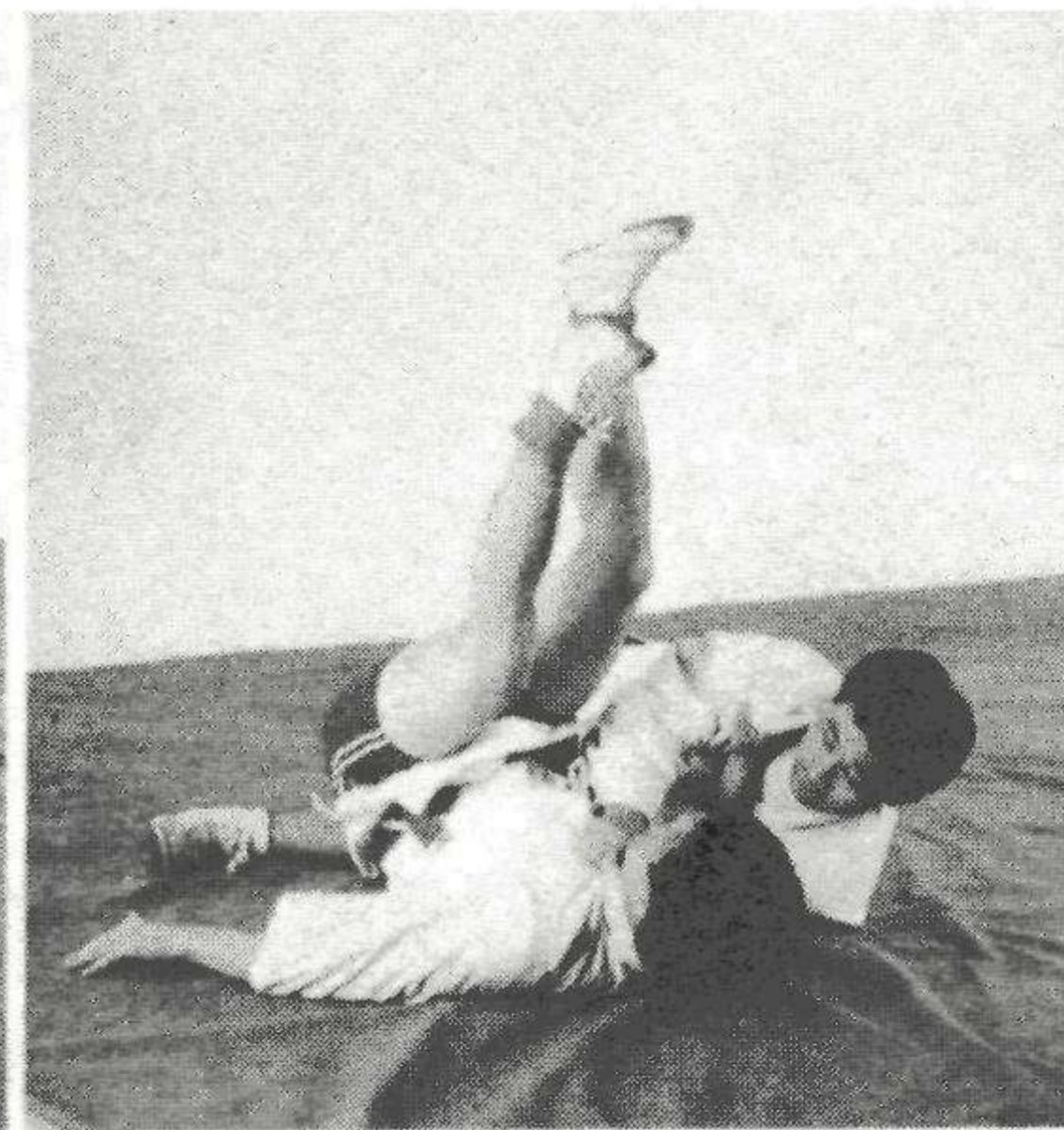
(4)



(5)



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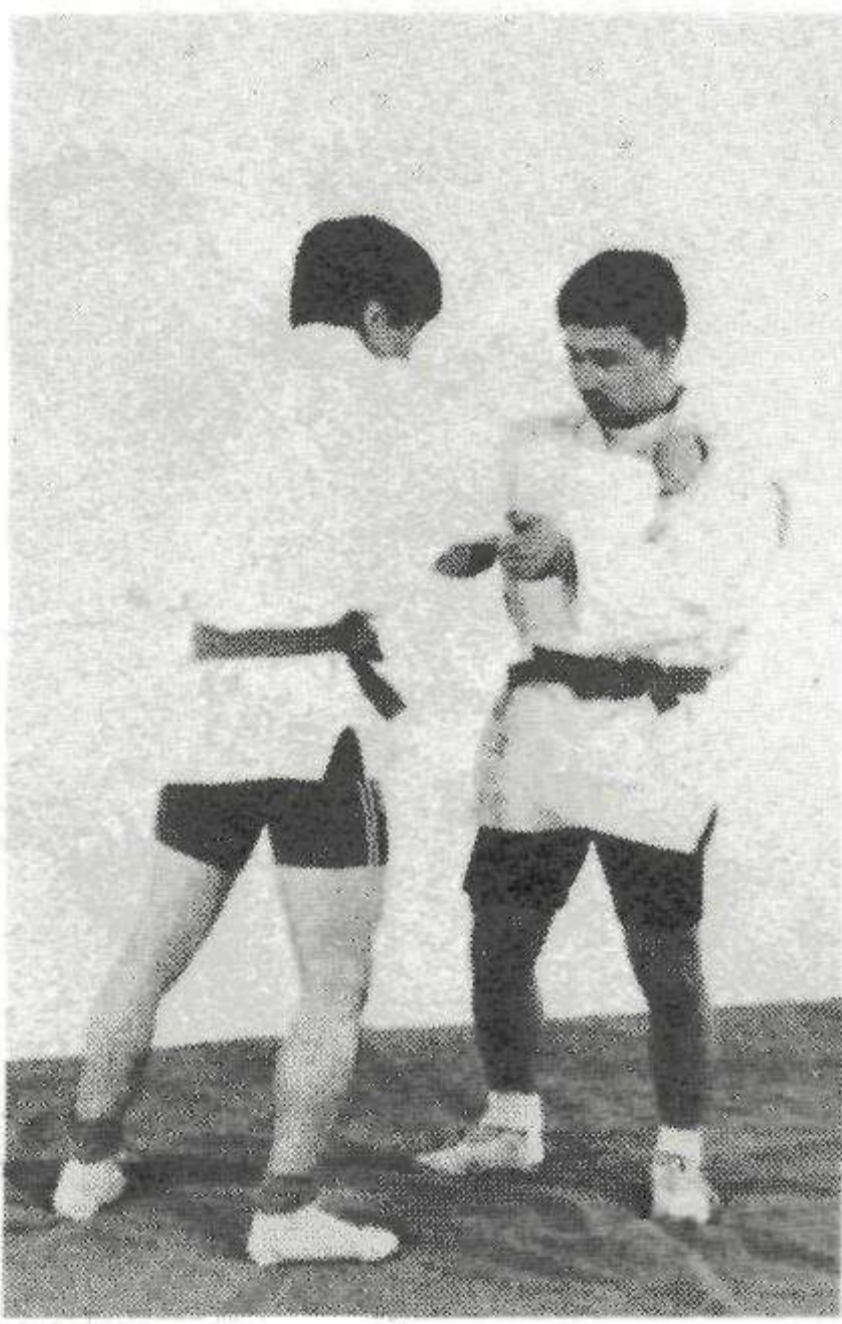


2 A. SUCCEEDING LEG PULLING THROW

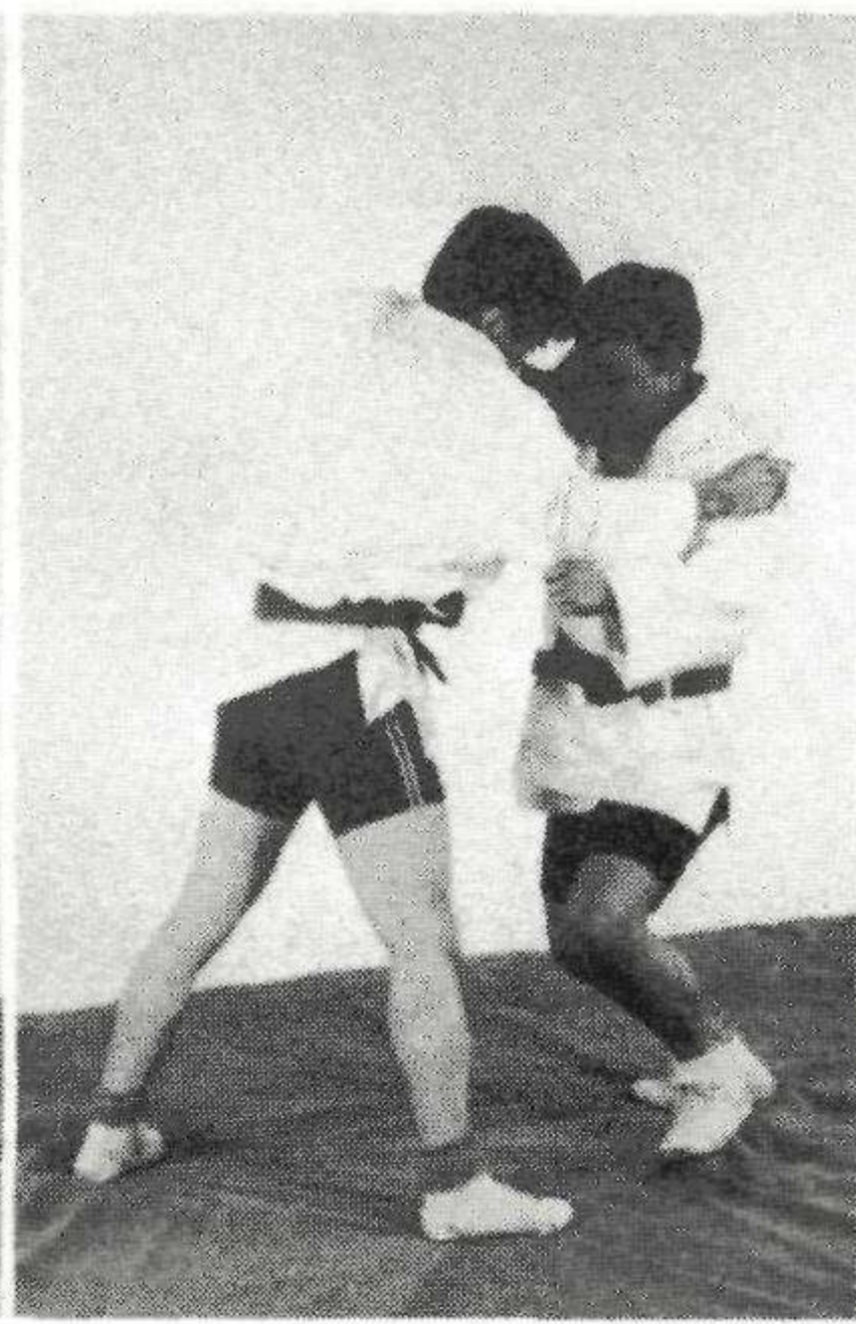
Grasp the opponent with both hands under the elbows (1). Pulling the left sleeve downwards, shift opponent's body weight onto his right leg (2), do a step forward with the left foot, squat and grasp the right leg with the left hand from outside (3). Lifting the right leg up (4), shift opponent's body weight onto the left leg and grasp it with the right hand from outside (5).

Lifting opponent's left leg up (6), drop the opponent (7).

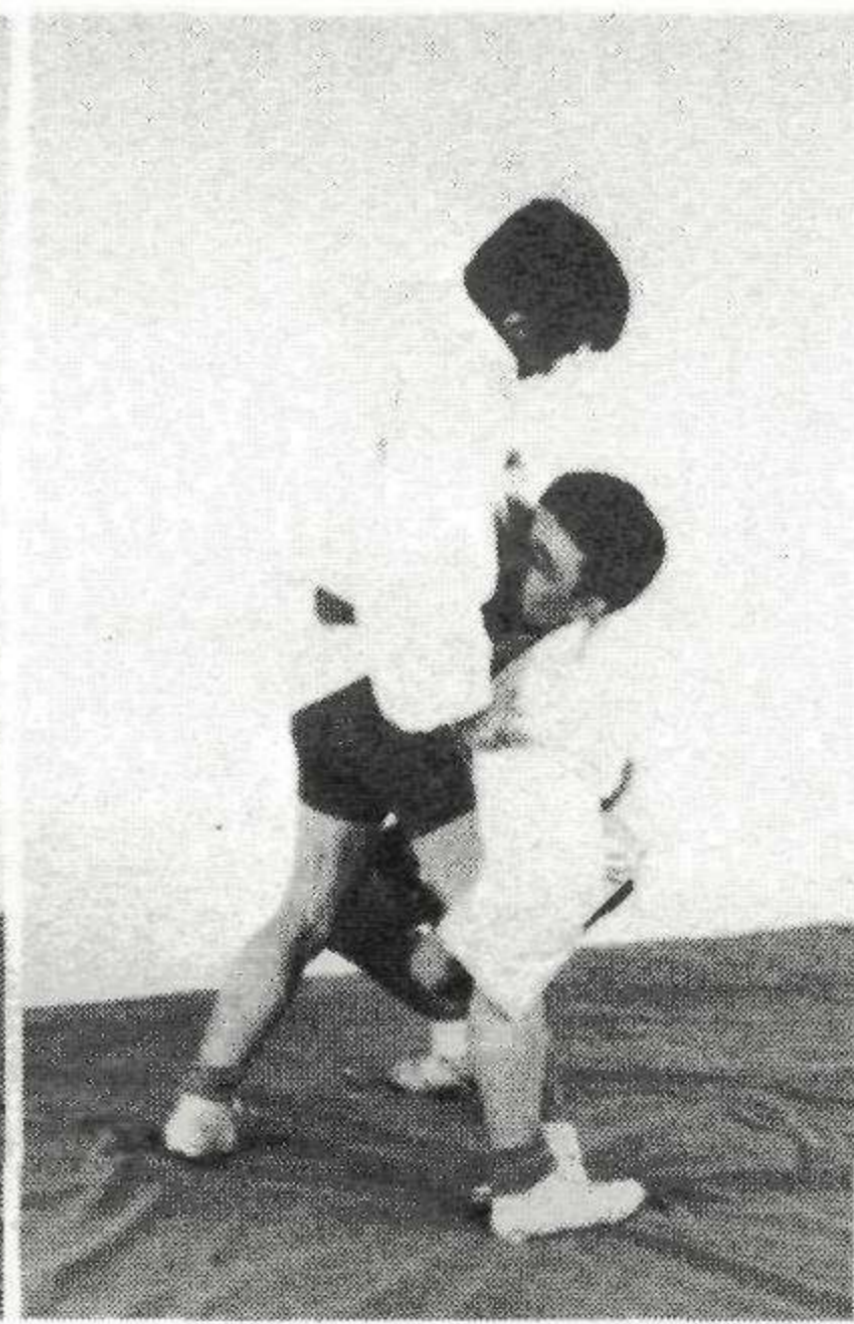
Safeguarding — by the legs. Self safeguarding — back fall (8).



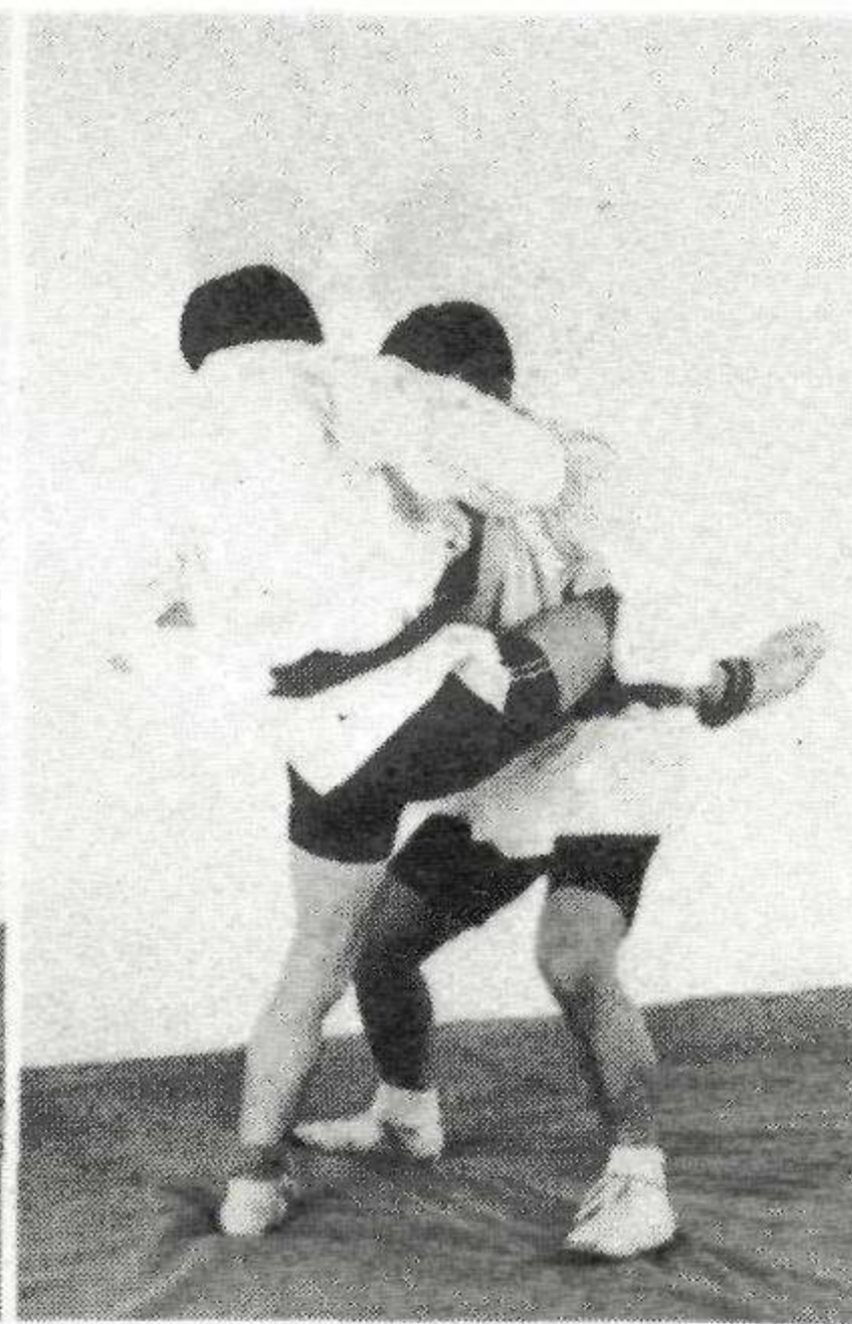
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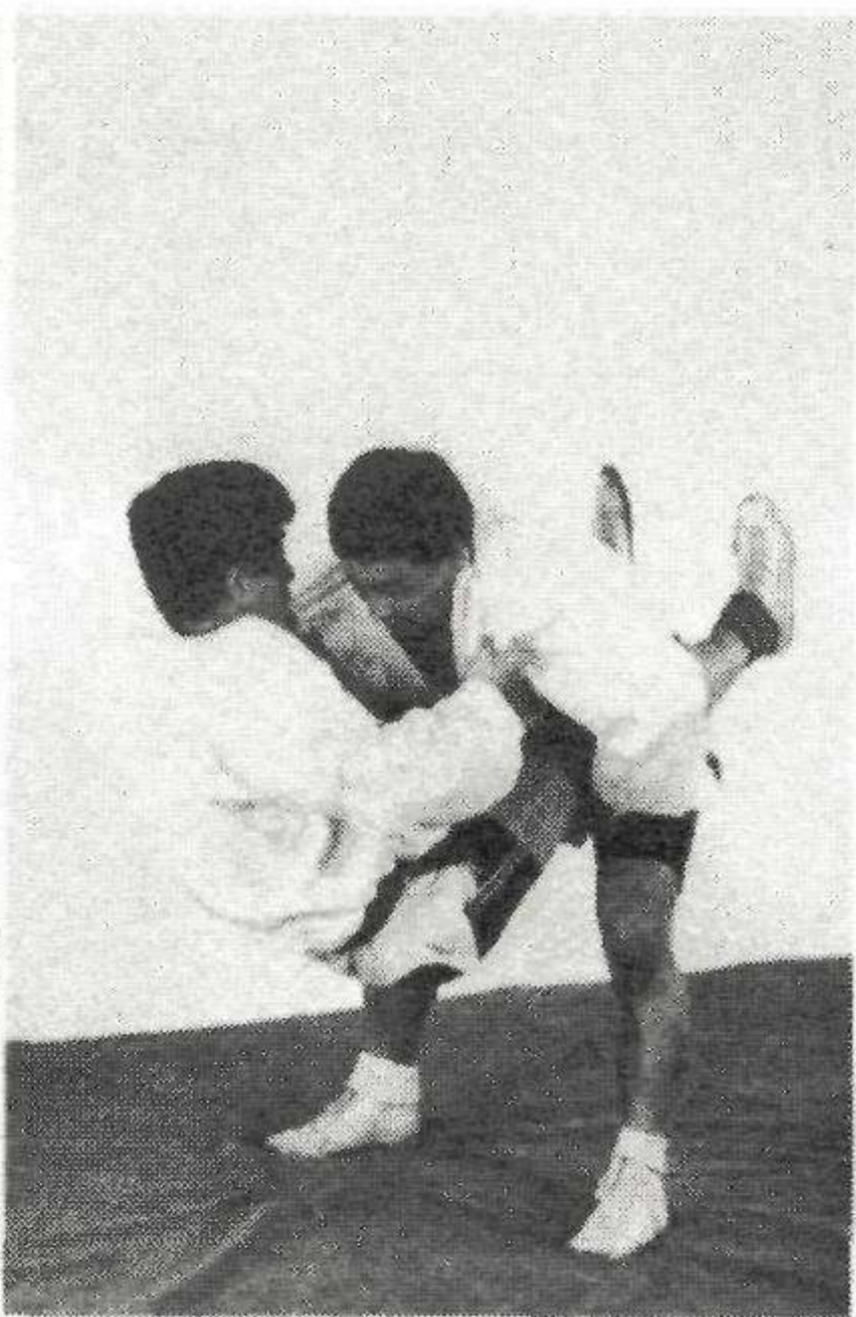
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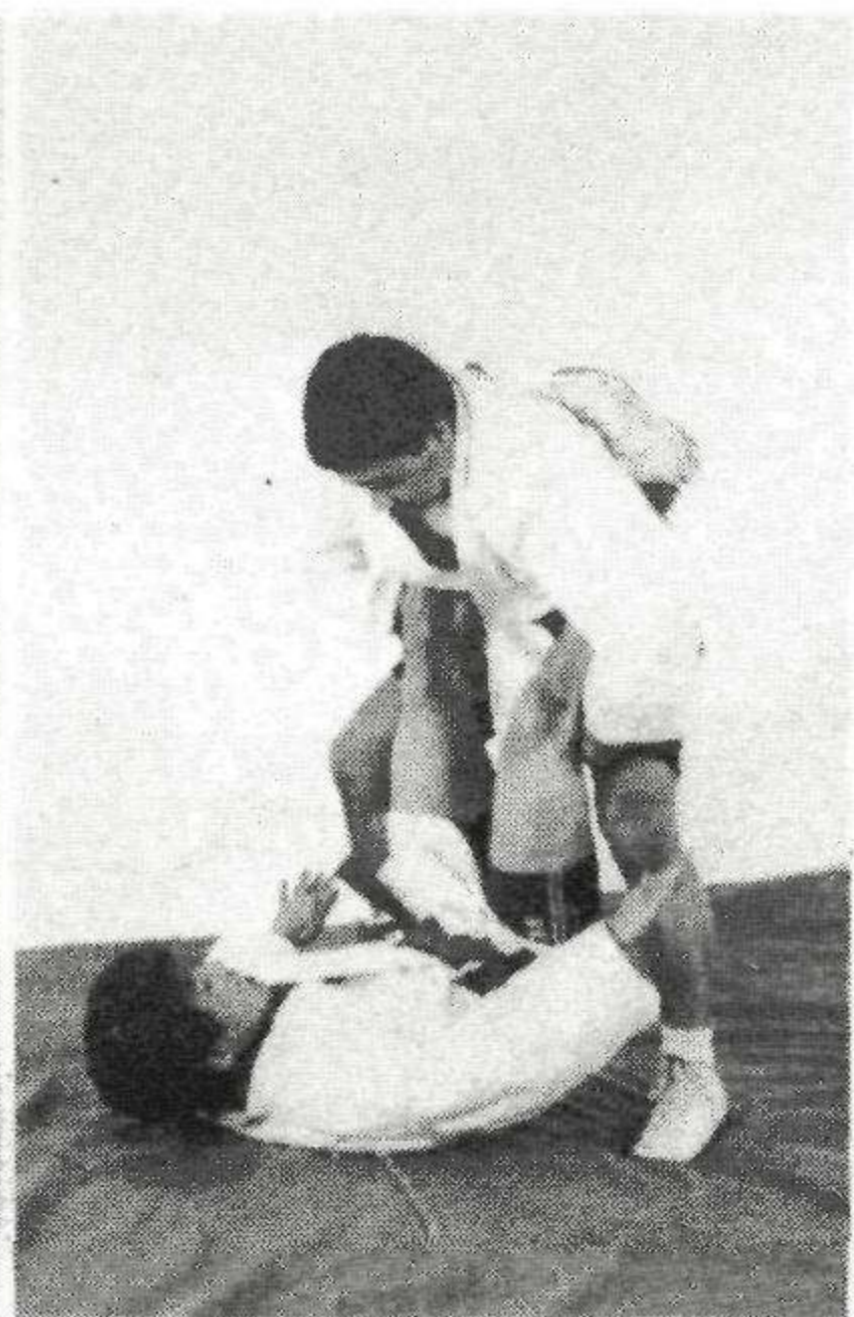
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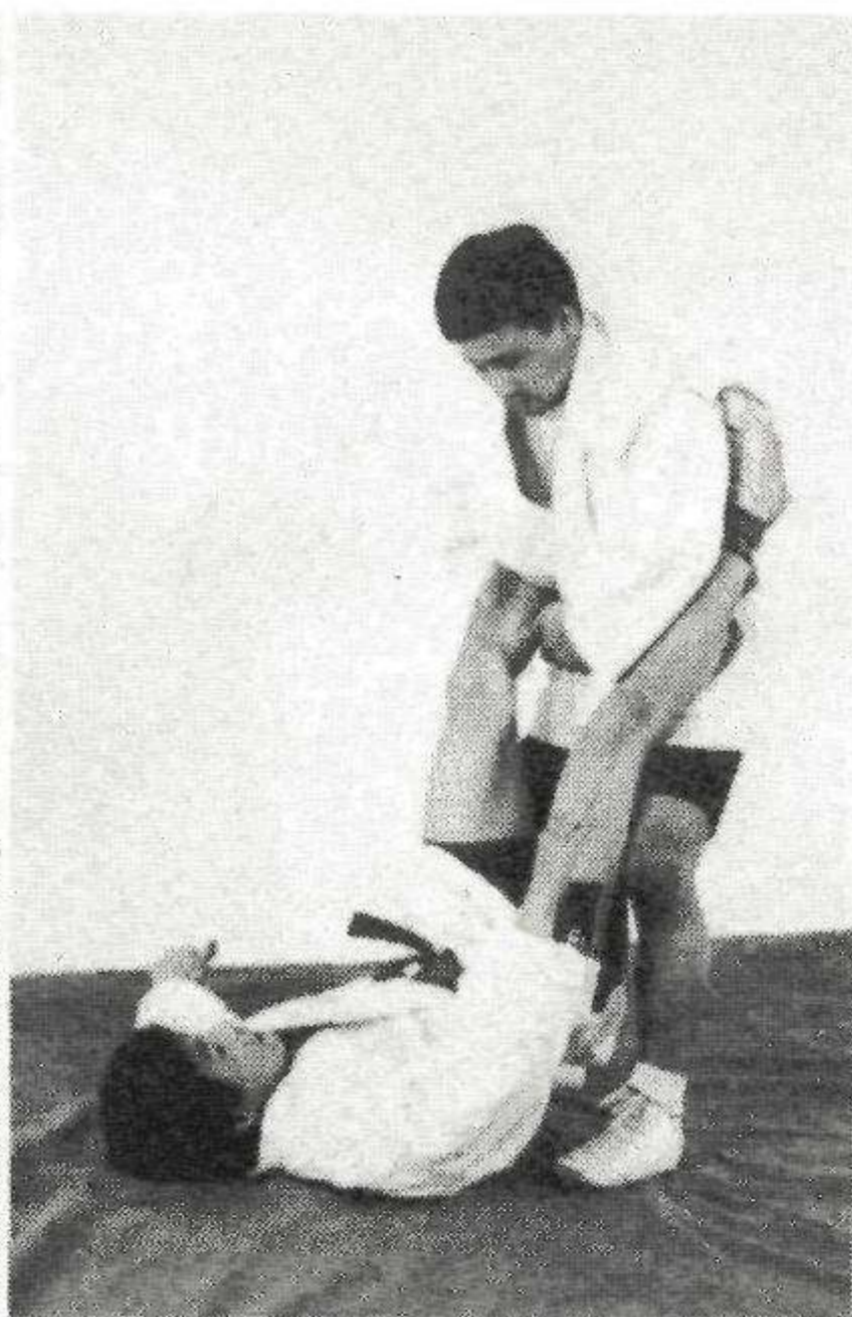
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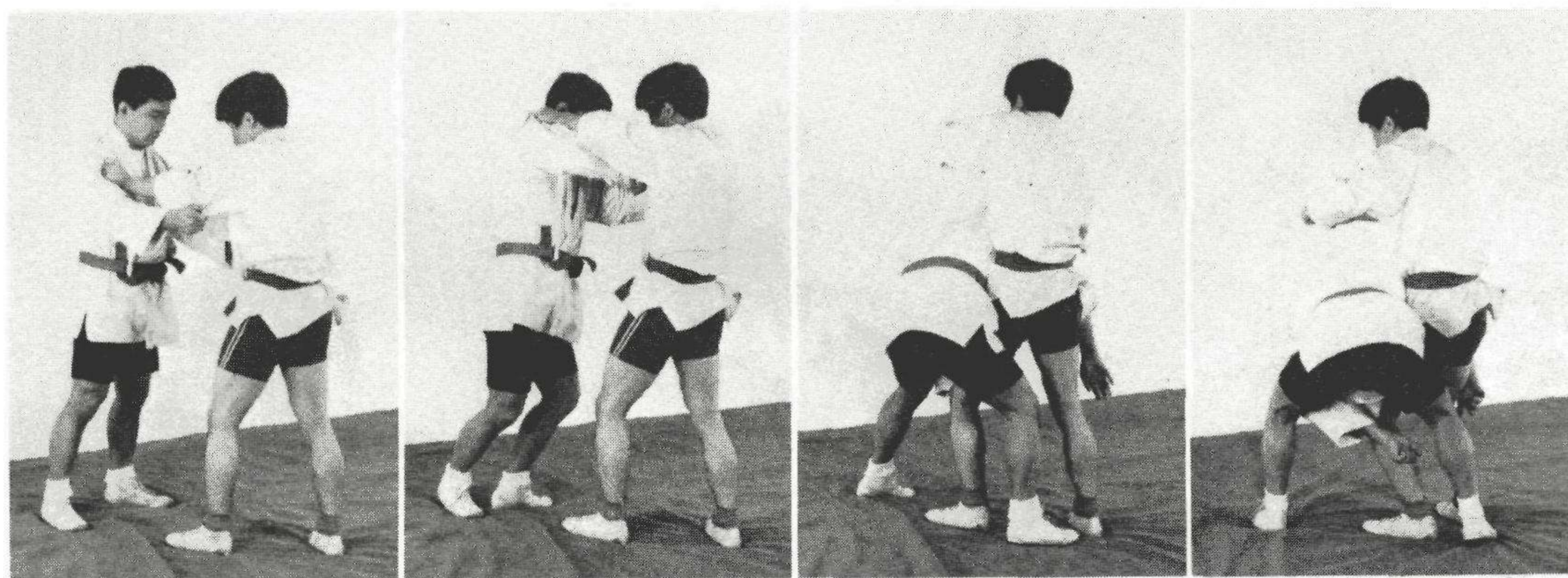
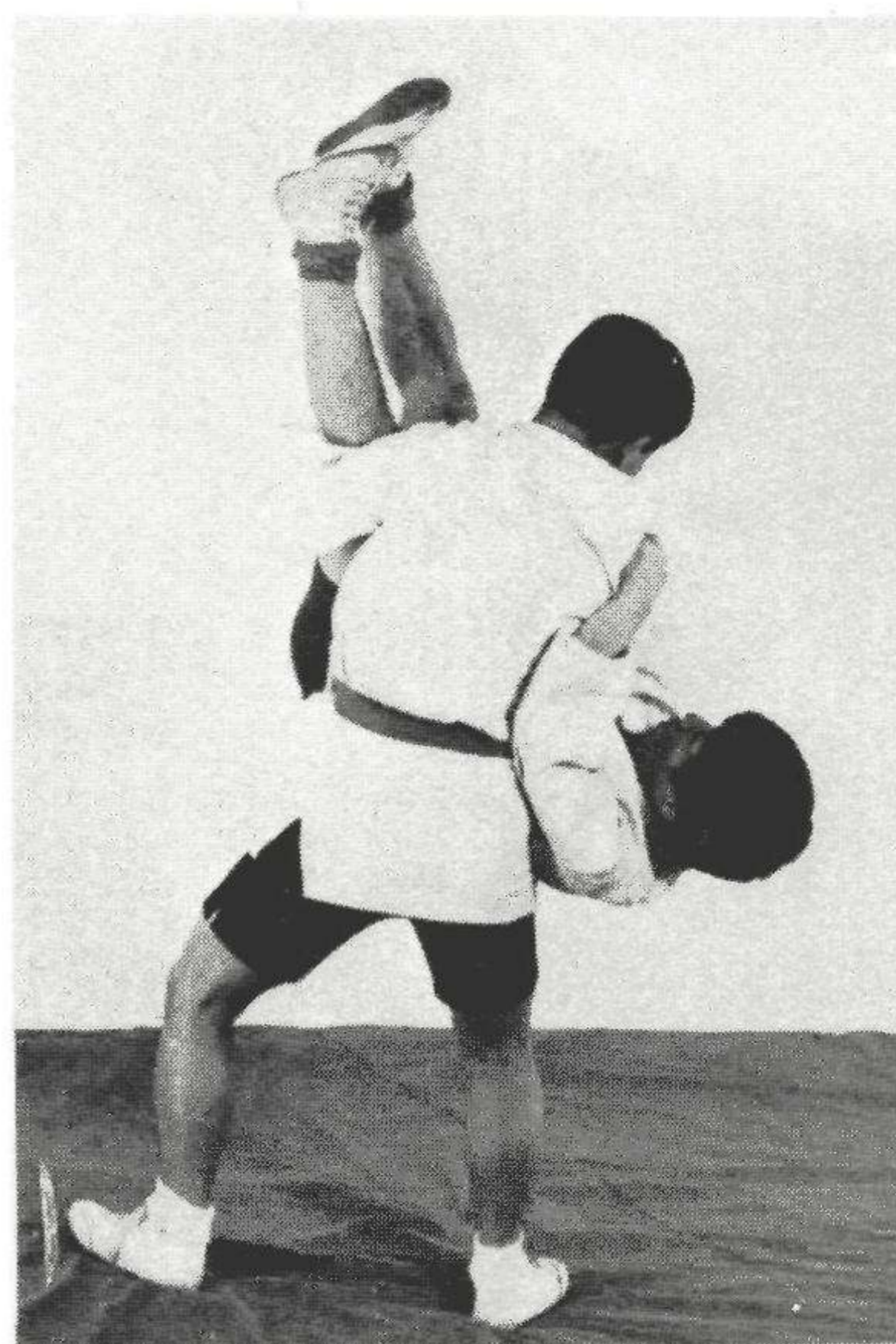


(8)

2 B. REVERSE LEGSGRIP THROW

The opponent has the left stance (1). Release the grip on his sleeves (2) and do a step with the right foot forwards and to the right, putting it back of opponent's left leg (3). Crouching and squatting (4), embrace his legs with both hands with outside hip grip (5). Standing up (6), heave up the opponent at the legs to the left (7), then drawing the right leg backwards throw the opponent on the mat (8).

Safeguarding — by both legs. Self safeguarding — back fall.

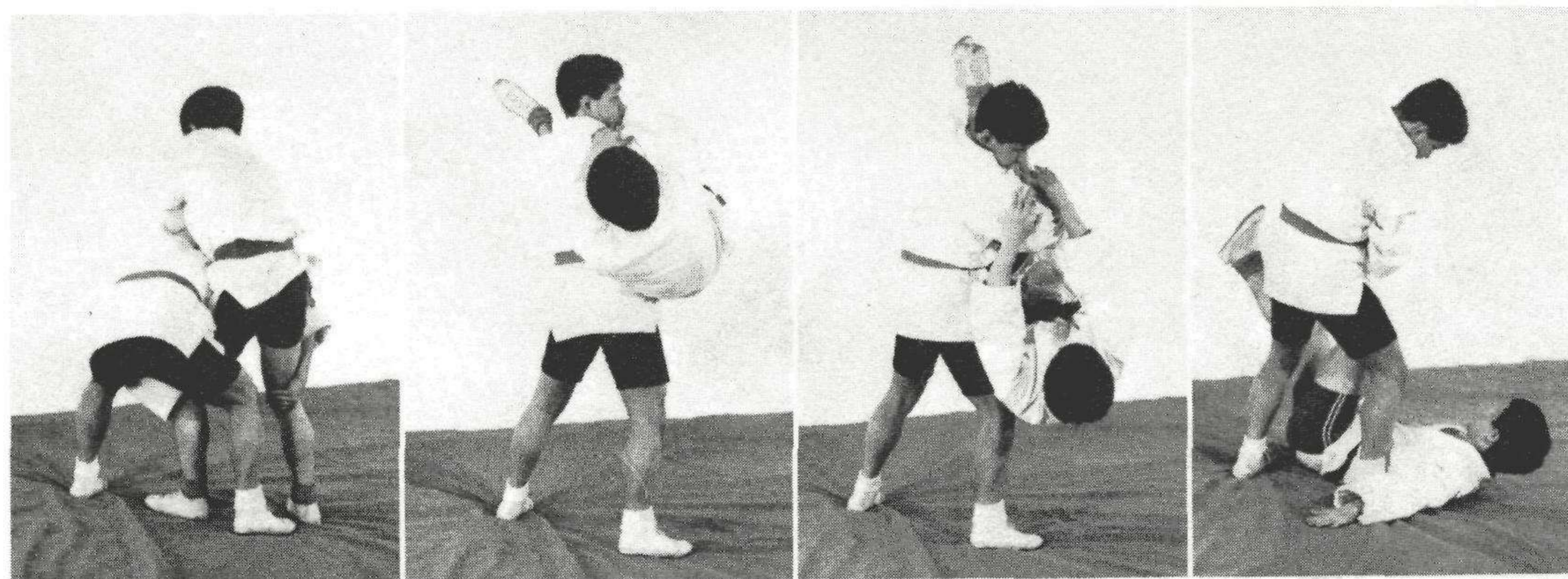


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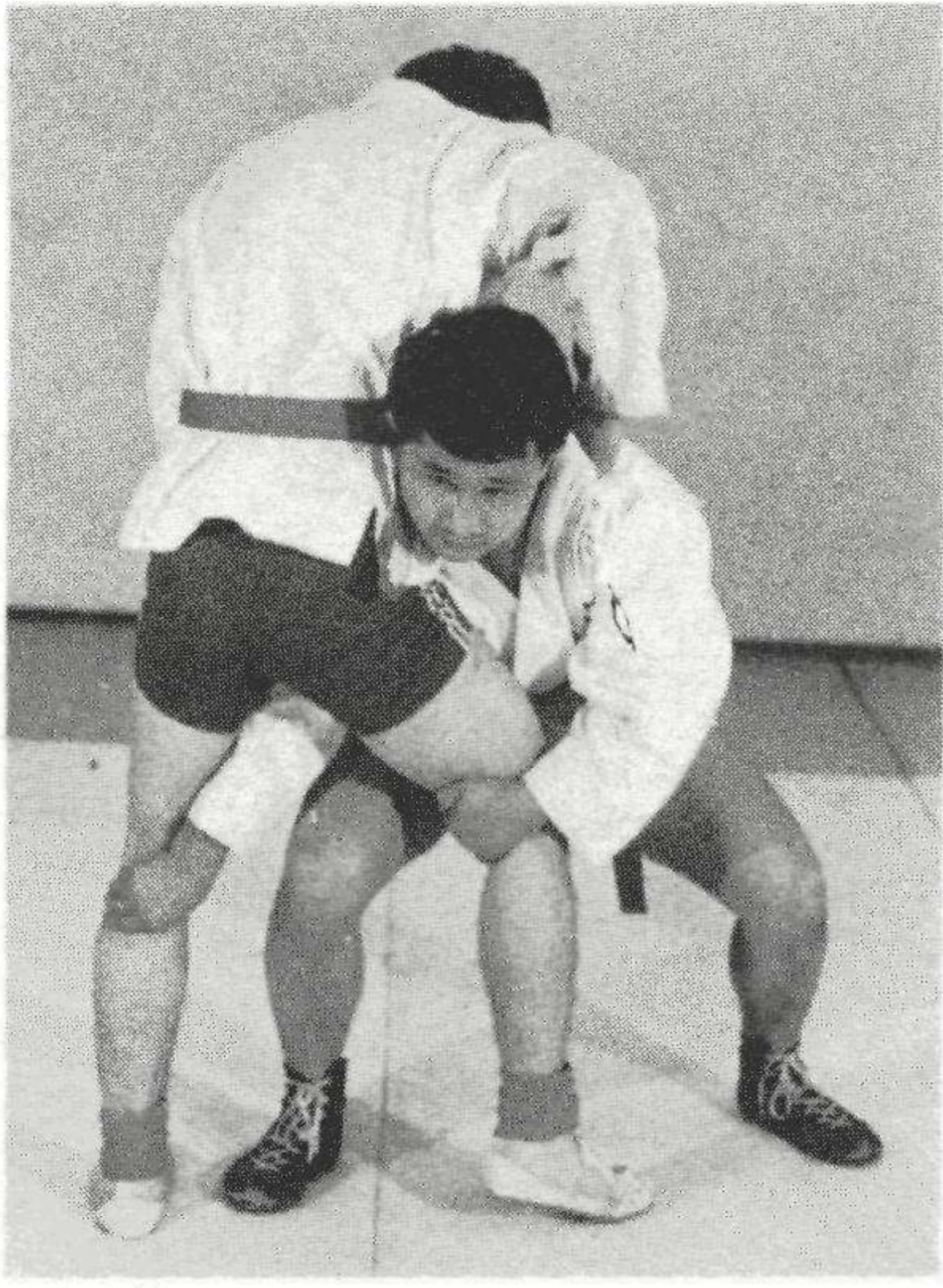


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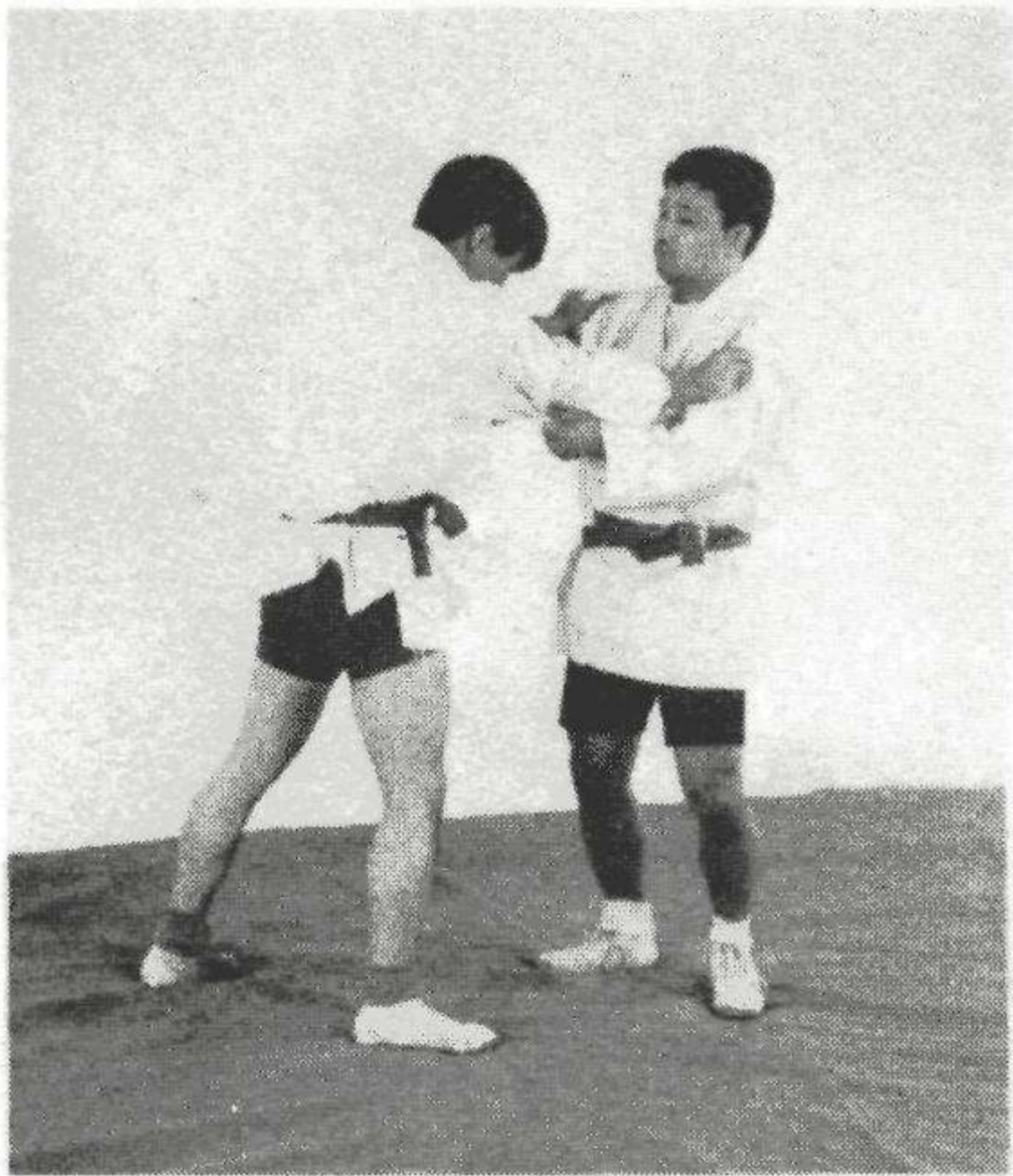
(8)



2 C. INSIDE-OUTSIDE LEG GRIP THROW

Grasp the opponent under both elbows (1). Releasing the grip do a step with the right foot forward (2) then dive under opponent's left arm and grasp at his knee sockets from outside with the left and from inside with the right hand (3). Unbending left opponent's legs up (4), then drawing back the right leg, throw the opponent on the mat (5).

Safeguarding — by the leg. Self safeguarding — back fall (6).



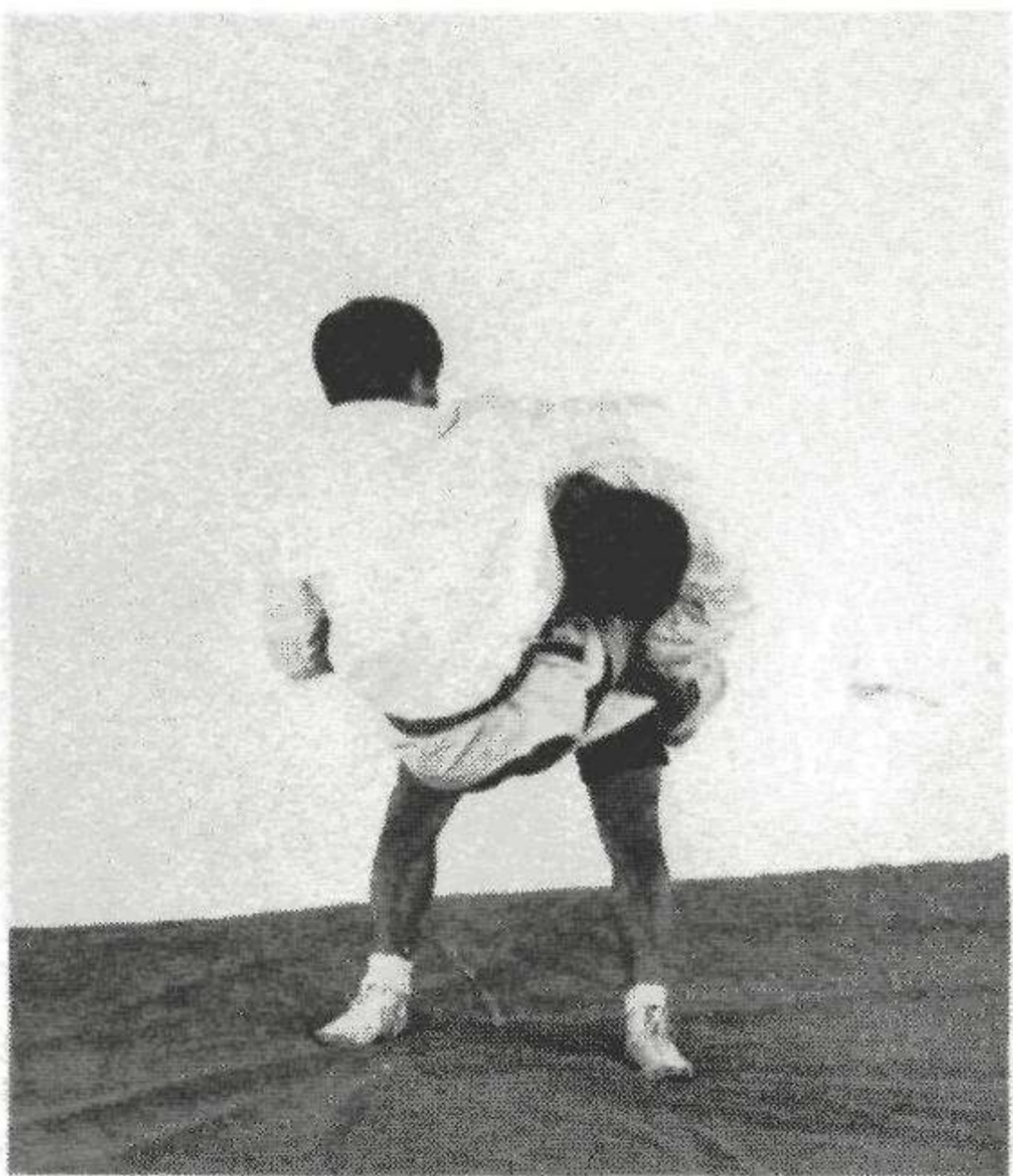
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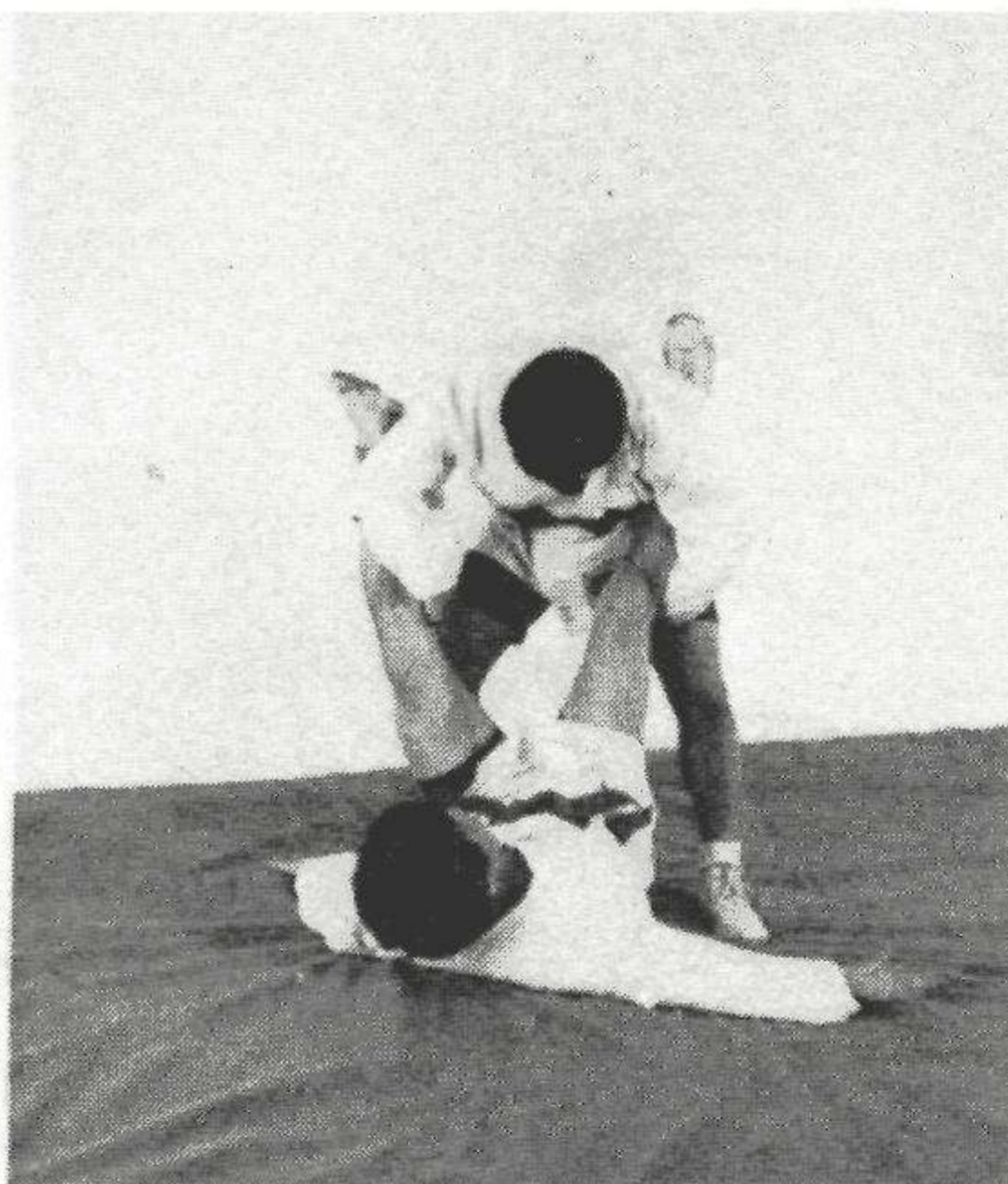
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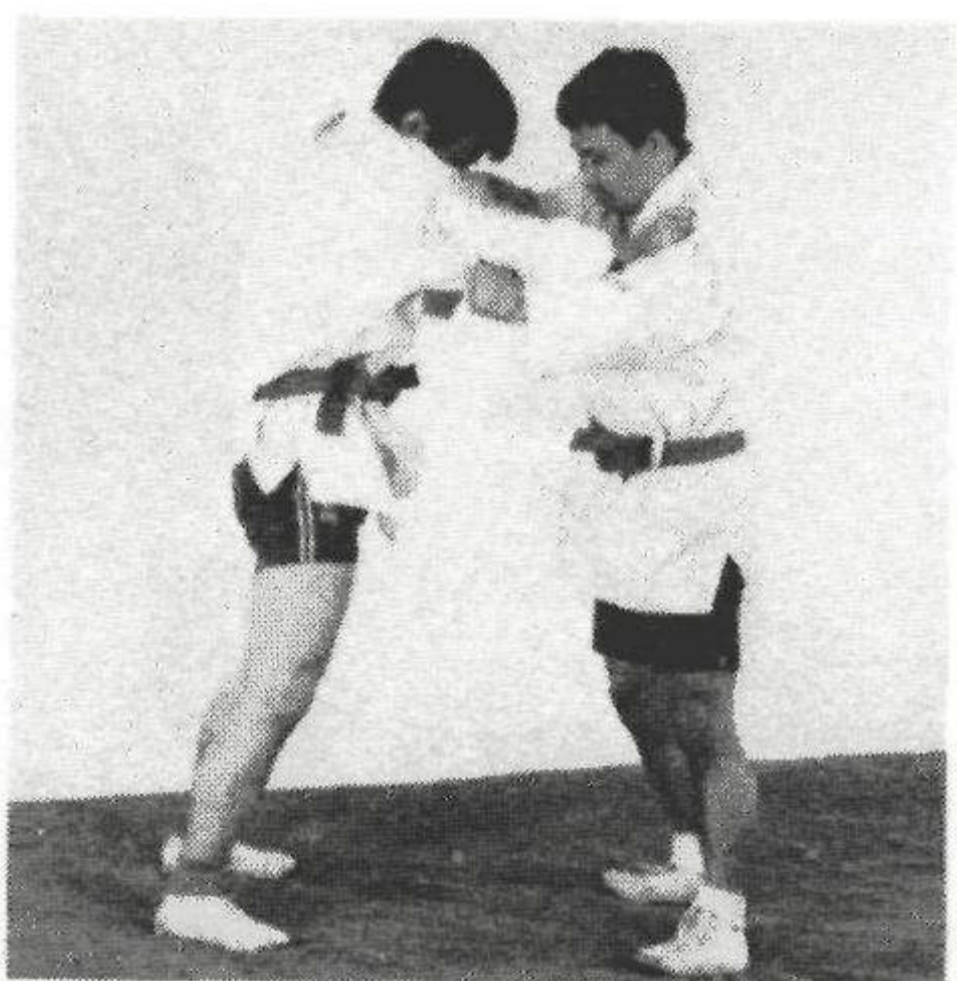
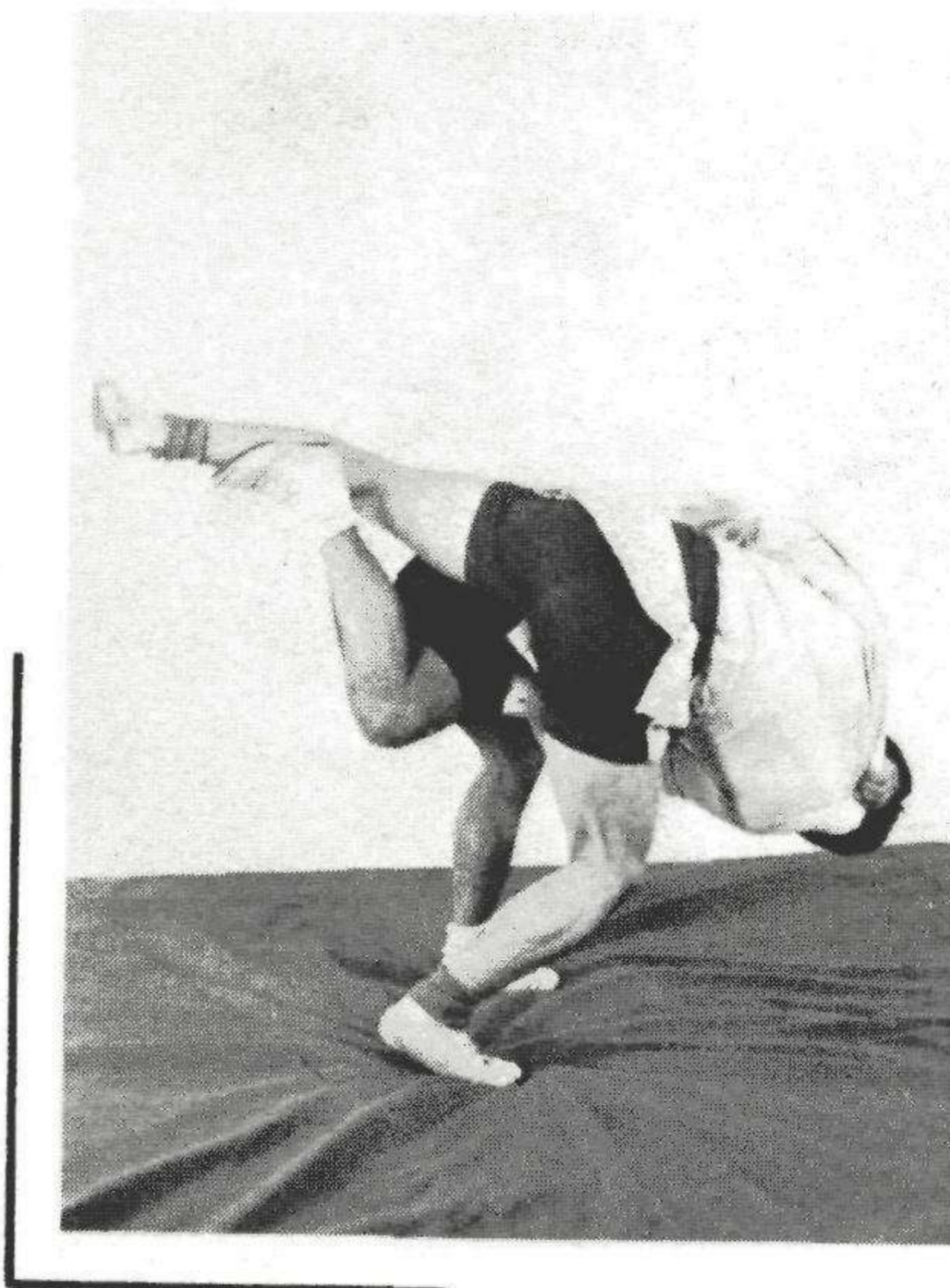


(6)

3 A. MAJOR INSIDE HOOK WITH SUPPORTING LEG TWIST

Grasp the opponent with the right hand at the collar and with the left at the sleeve under the right elbow (1). Do a step forward with the left foot (2), put extended right leg between opponent's legs (3) and hook his left leg at the knee socket with the right knee socket (4). Lifting the hooked leg up (5), pull the opponent to the left and downwards in the direction of his supporting leg (6) then throw him on the mat without releasing the leg hook (7-8).

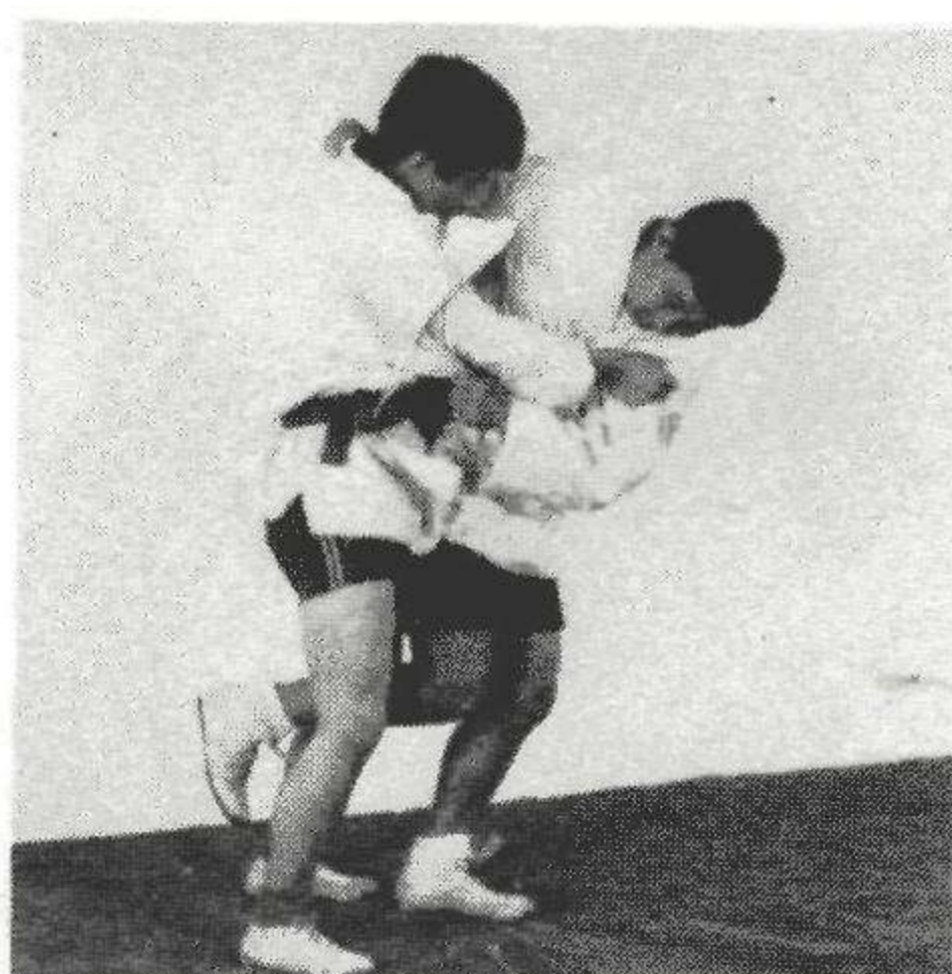
Safeguarding - by the right sleeve. Self safeguarding - left side fall (9).



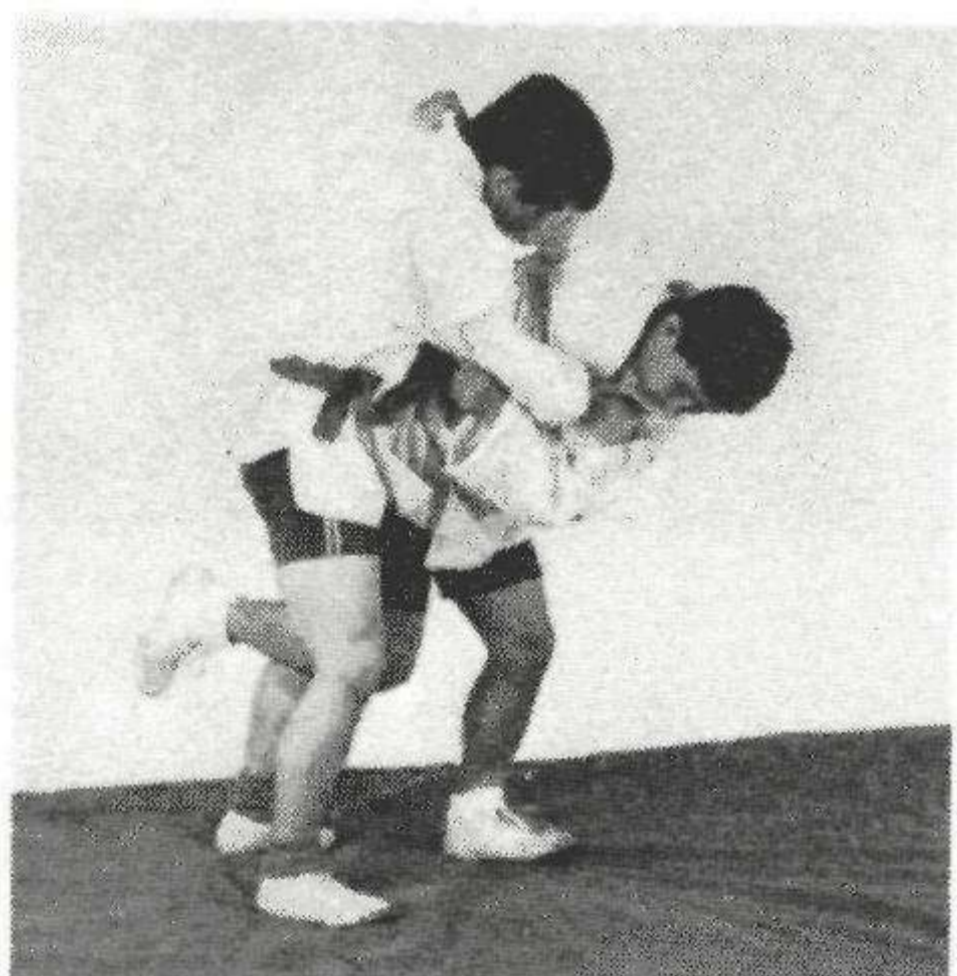
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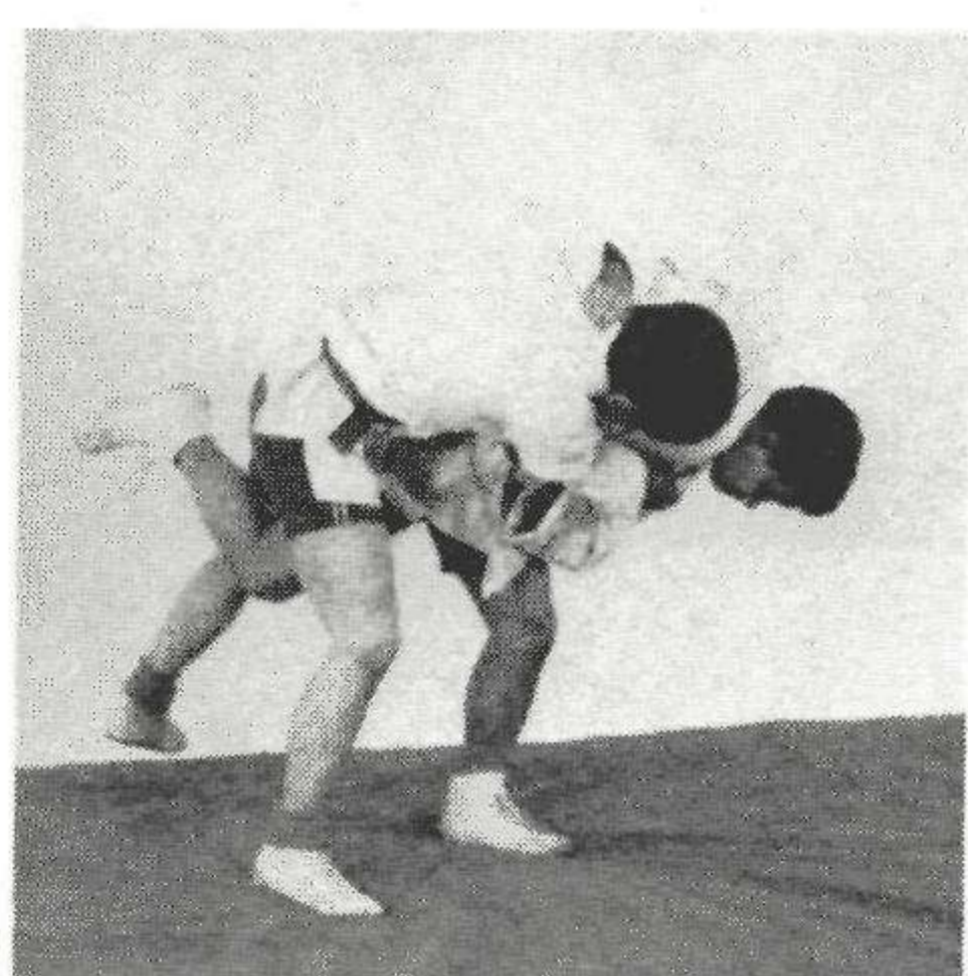
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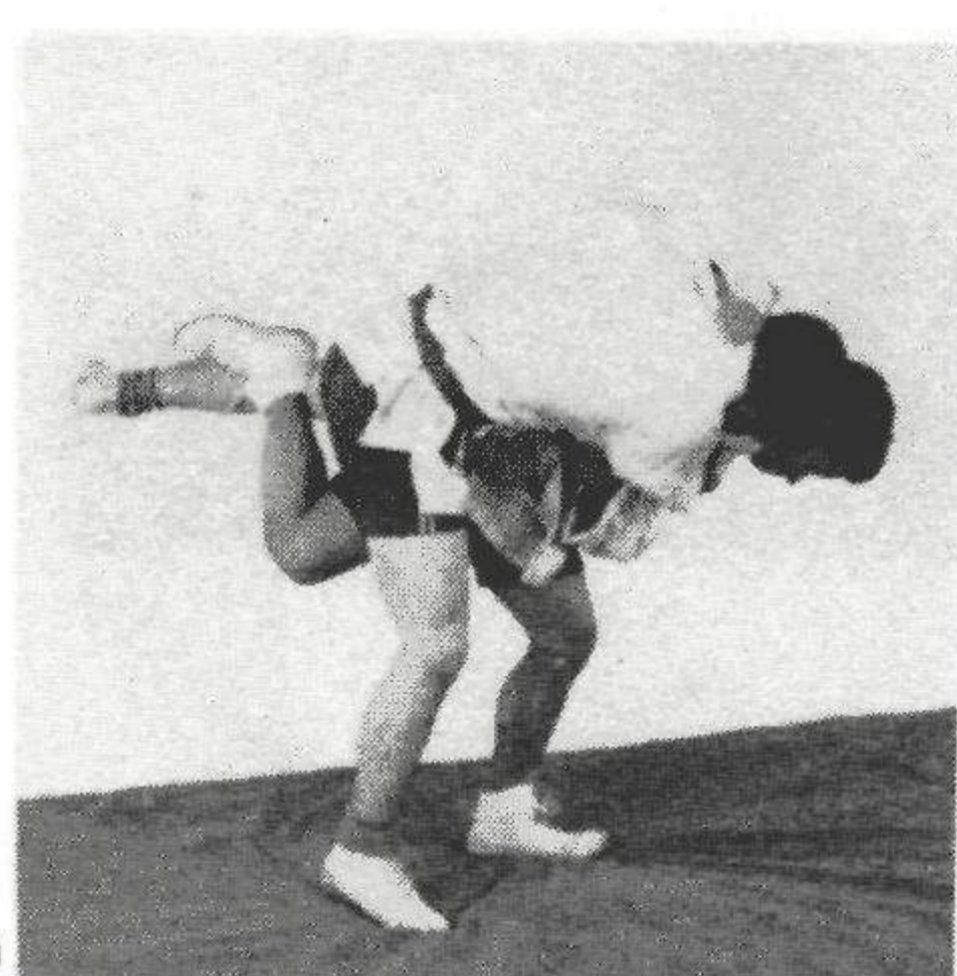
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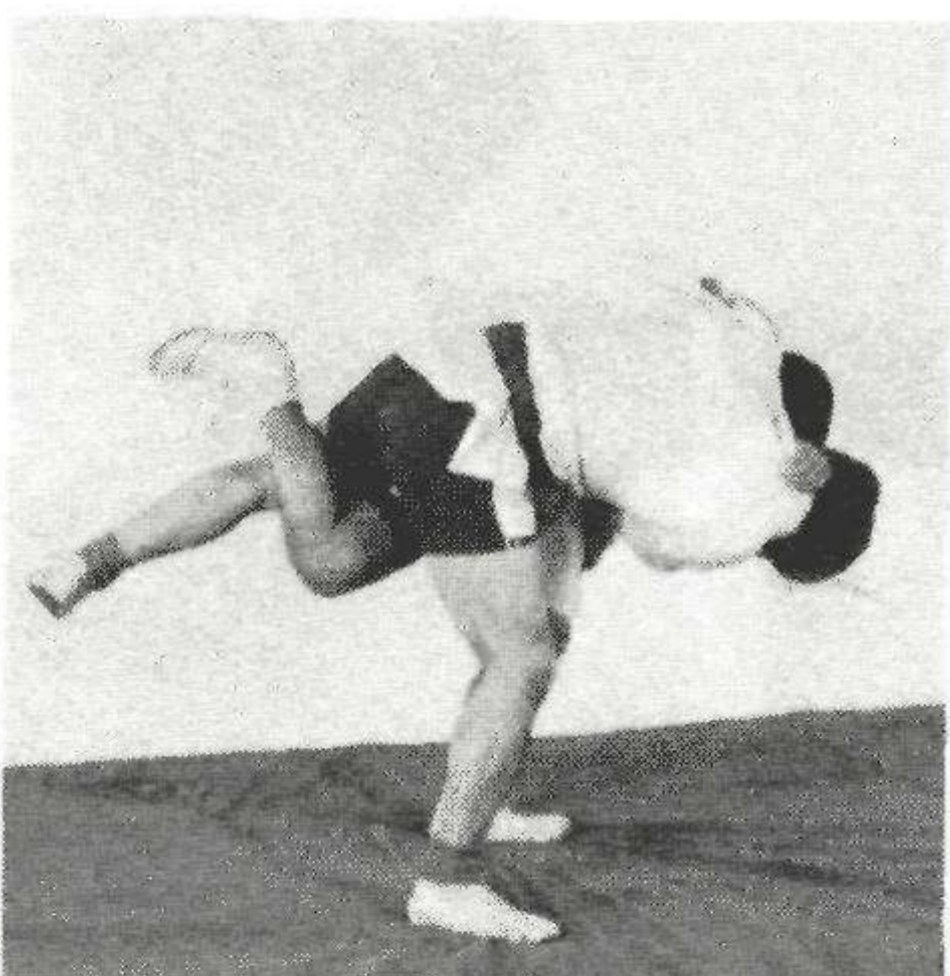
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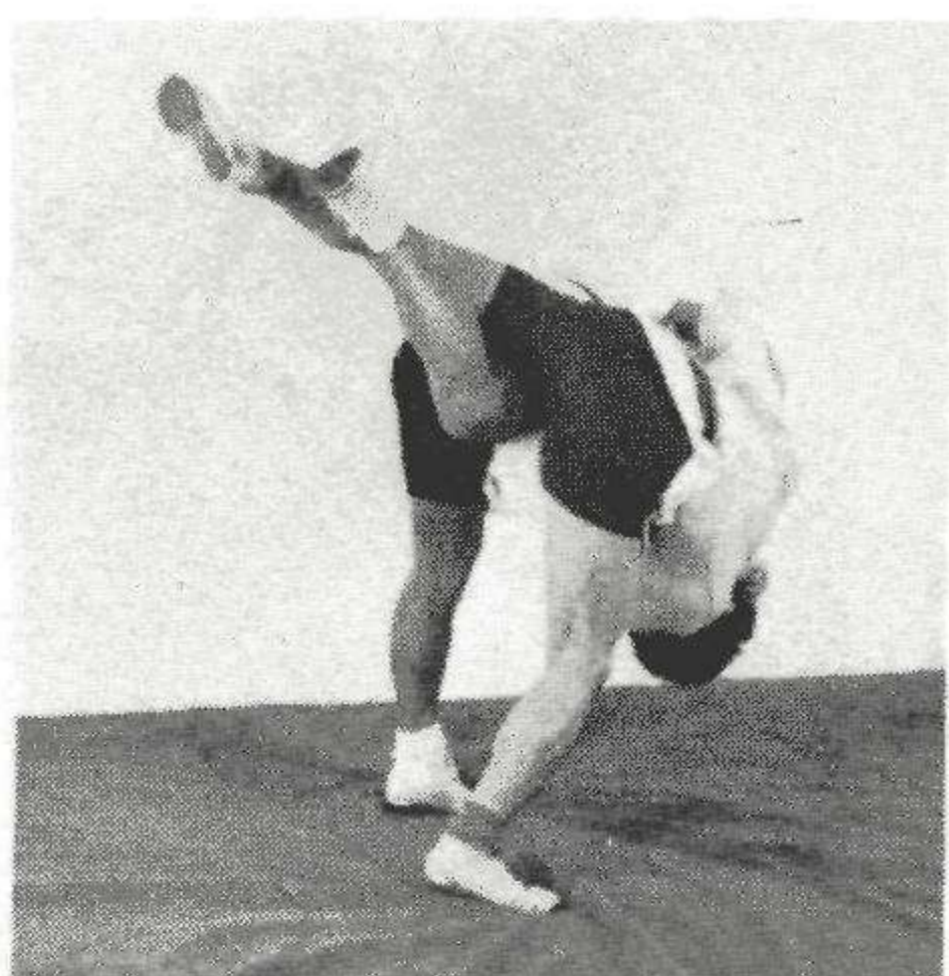
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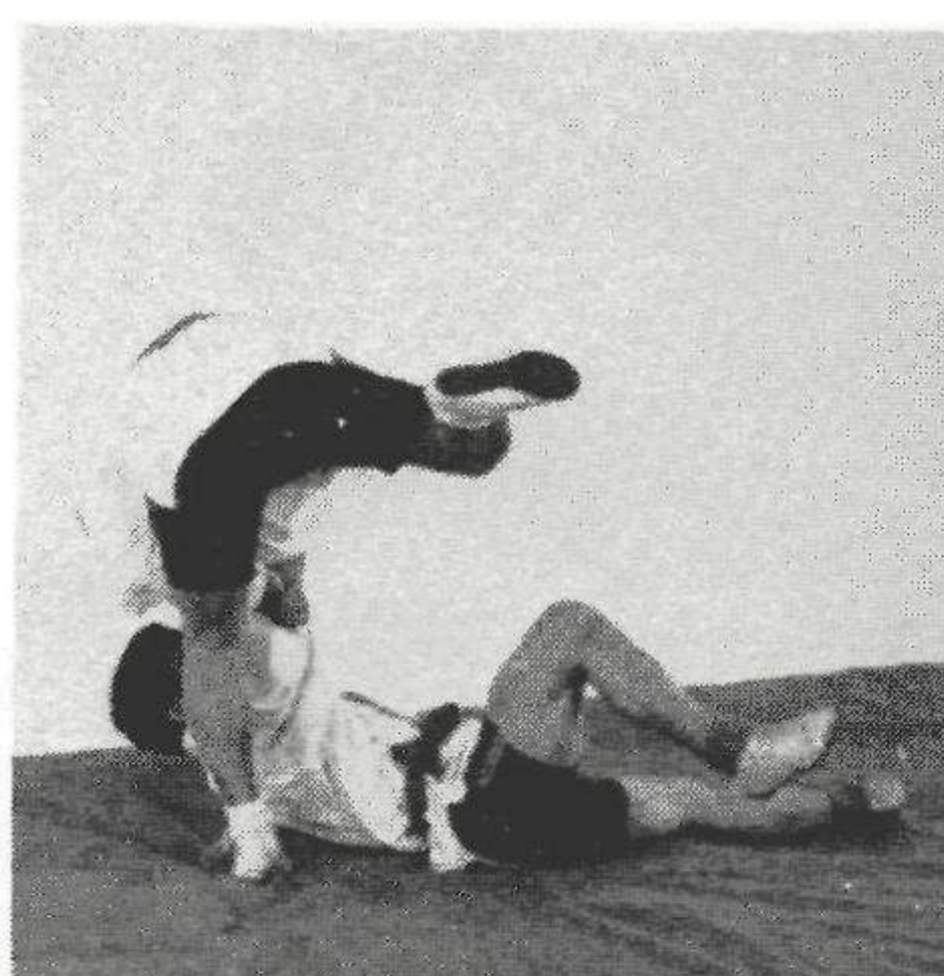
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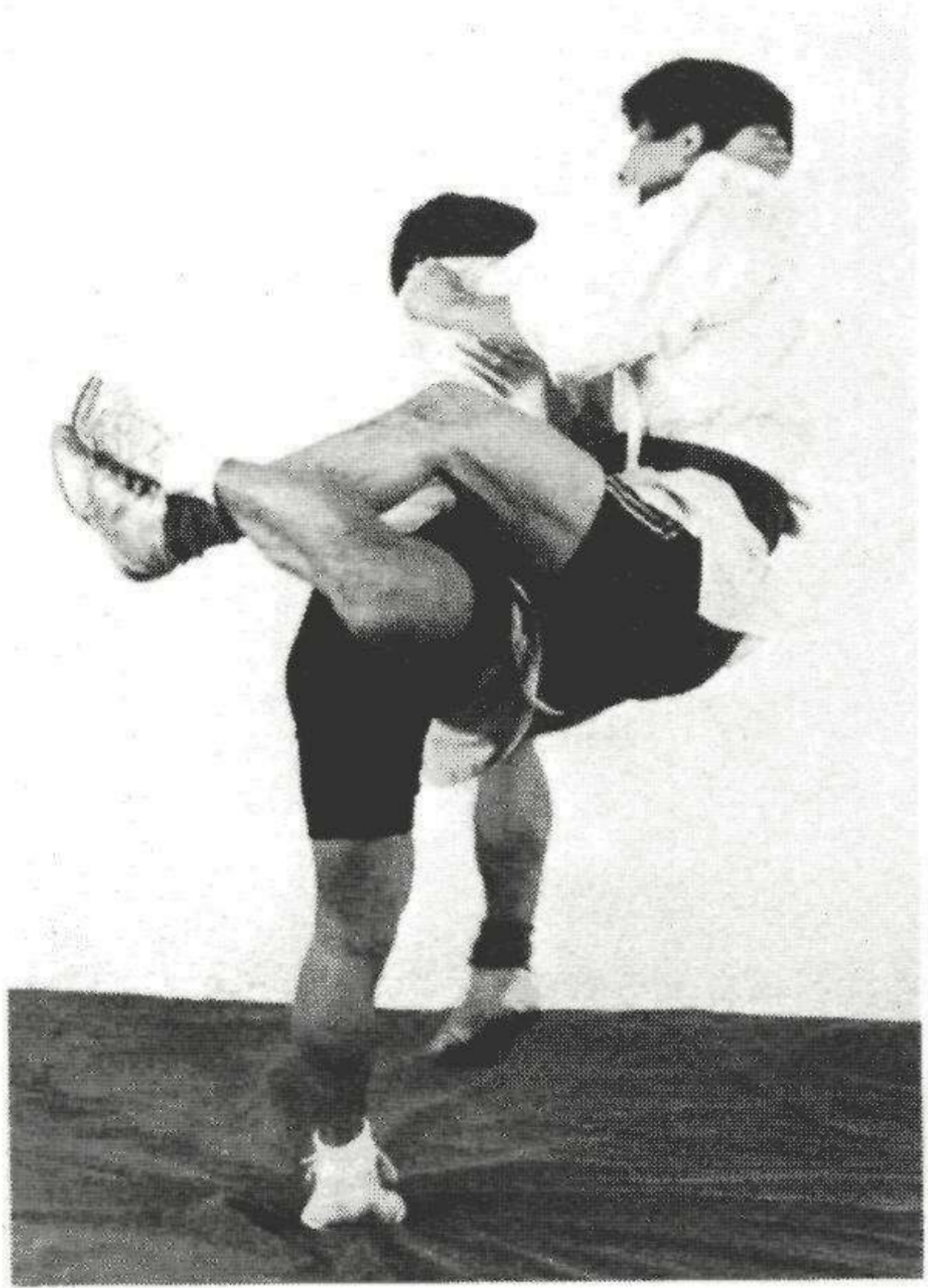
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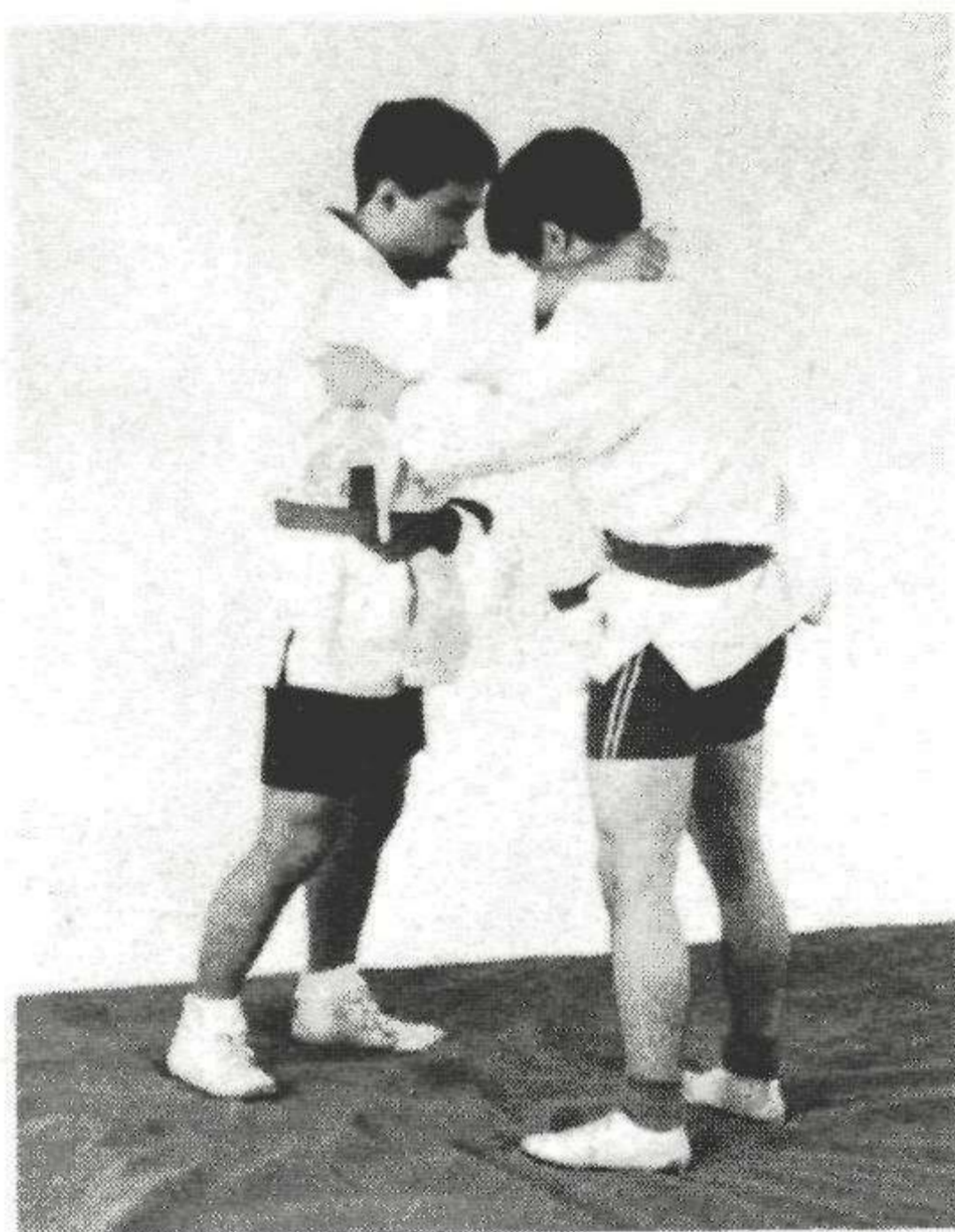
(9)



3 B. BELT AND COLLAR GRIP MAJOR INSIDE HOOK

Grasp the opponent with the left foot forward with the right hand at the collar and with the left at the belt at the front (1). Do a step forward with the left foot (2), put the right leg between opponent's legs (3). Pull with the left hand at the belt, then extending the right arm, hook opponent's left leg with the right leg (4). Continuing the motion with the right leg back and upwards (5), throw the opponent on the mat (6).

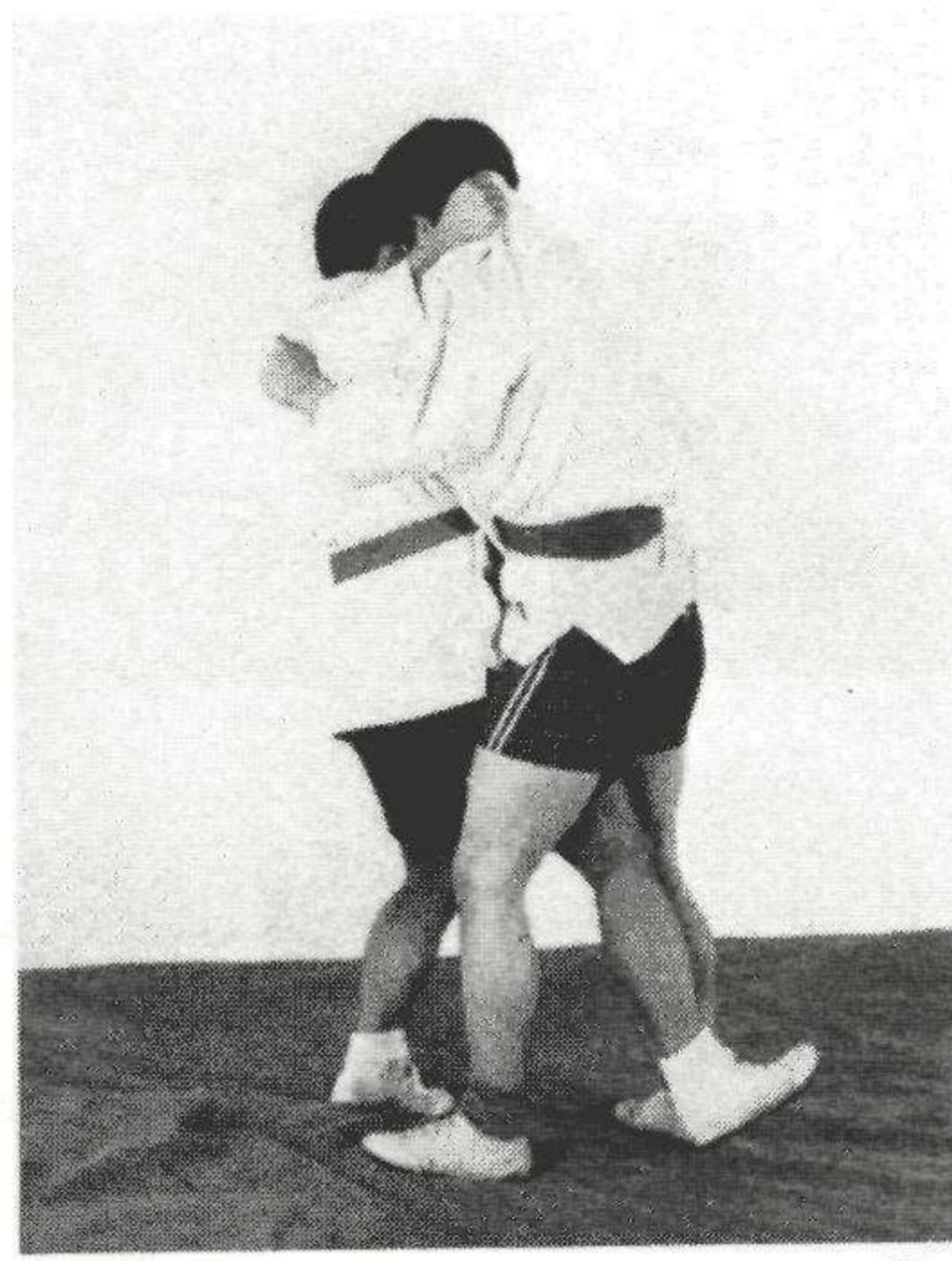
Safeguarding — by the belt and the collar. Self safeguarding — back fall.



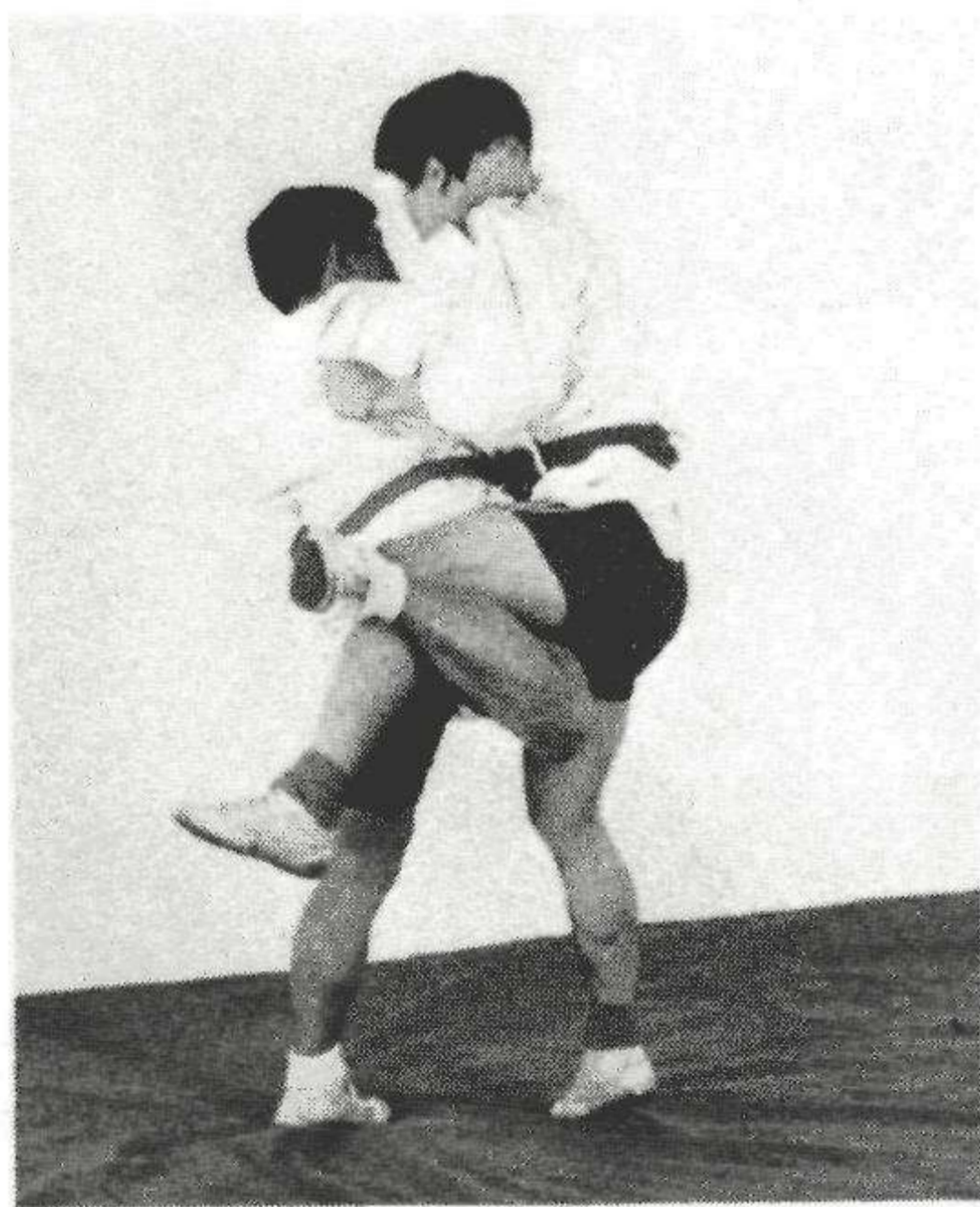
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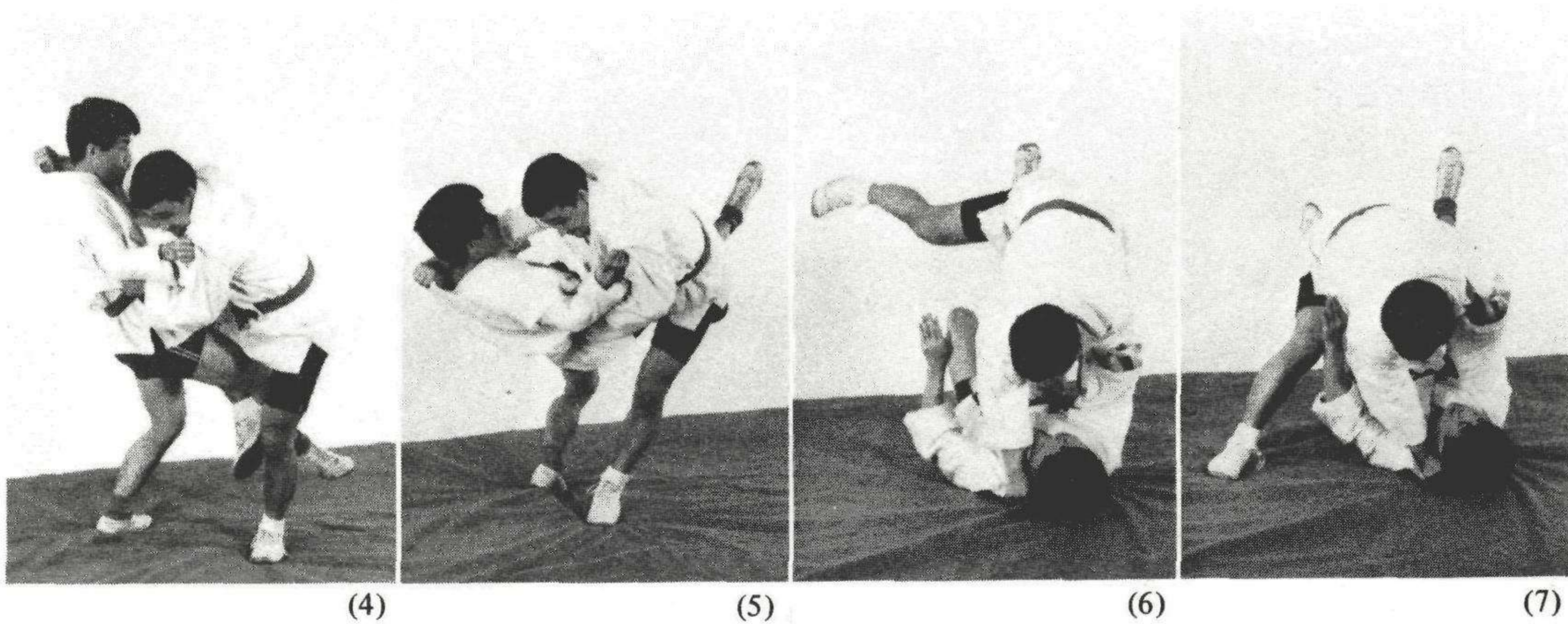
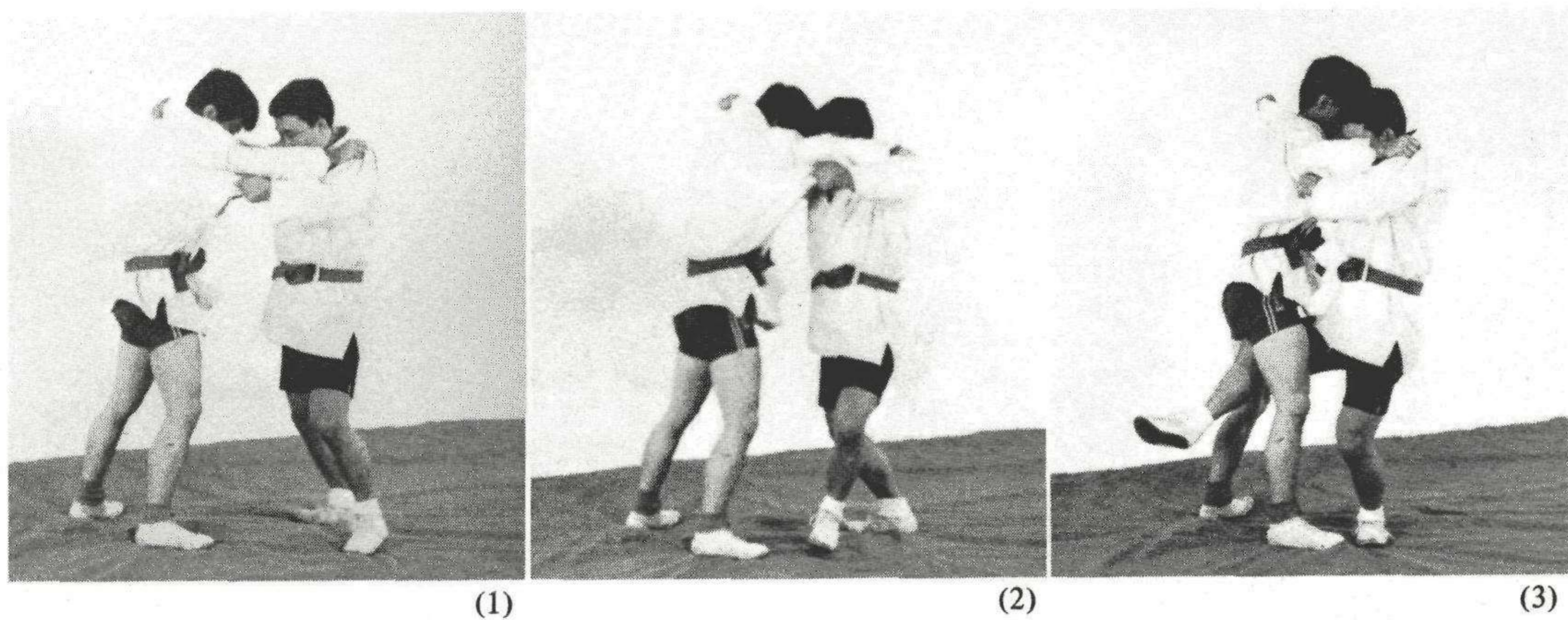
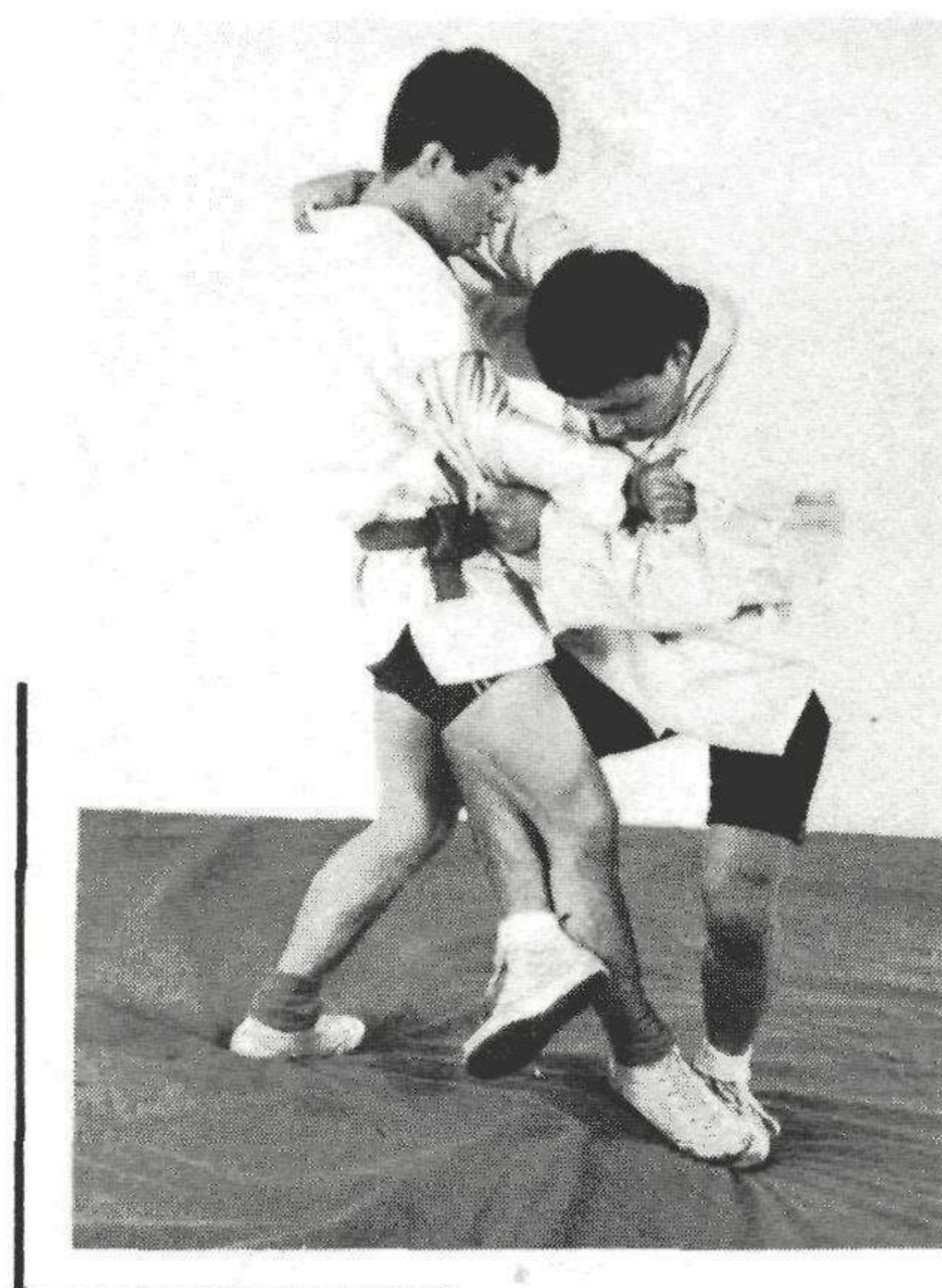


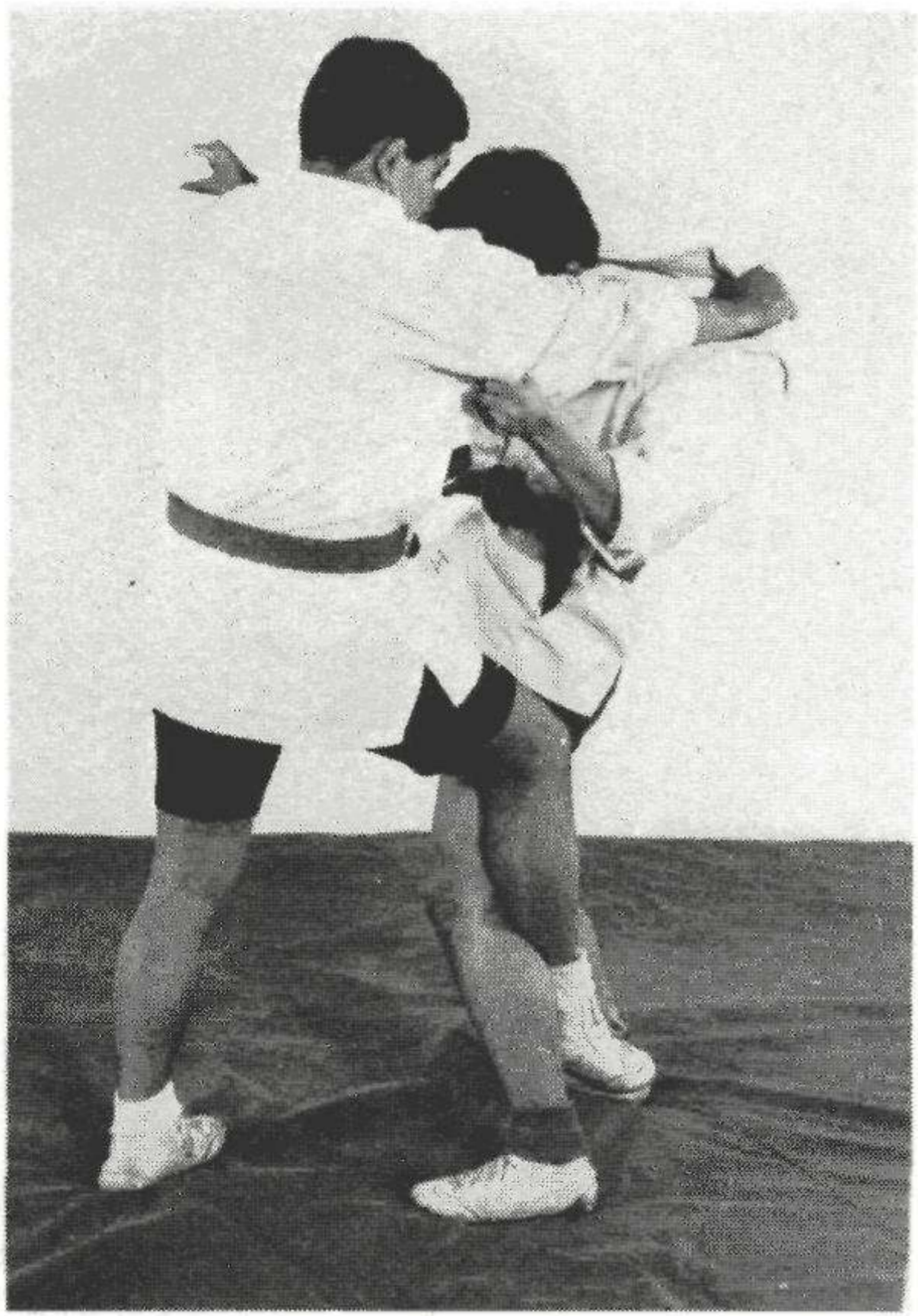
(6)

4 A. MAJOR SIMILAR KNEE HOOK

Grasp the opponent with both hands under the elbows (1). Do a step forward and to the left with the left foot (2), then hook with the right leg opponent's right leg from inside (3). Pulling the hooked leg up and to the right (4), pull the opponent to the left and downwards (5), then throw him on the mat (6).

Safeguarding — by the sleeve. Self safeguarding — back fall.

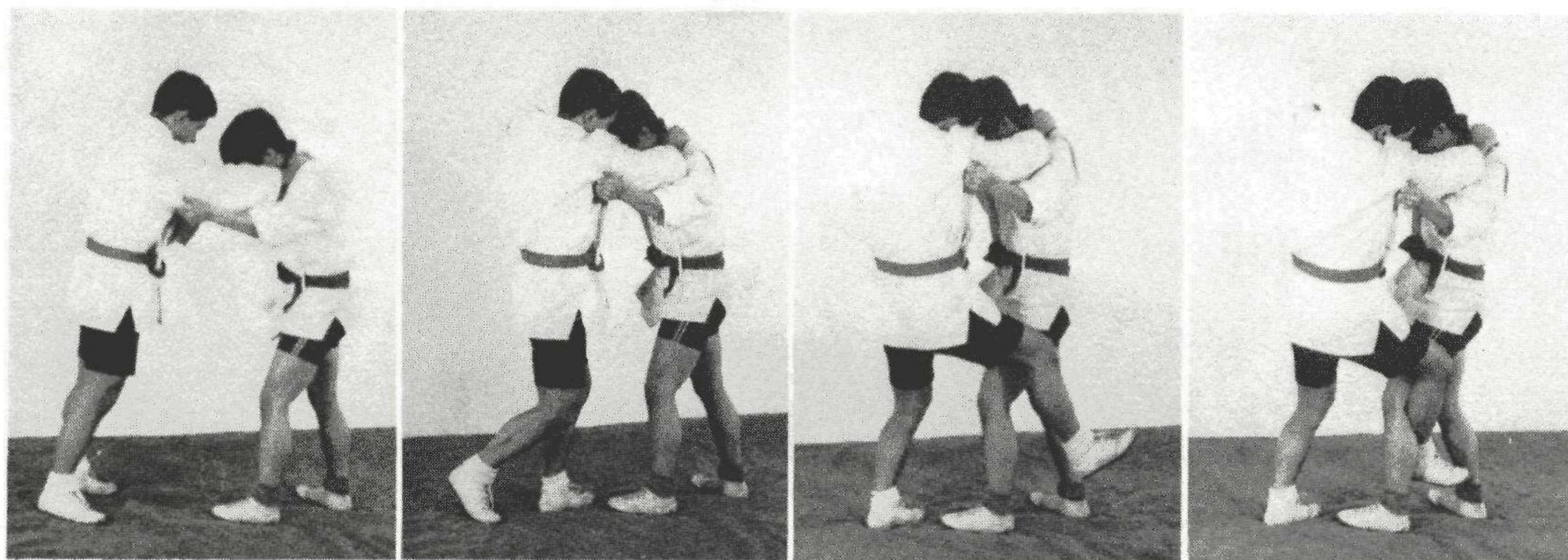




4 B. DIFFERING KNEE OUTER HOOK

Grasp the opponent with the right hand at the collar and with the left under the right elbow (1). Do a step with the left foot forward and to the left to opponent's left toe (2), hook opponent's left leg from outside with the right leg (4), the continuing the left and upward motion of the left leg (5), pull the opponent to the right and downwards (6) and throw on the mat (7).

Safeguarding – by the collar and the sleeve.
Self safeguarding – back fall.

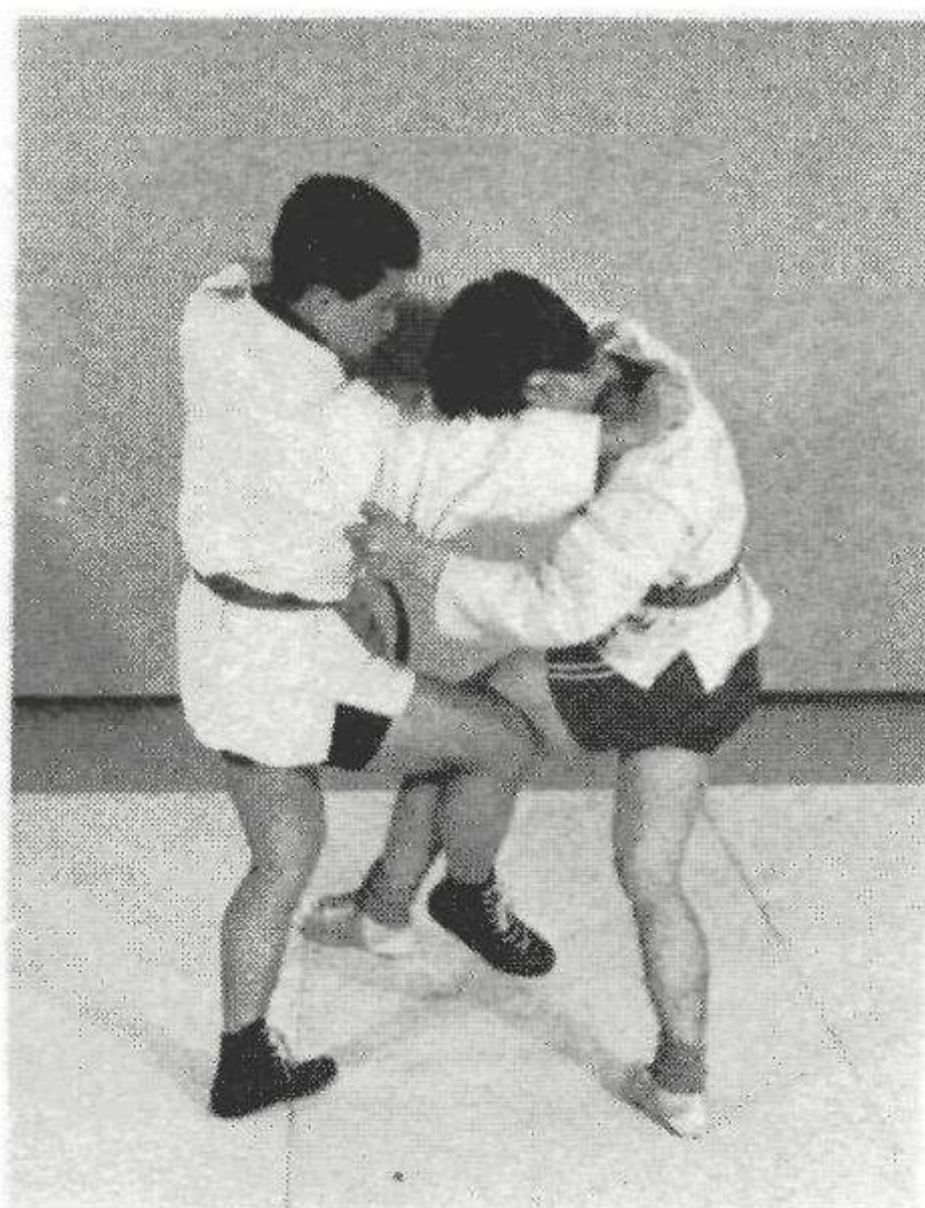


(1)

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(3)

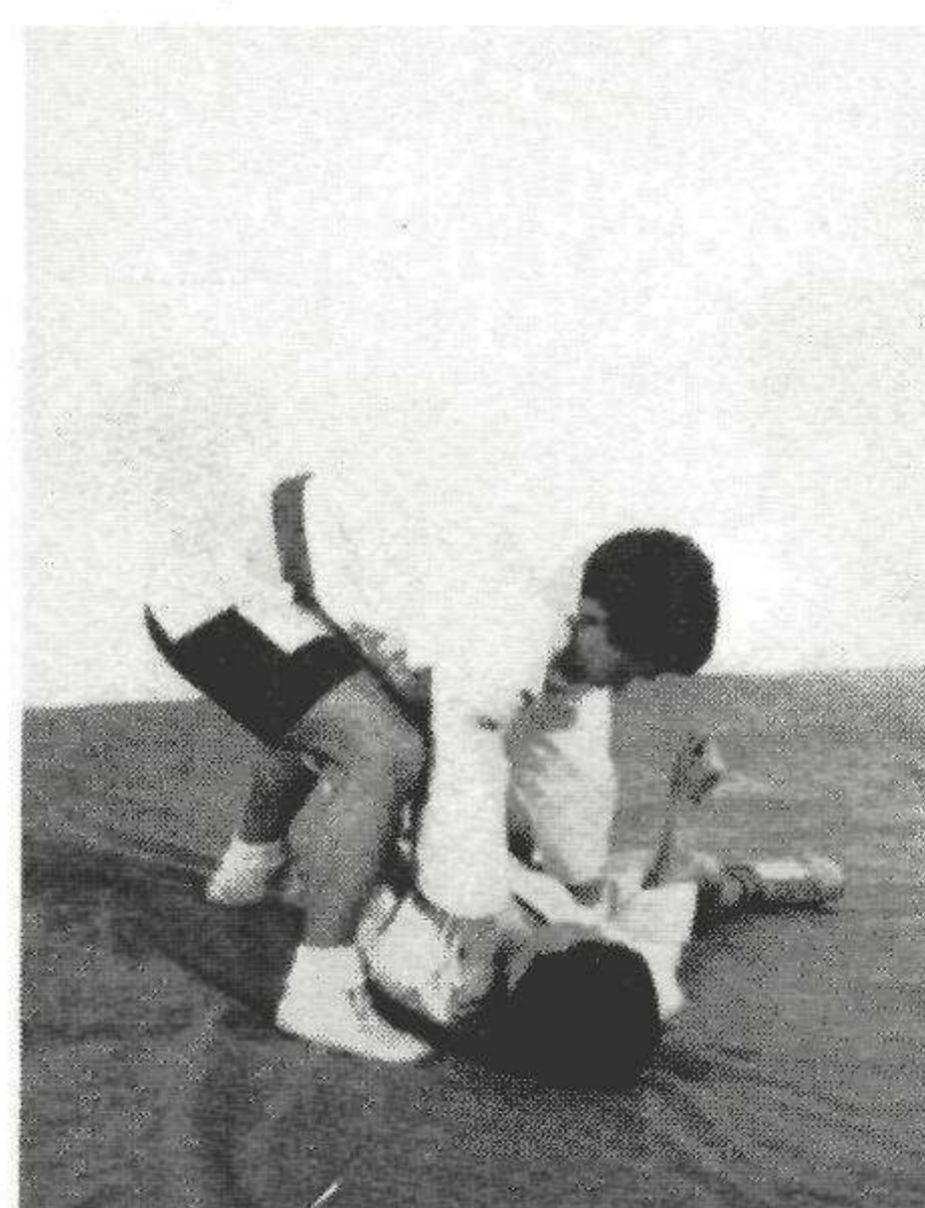
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(5)



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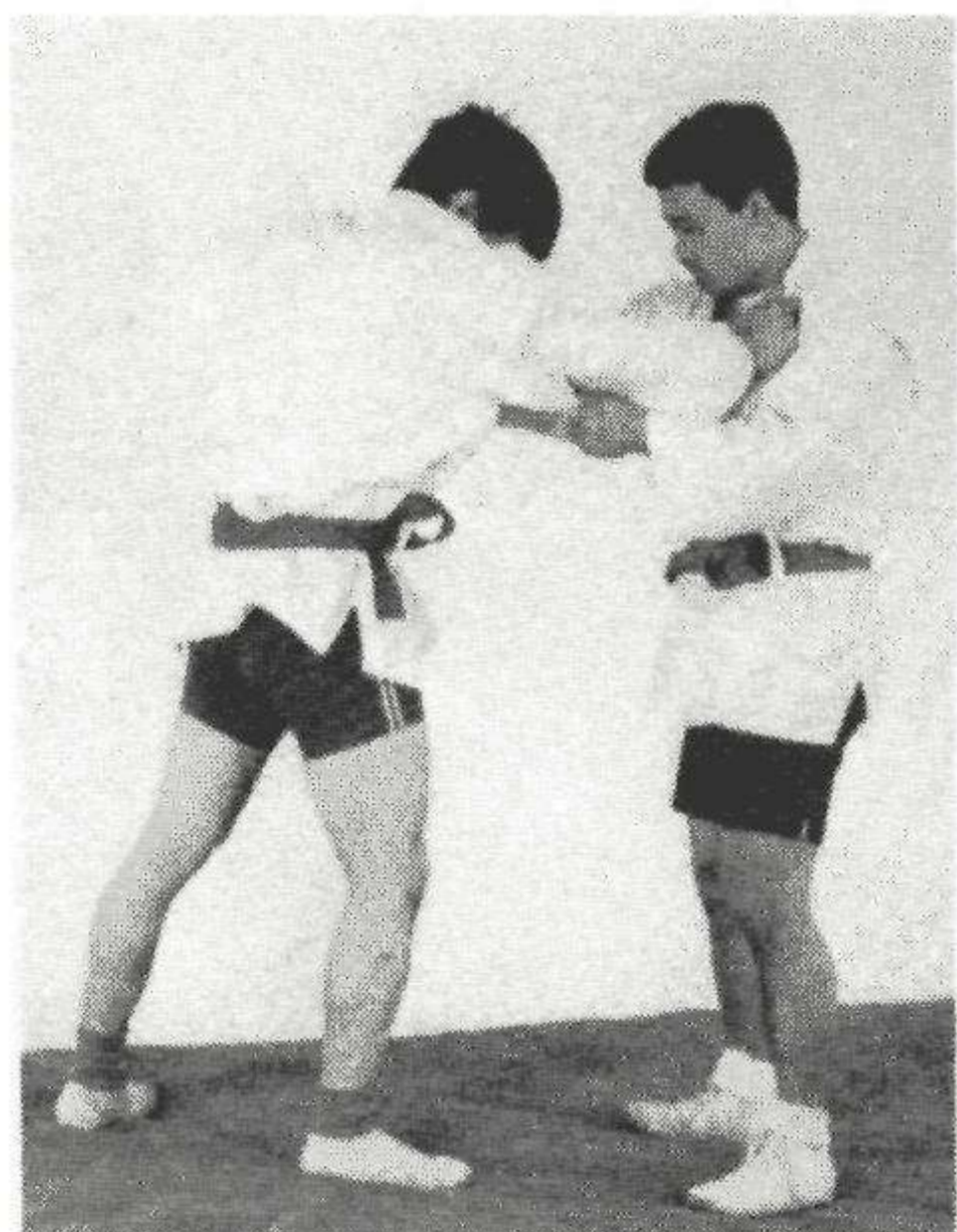
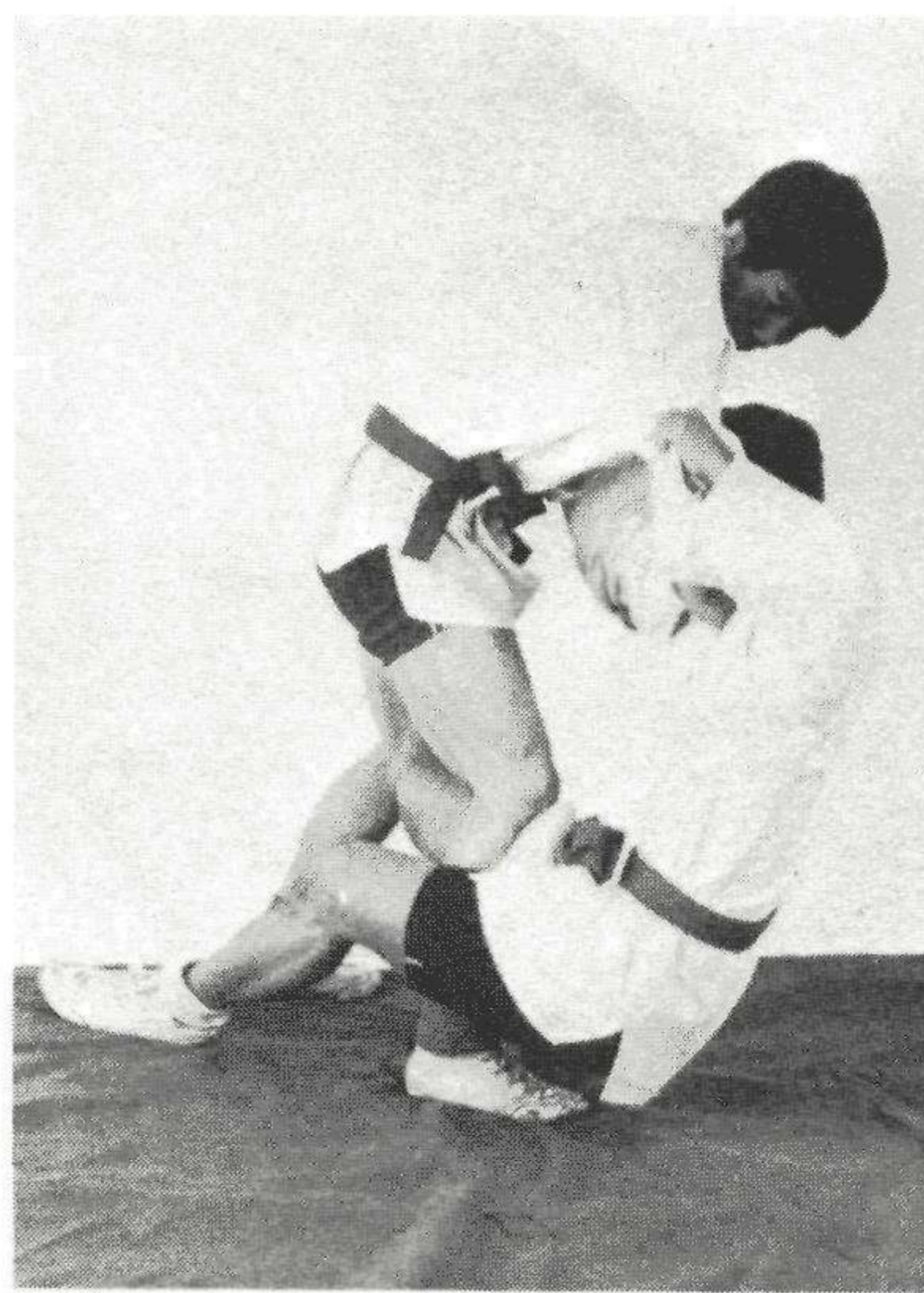


(7)

4 C. SITTING DOWN OUTER HOOK

Grasp the opponent under both elbows (1). Do a step with the right foot forward (2), sit down as close as possible to the right foot (3), hooking opponent's right leg from outside with the left leg (4). Pull the opponent to the left and downwards (5), then throw on the mat (6).

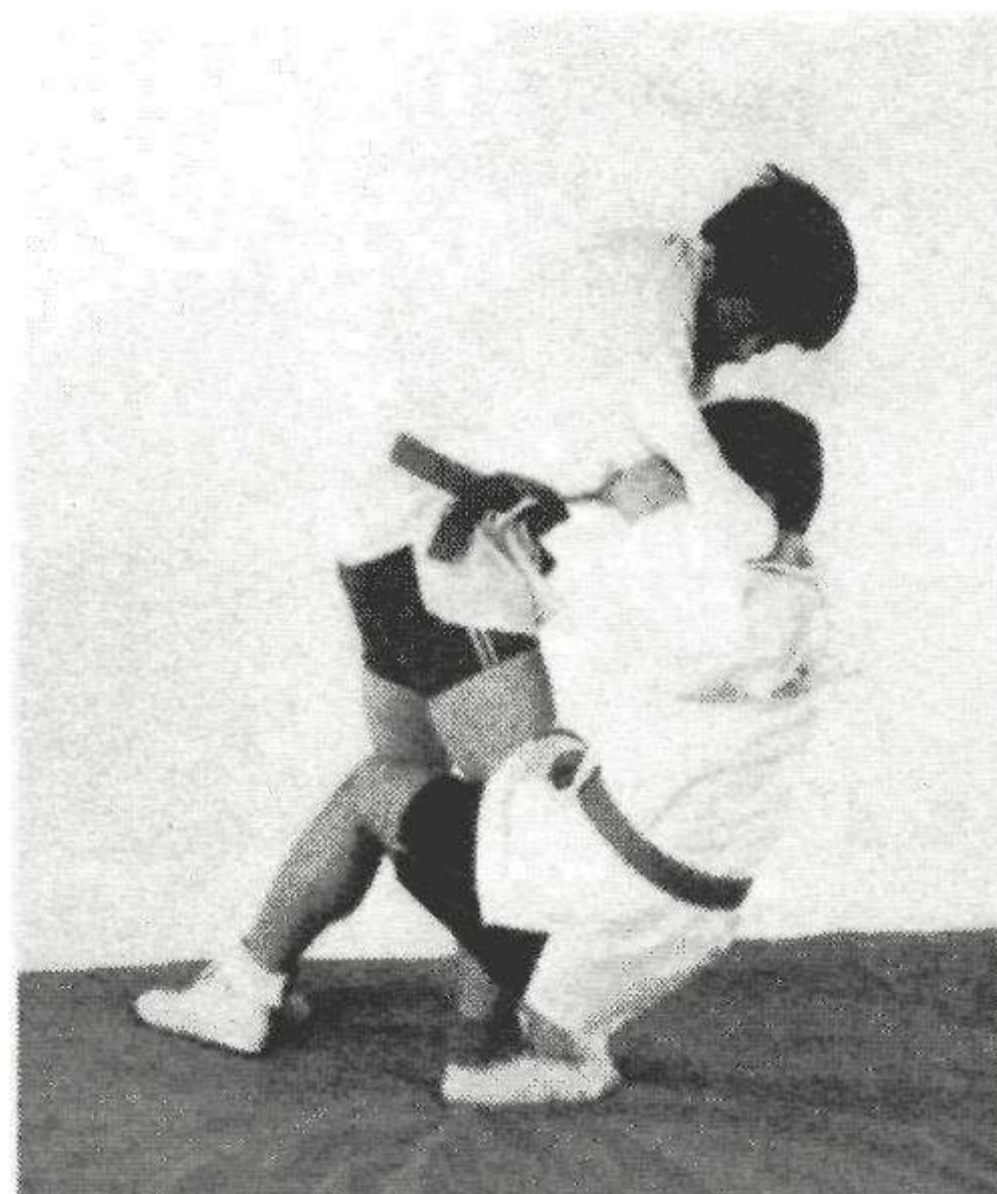
Safeguarding – right shoulder tumble. Self safeguarding – left side fall (7).



(1)



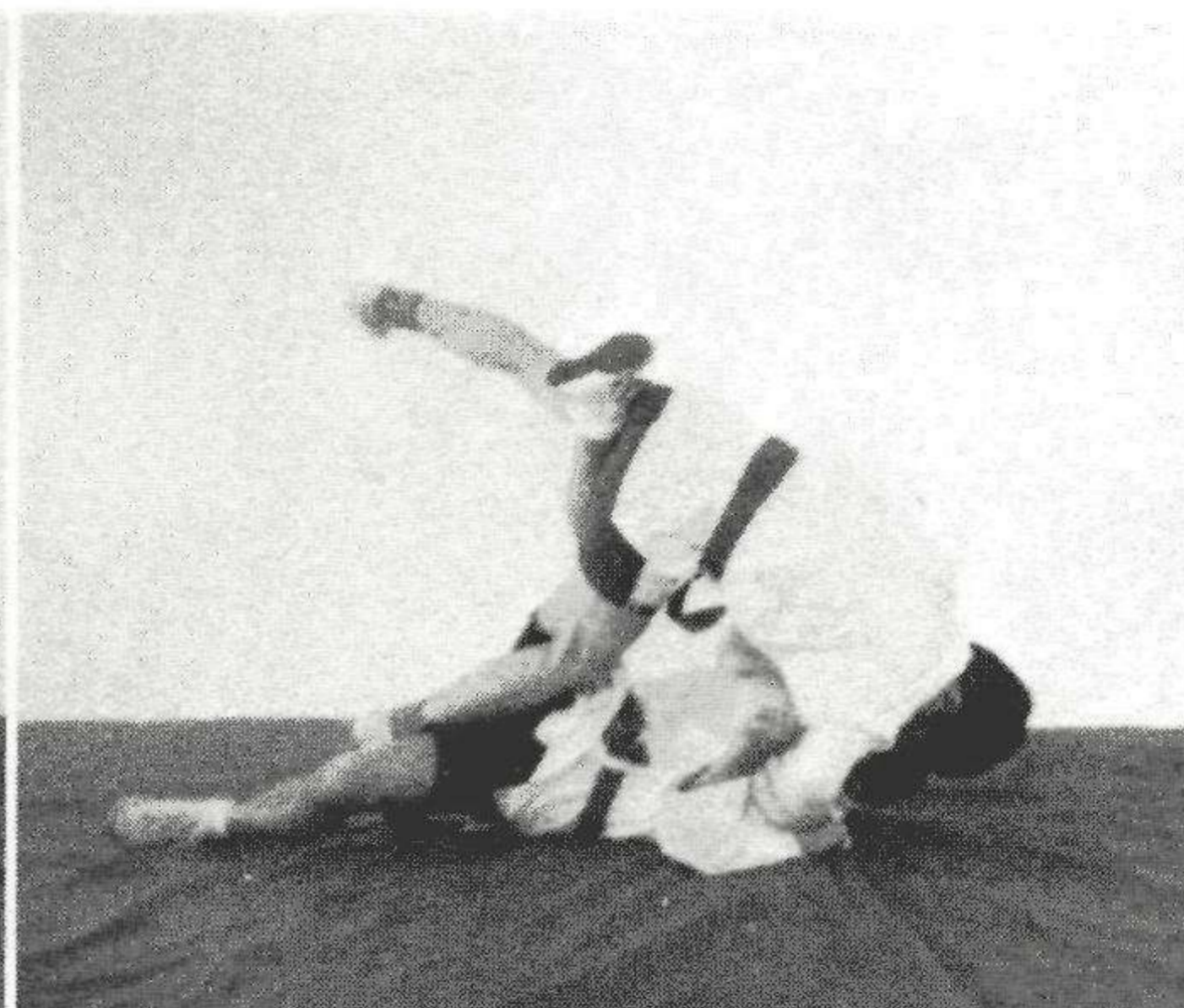
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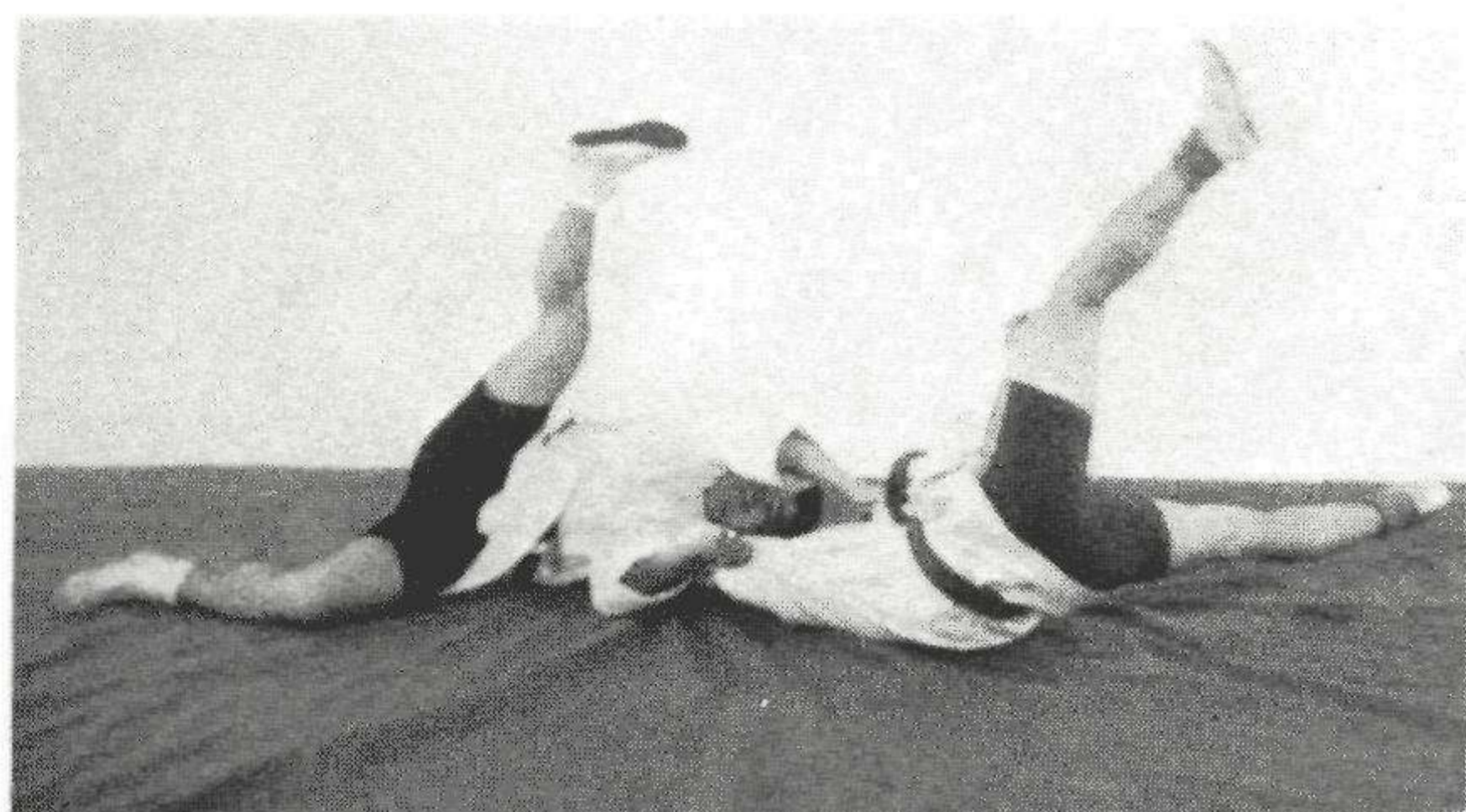
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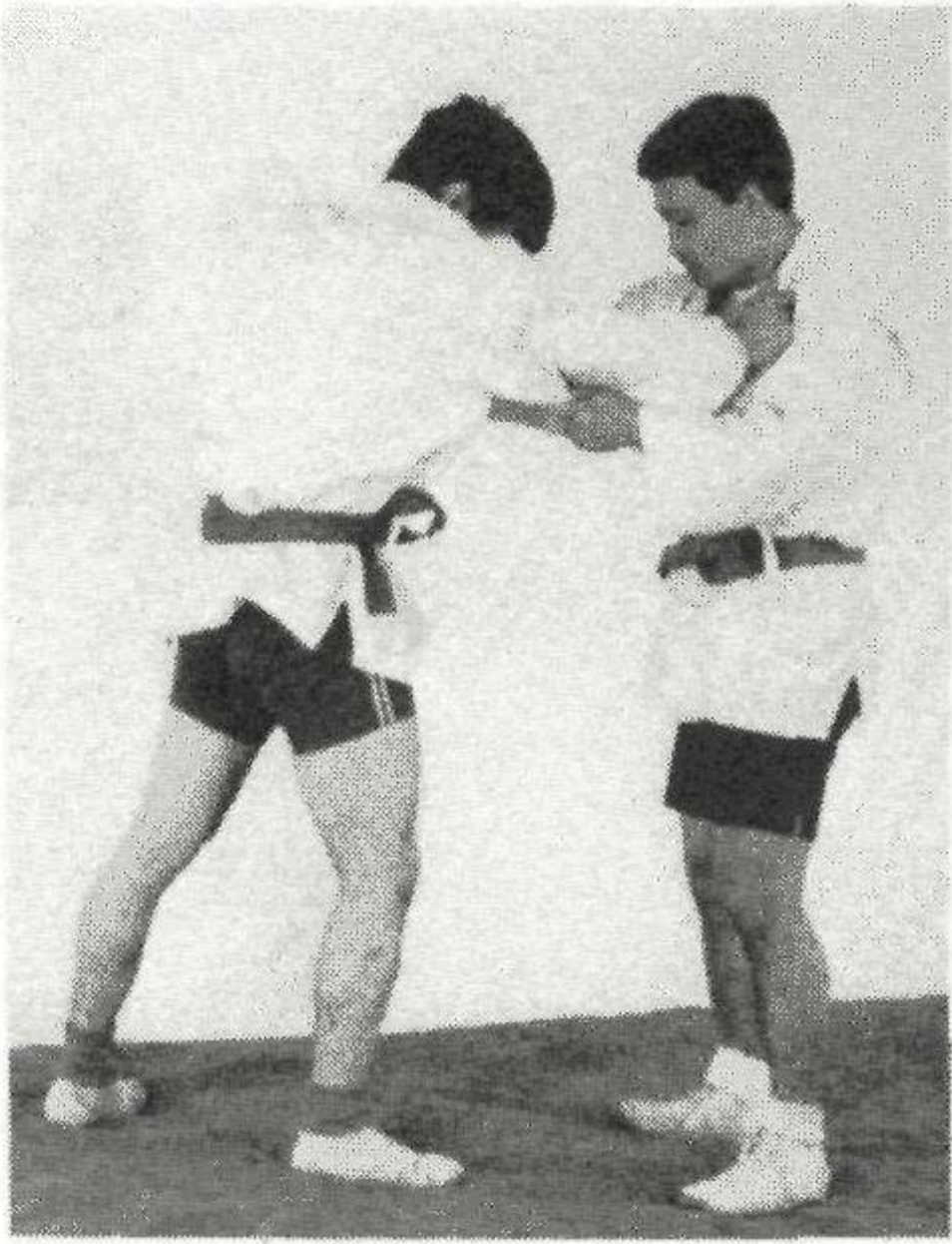
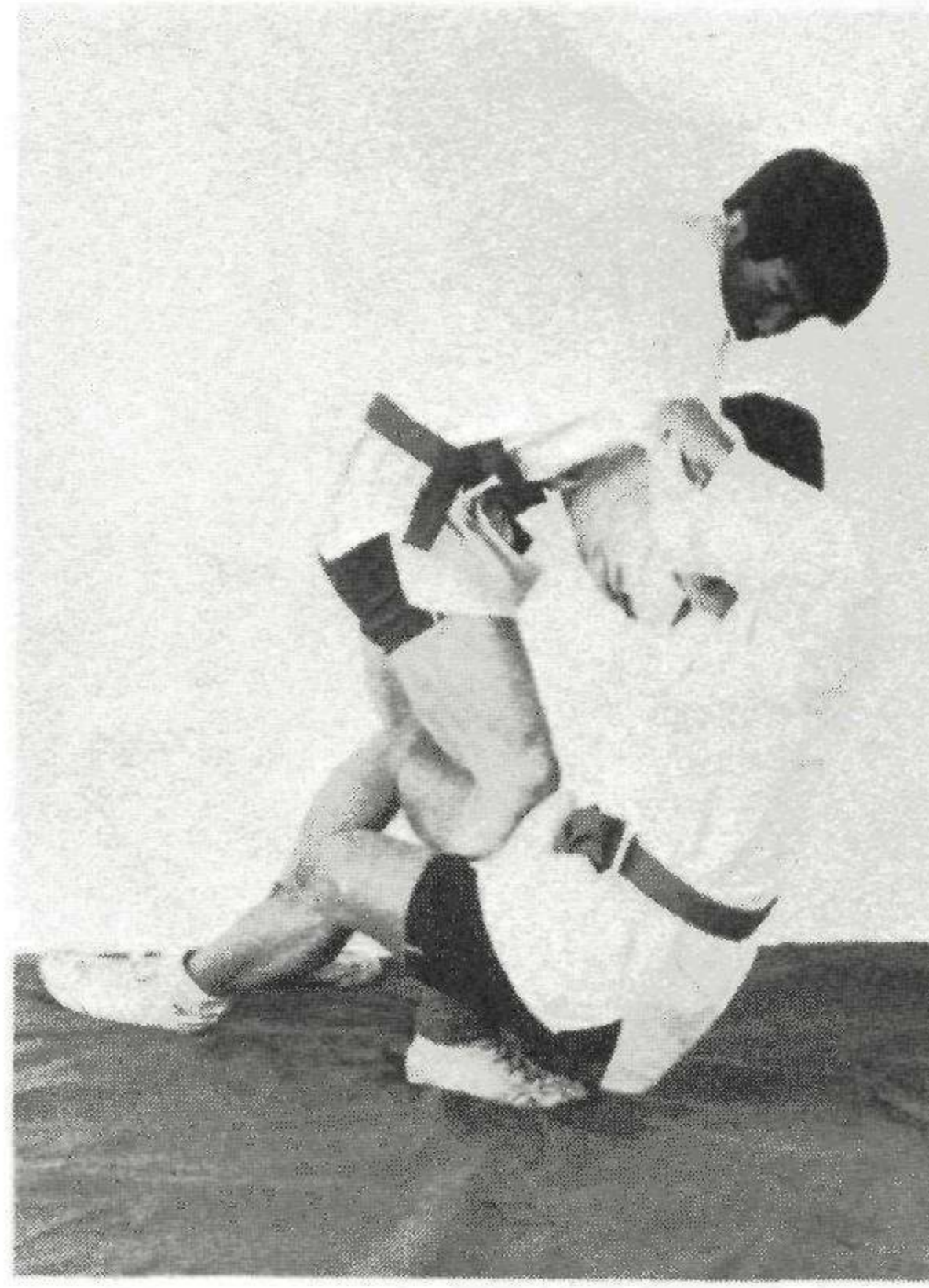


(7)

4 C. SITTING DOWN OUTER HOOK

Grasp the opponent under both elbows (1). Do a step with the right foot forward (2), sit down as close as possible to the right foot (3), hooking opponent's right leg from outside with the left leg (4). Pull the opponent to the left and downwards (5), then throw on the mat (6).

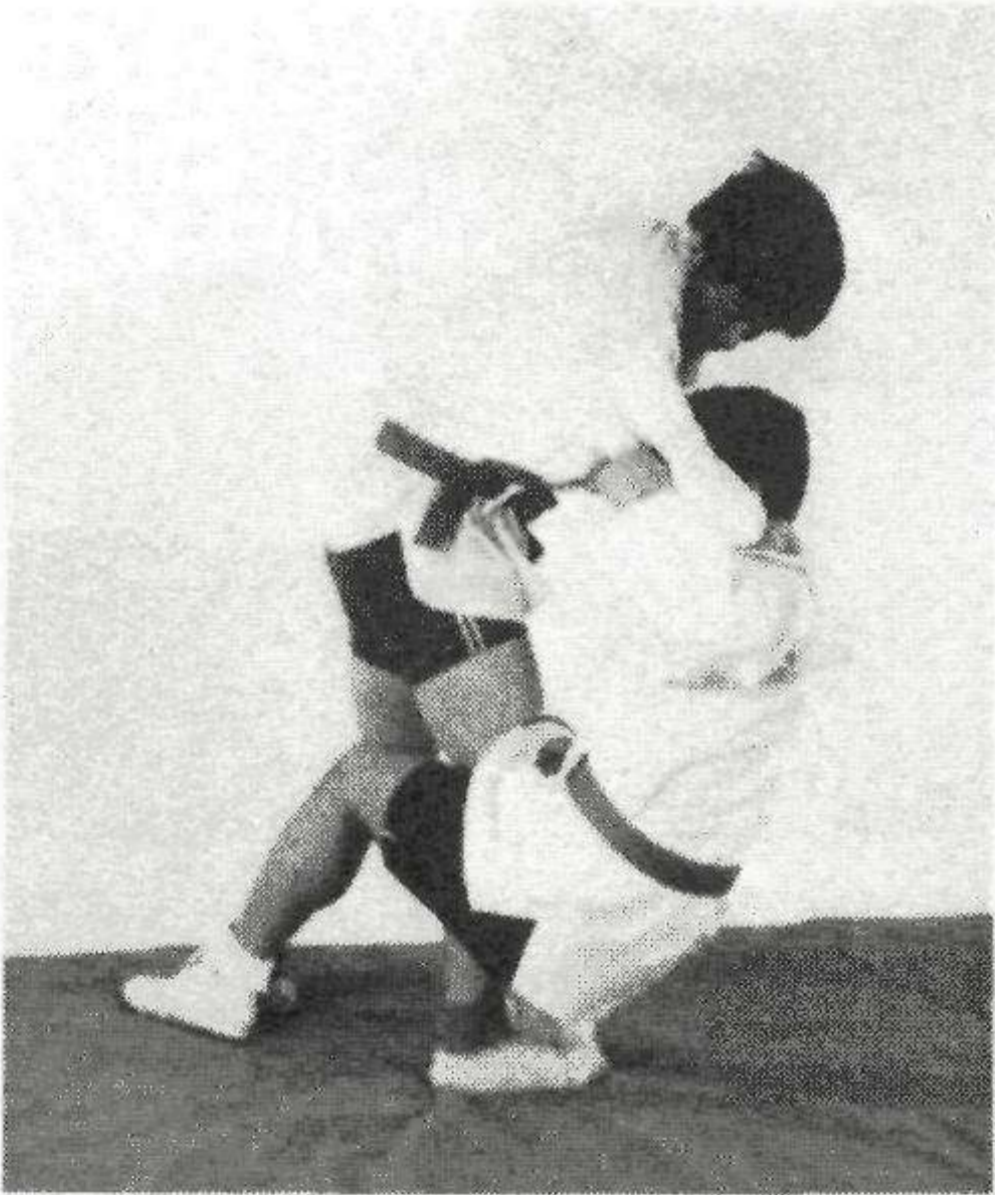
Safeguarding — right shoulder tumble. Self safeguarding — left side fall (7).



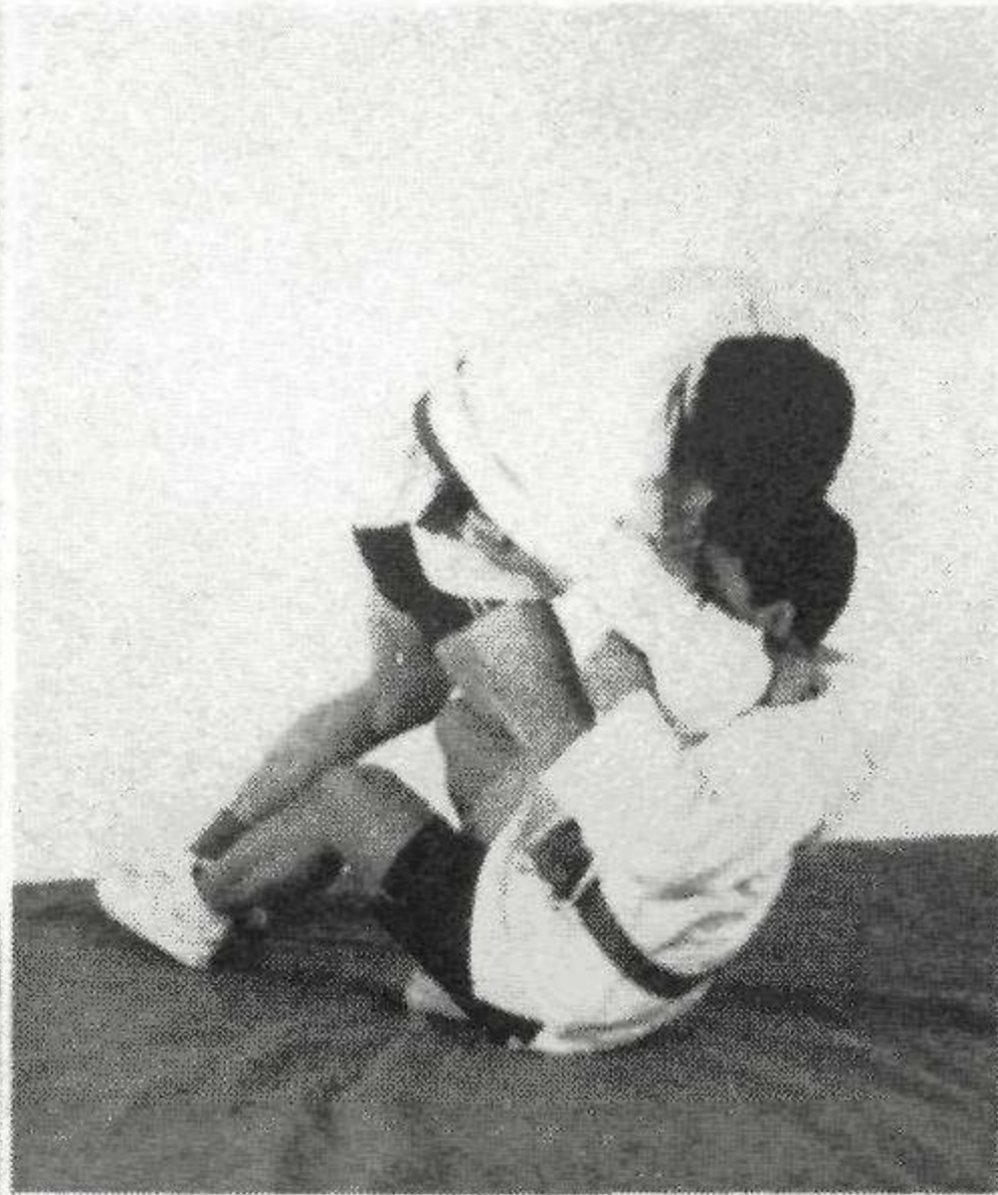
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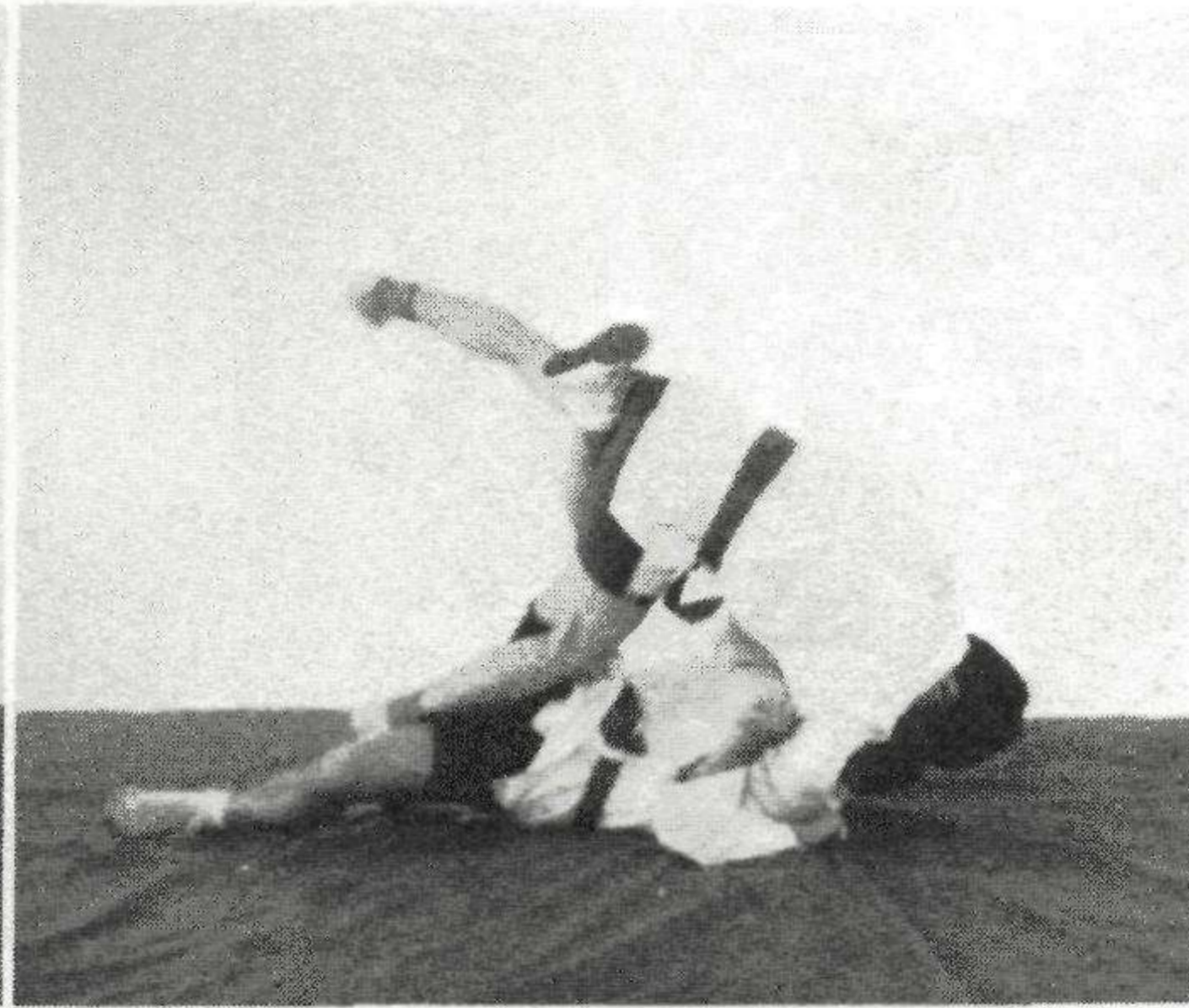
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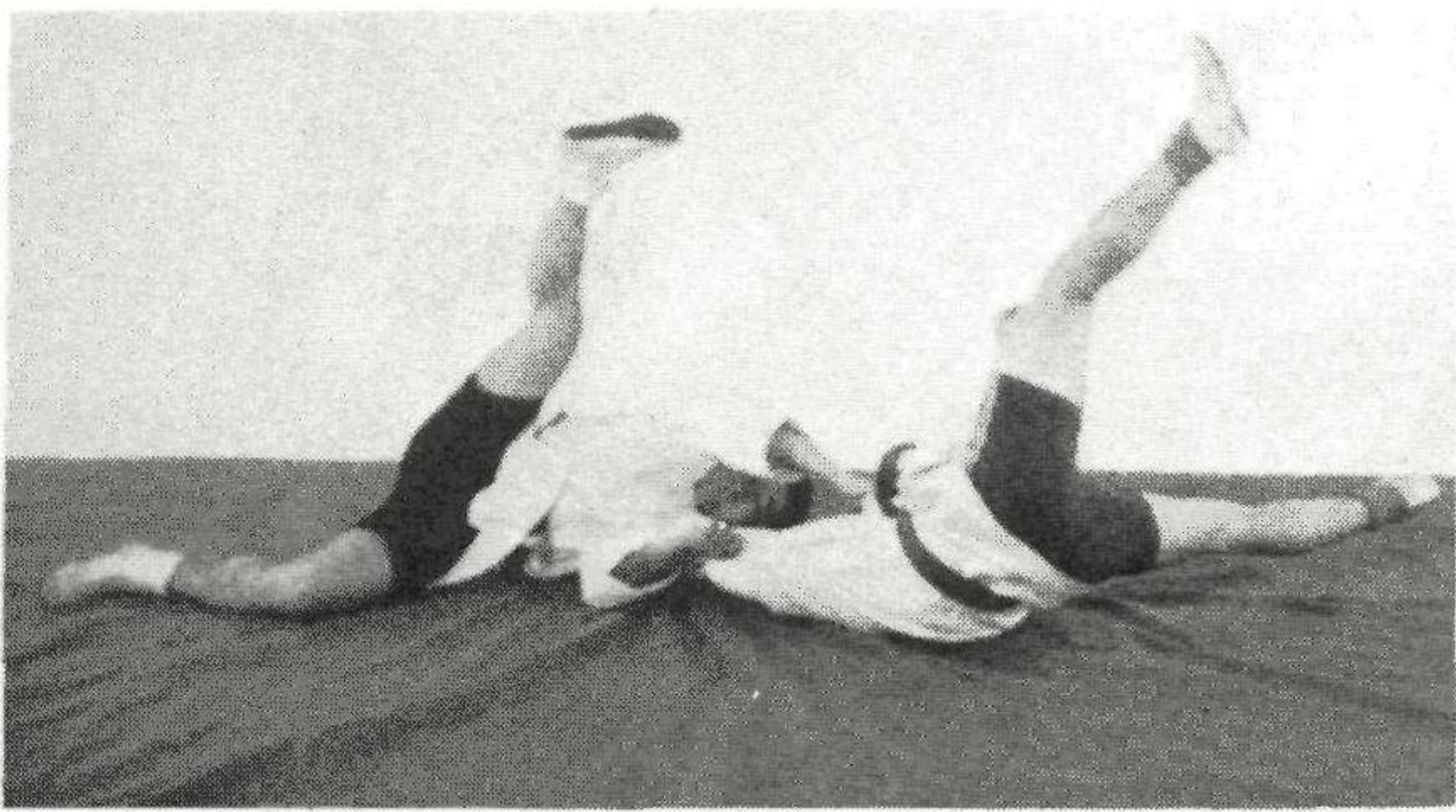
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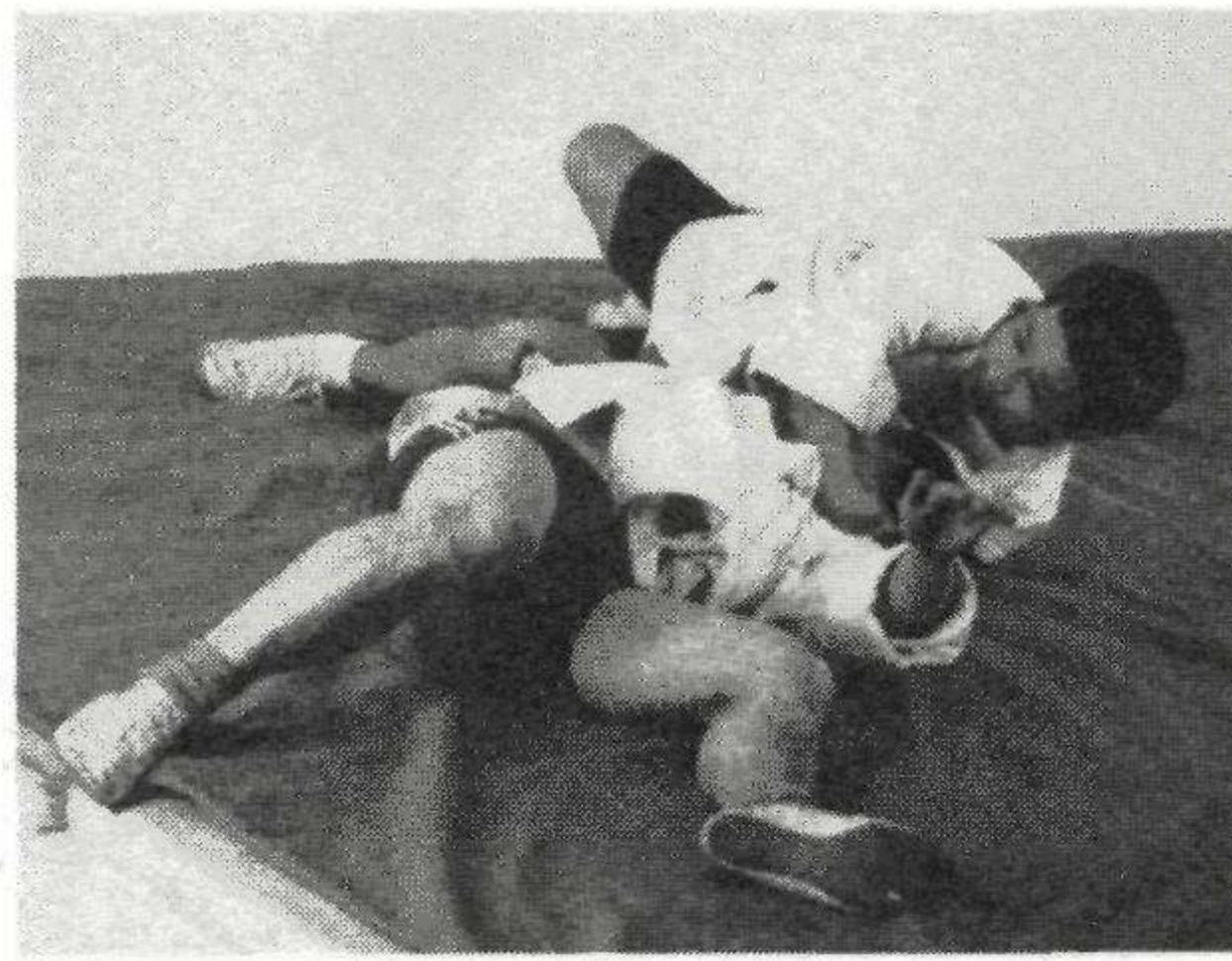
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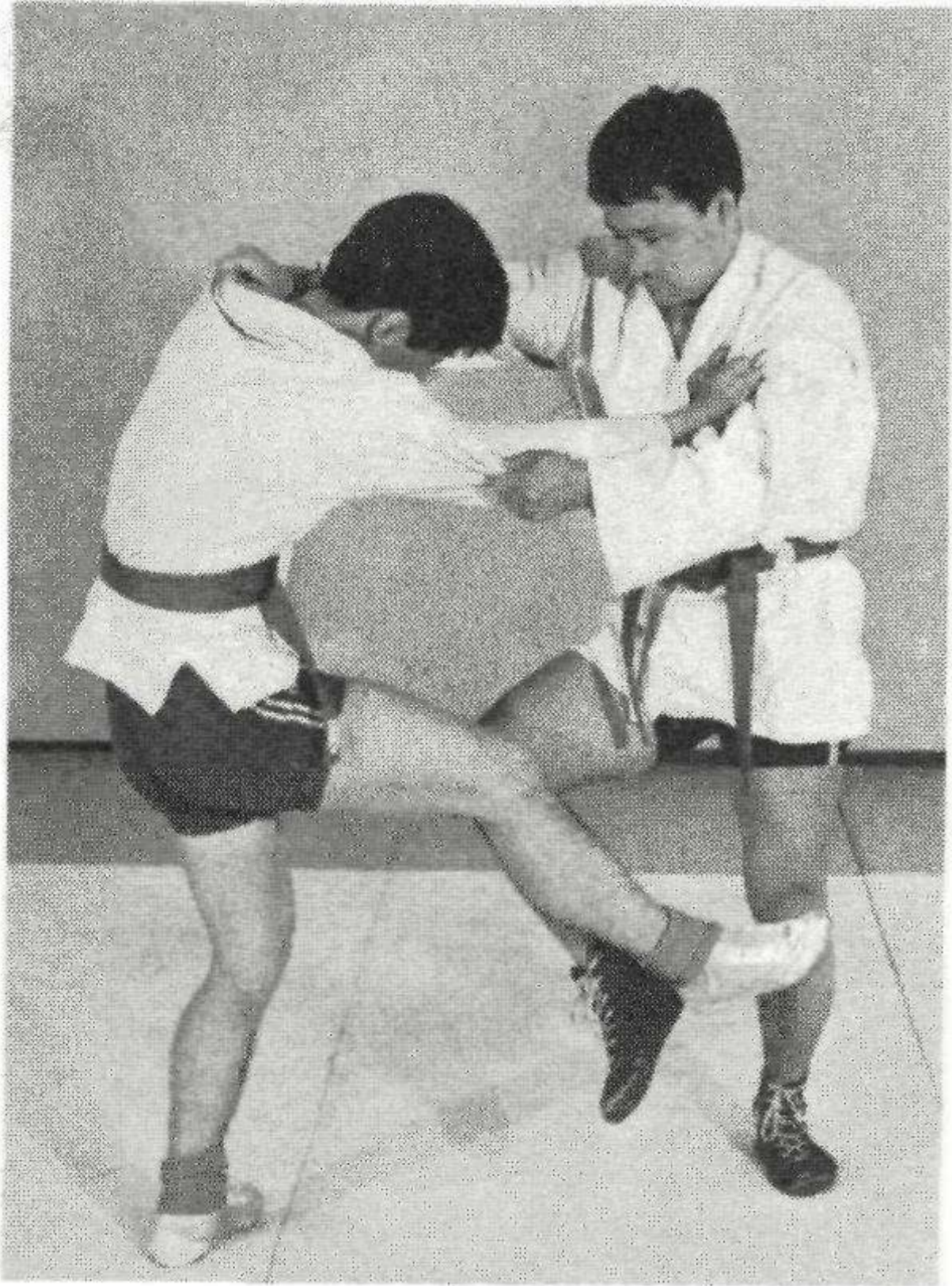
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(6)



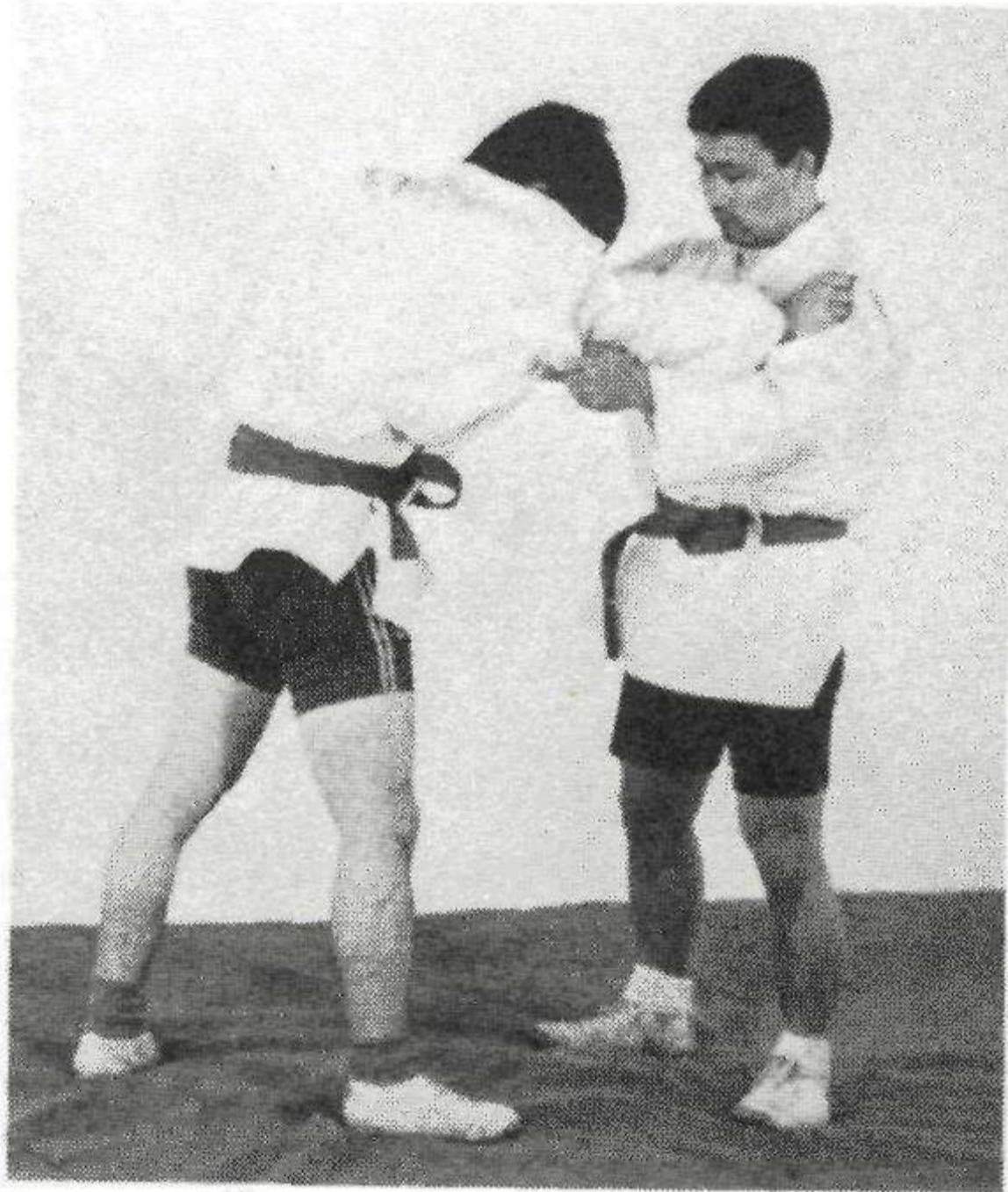
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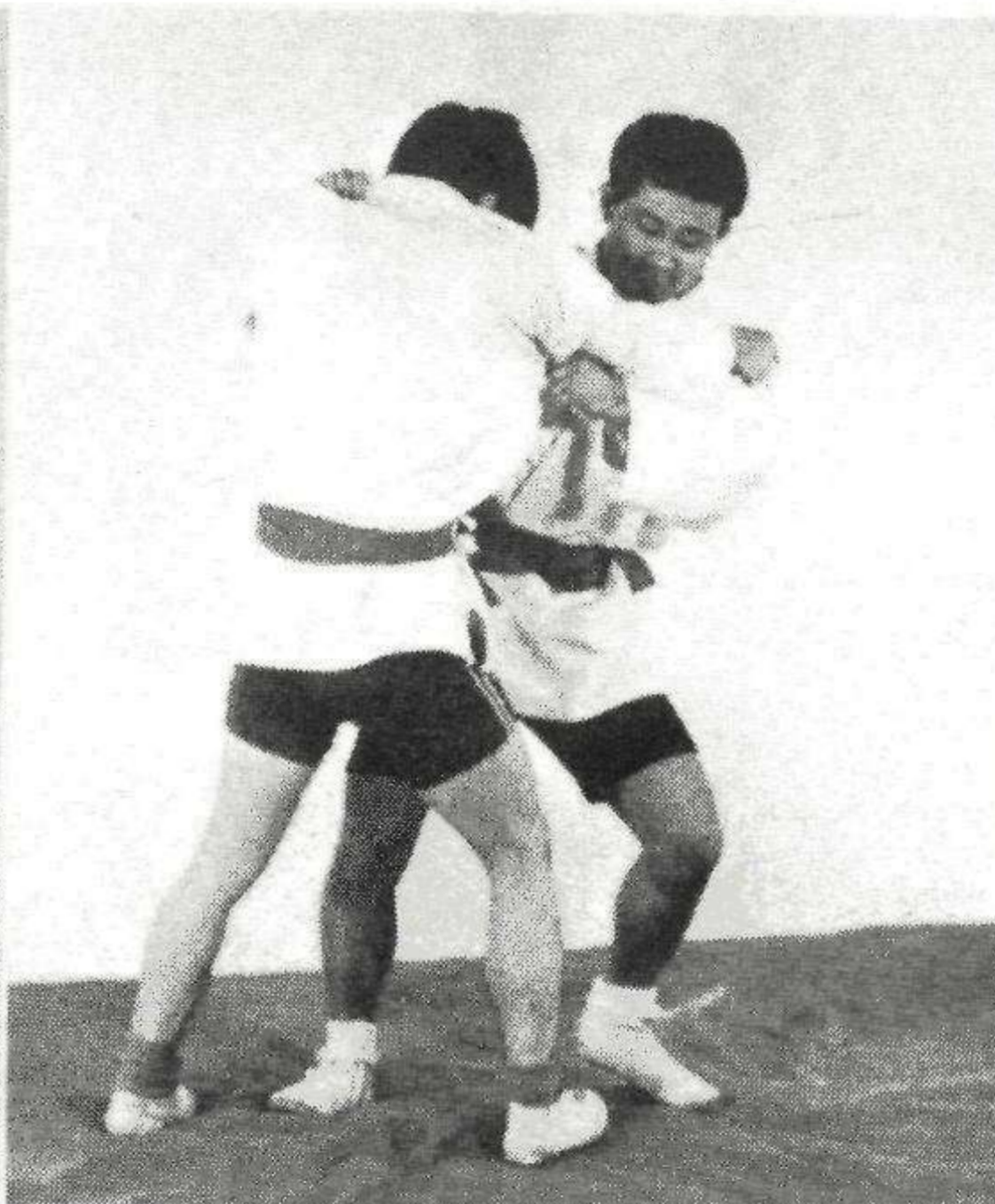
5.A. BALANCE BREAKING INNER SWEEP

Grasp the opponent with both hands under the elbows (1). Do a step backwards and to the left with the left foot (2). Pull the opponent to the left (3). At the moment when the opponent must step on his right foot, sweep his right heel with your right foot (4), then guiding with the right leg to the left and backwards (5), throw the opponent on the mat.

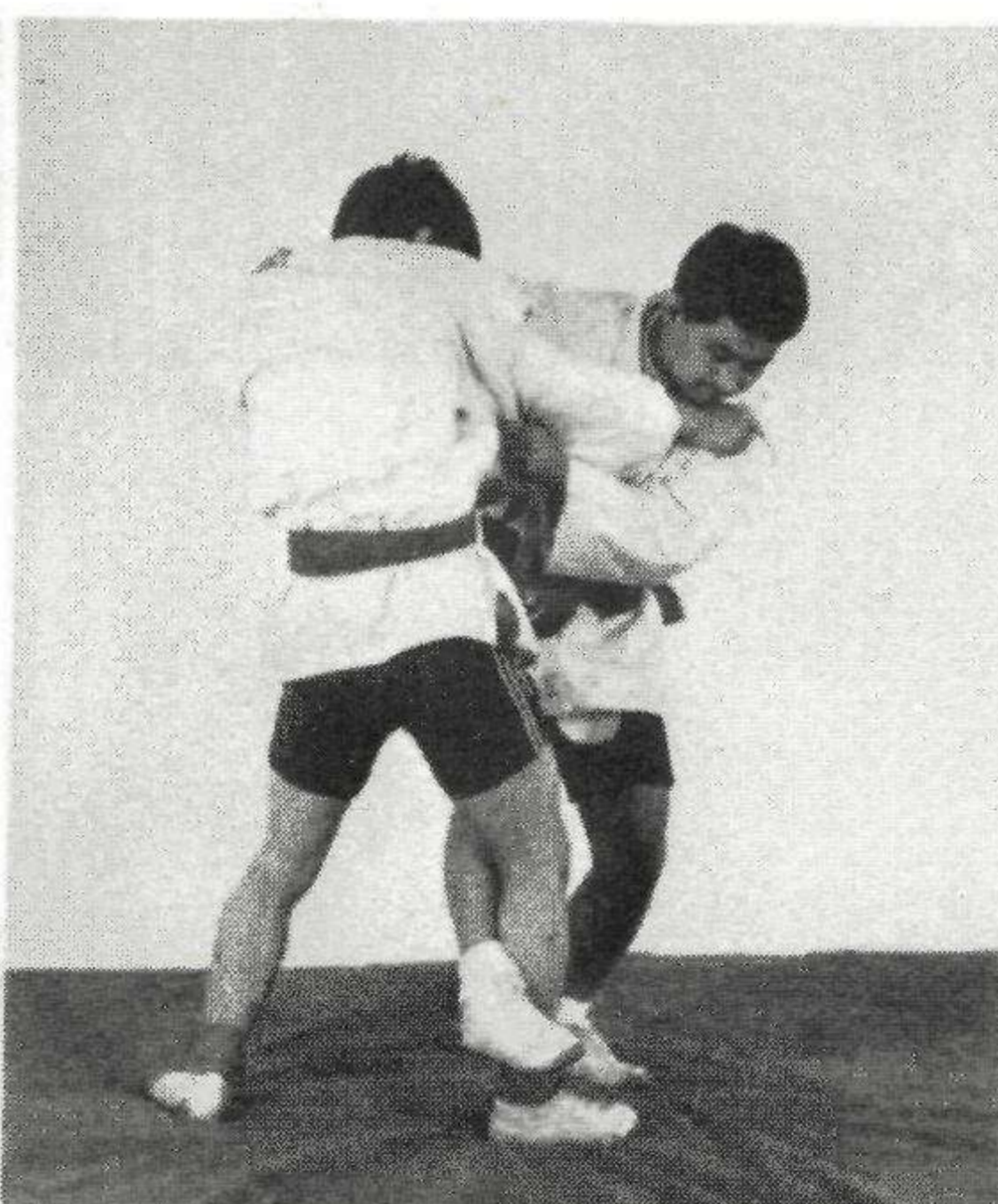
Safeguarding – by the right sleeve. Self-safeguarding – left side fall (6).



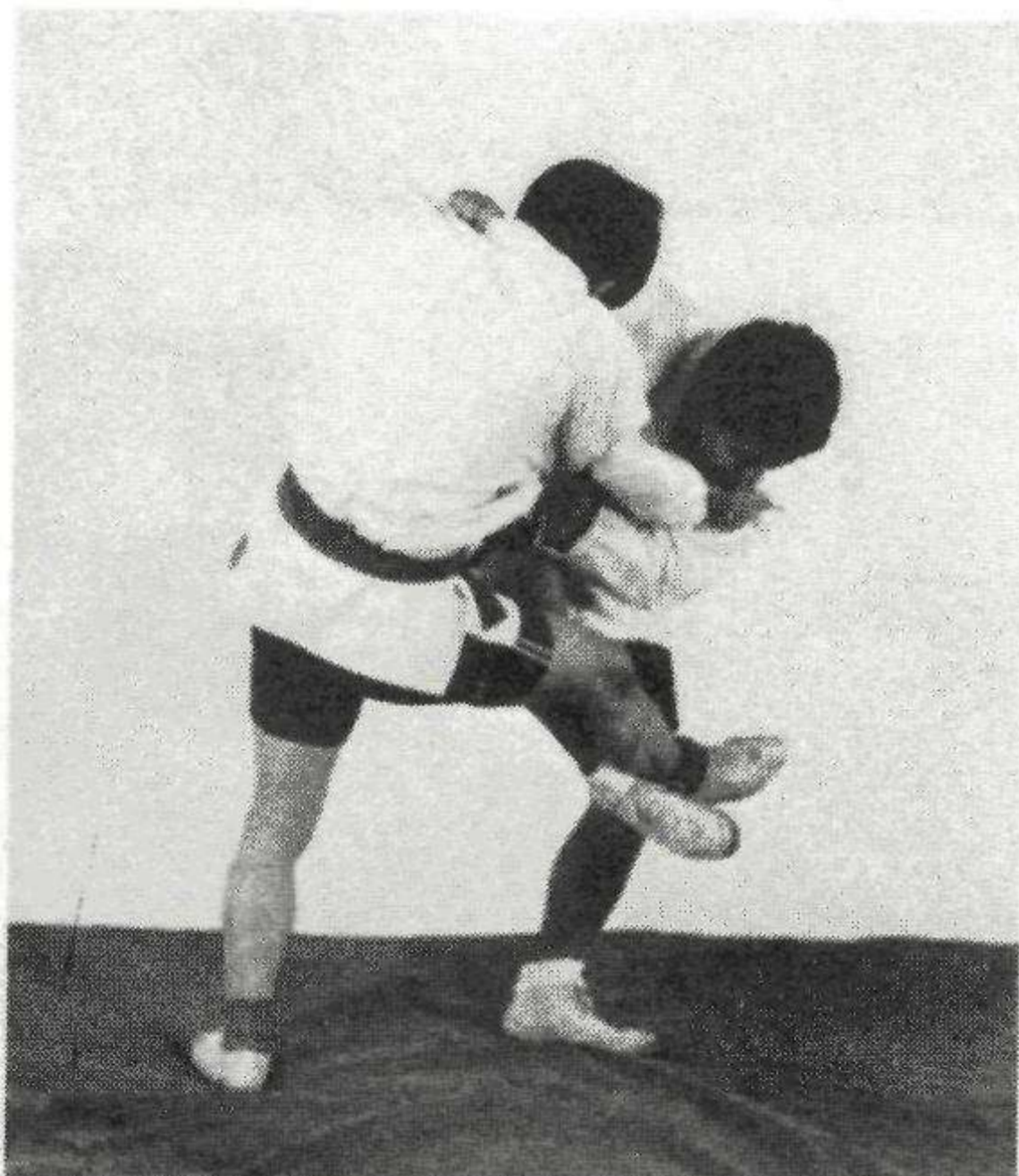
(1)



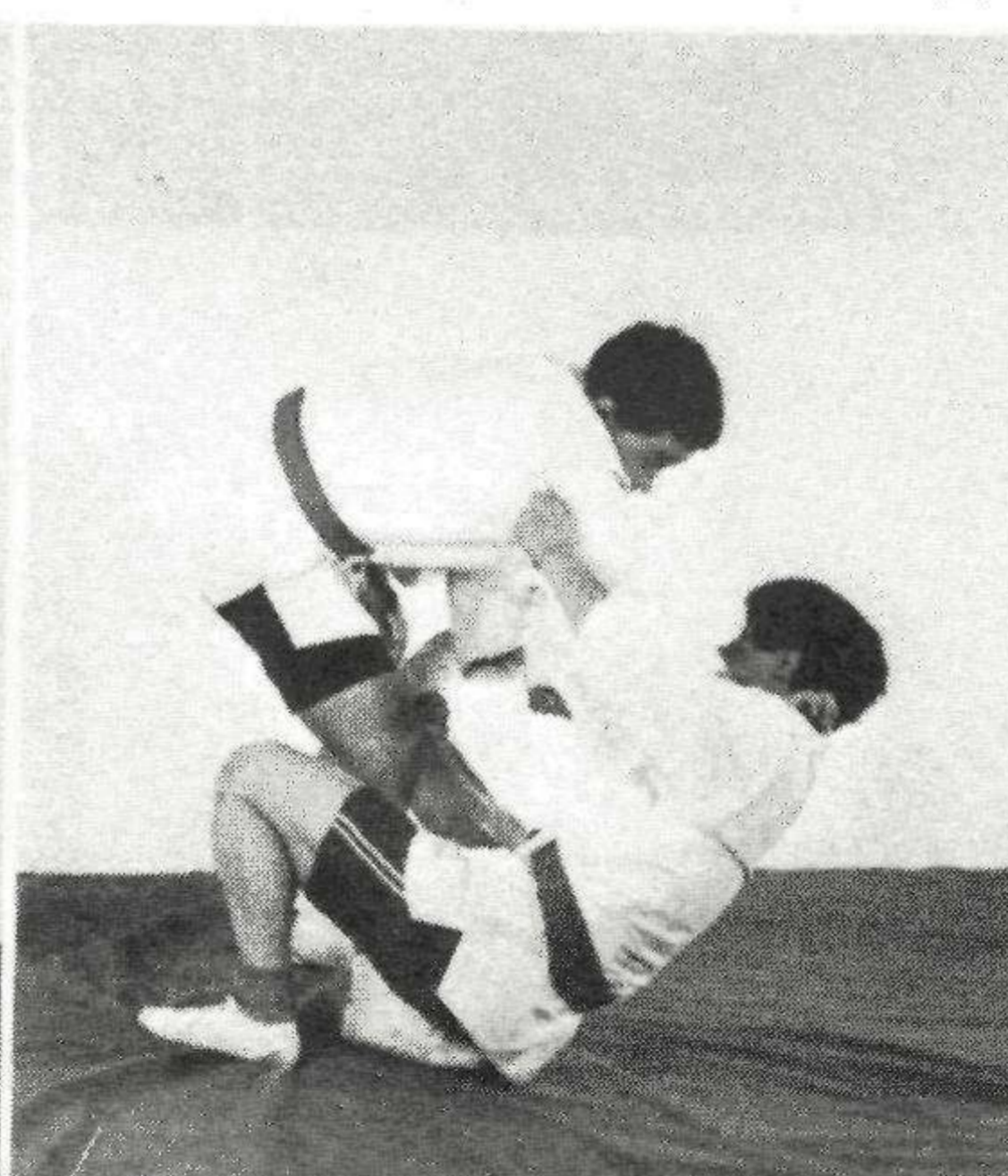
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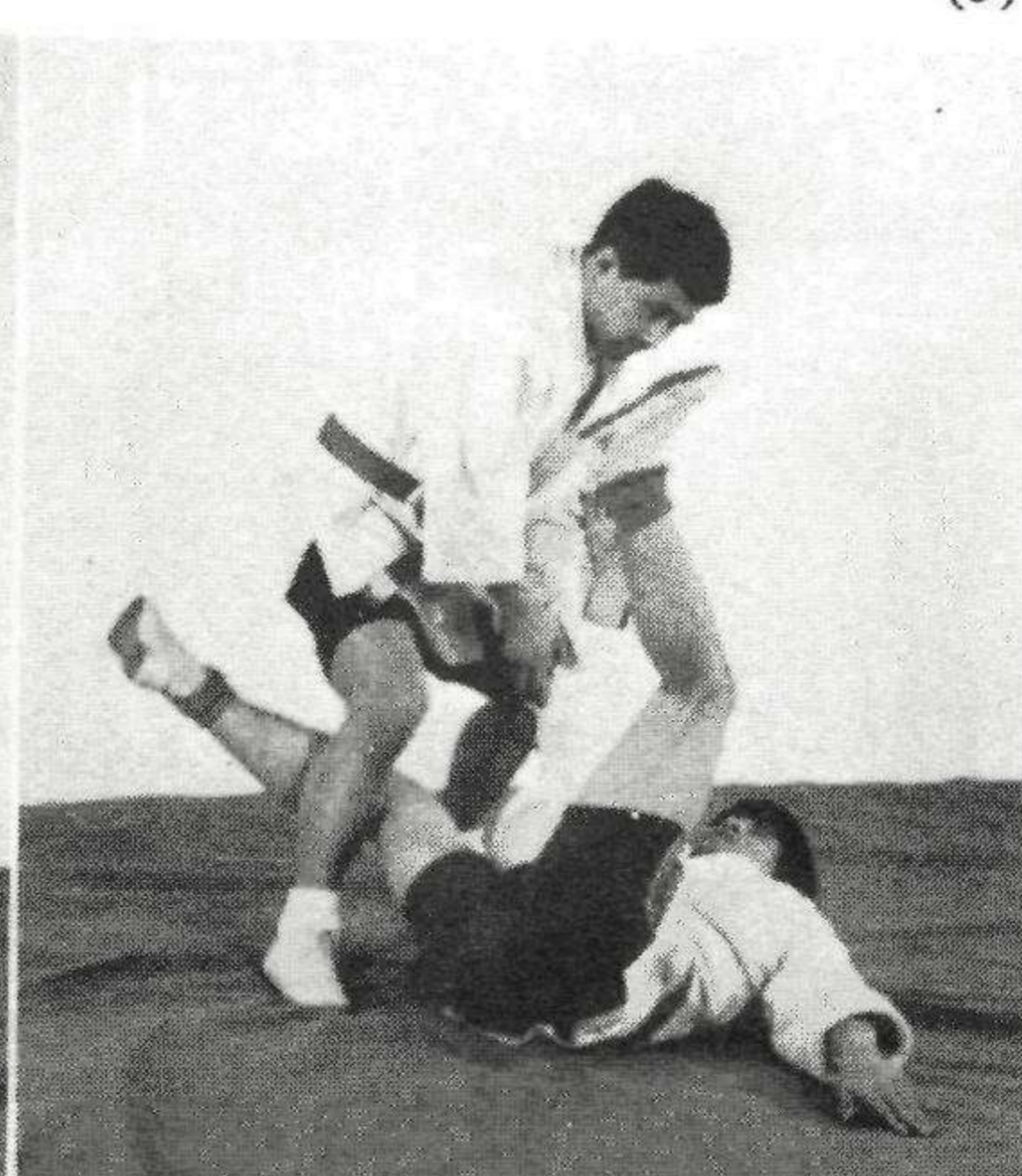
(3)



(4)



(5)

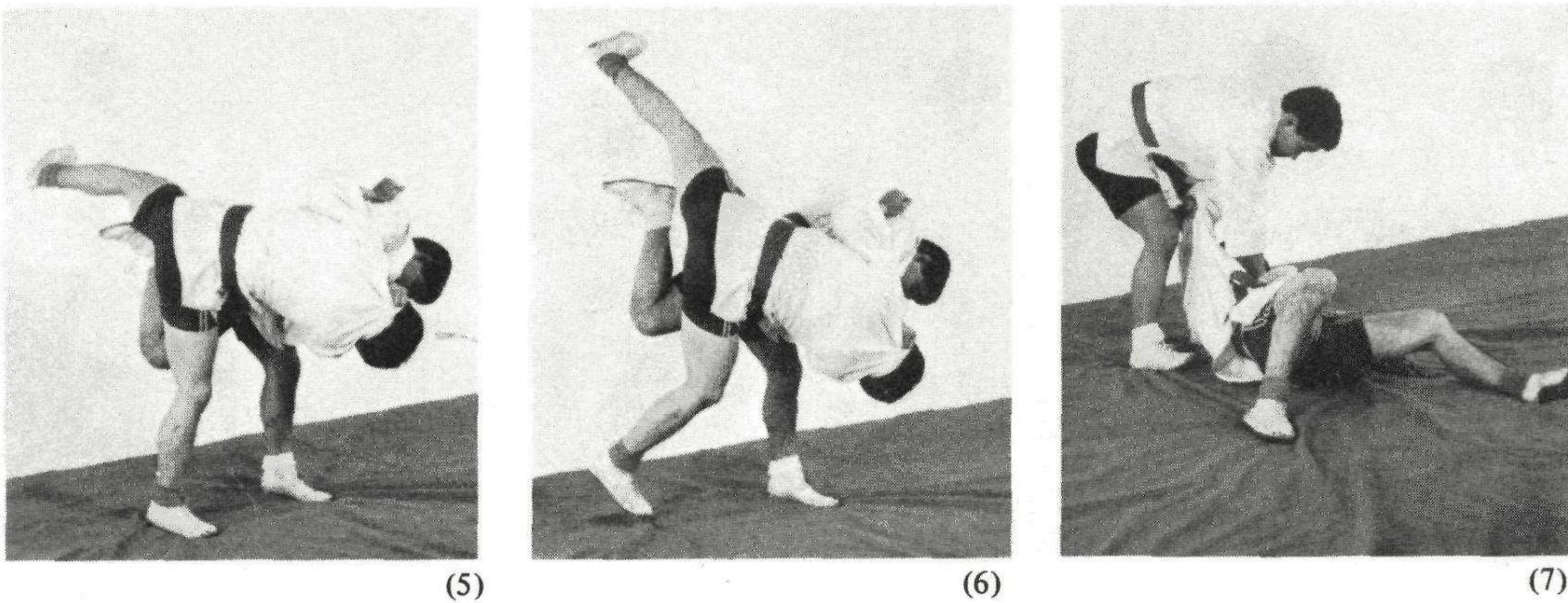
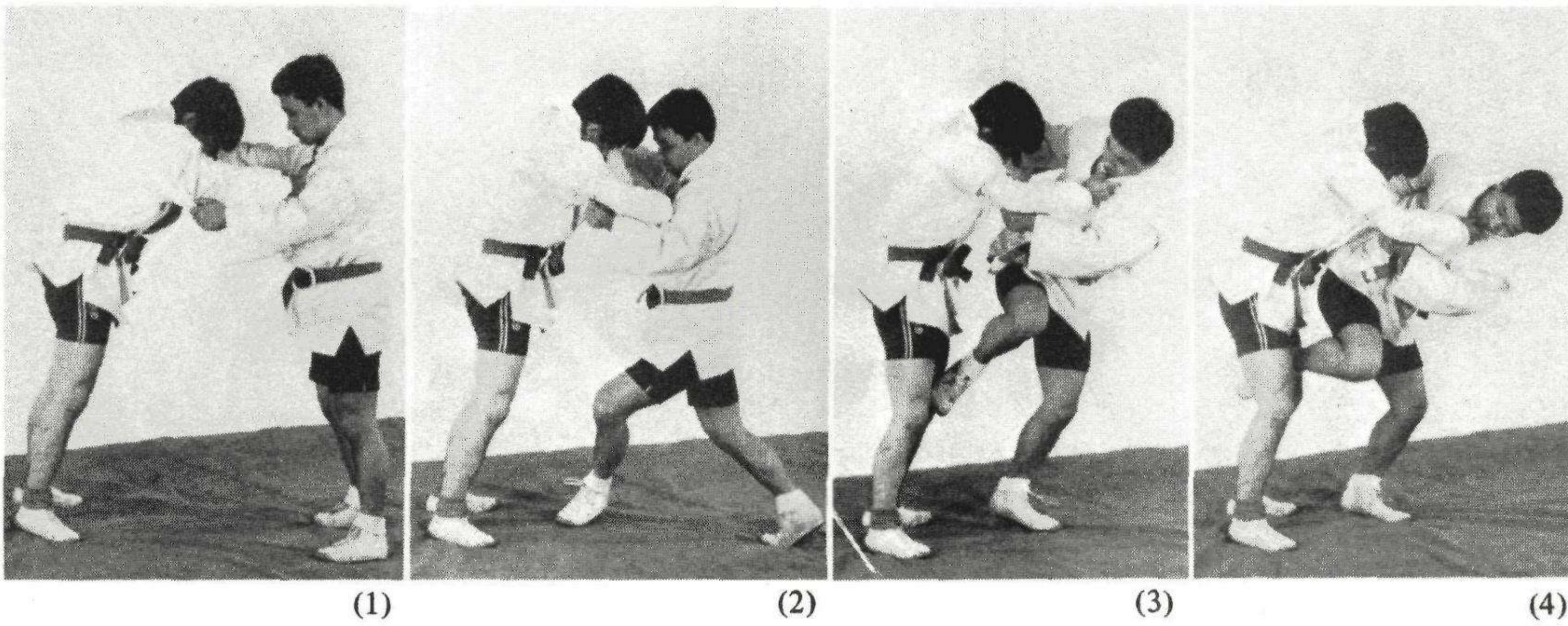
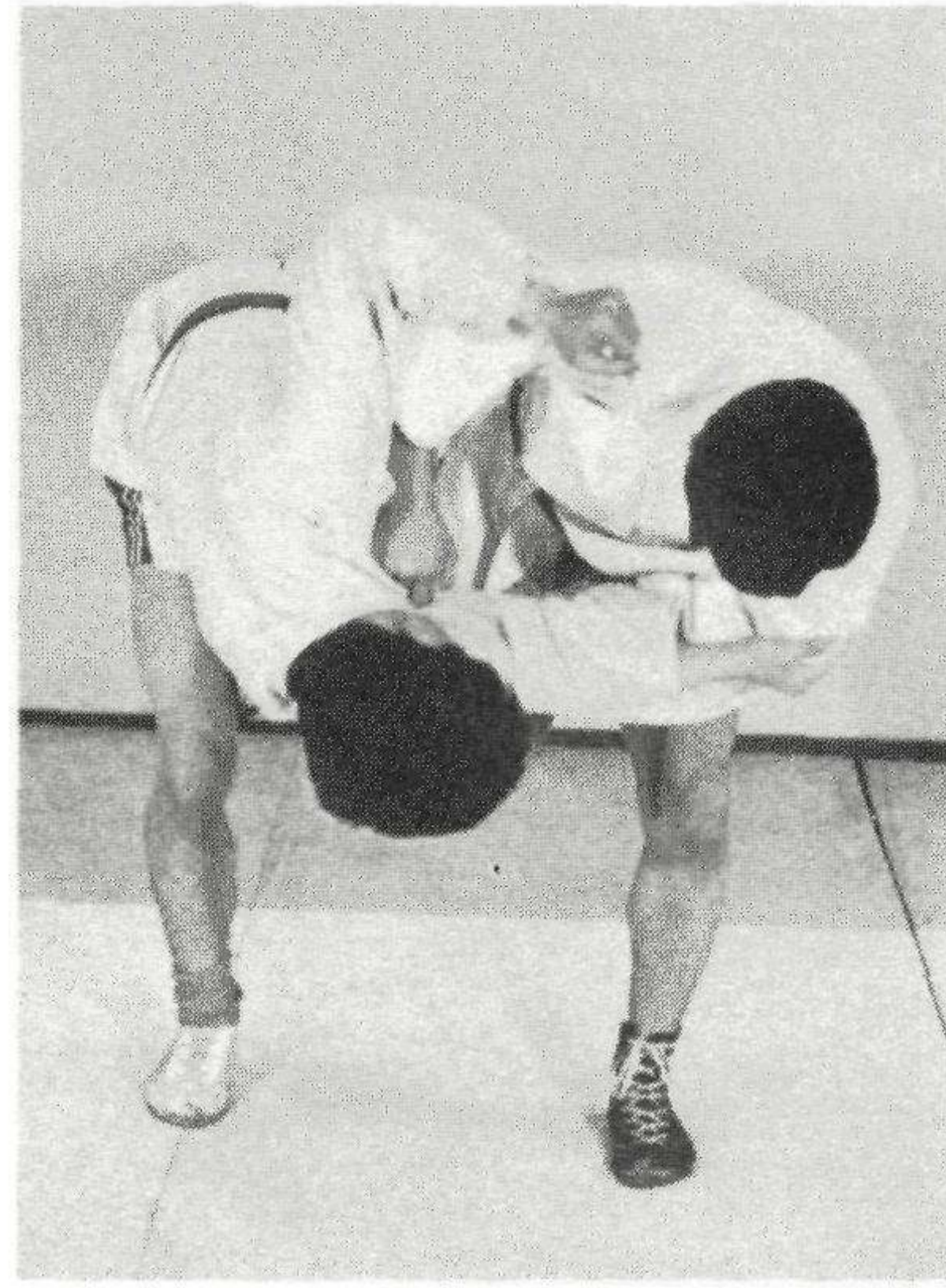


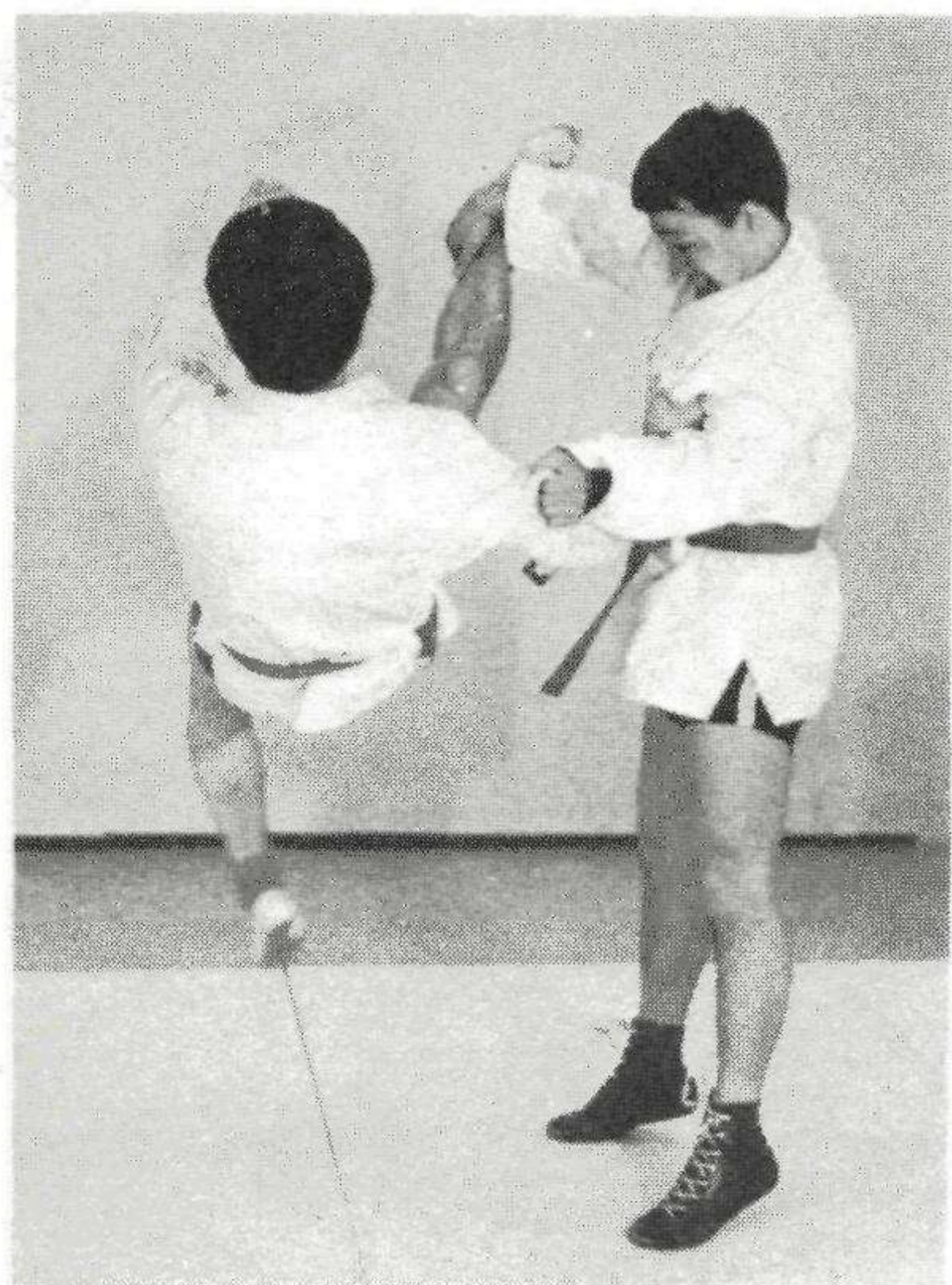
(6)

5.B. INNER KNEE SWEEP

Grasp the tugging opponent with the left hand under the right elbow, and with the right at the left jacket shoulder (1). Do a step with the left foot forward, turning the toe to the left (2). Bending the right leg (3), hit opponent's left knee from inside with the sole (4). Lifting the leg (5), pull to the left and downwards, then throw the opponent on the mat (6).

Safeguarding – by the left sleeve. Self-safeguarding – back fall. (7).



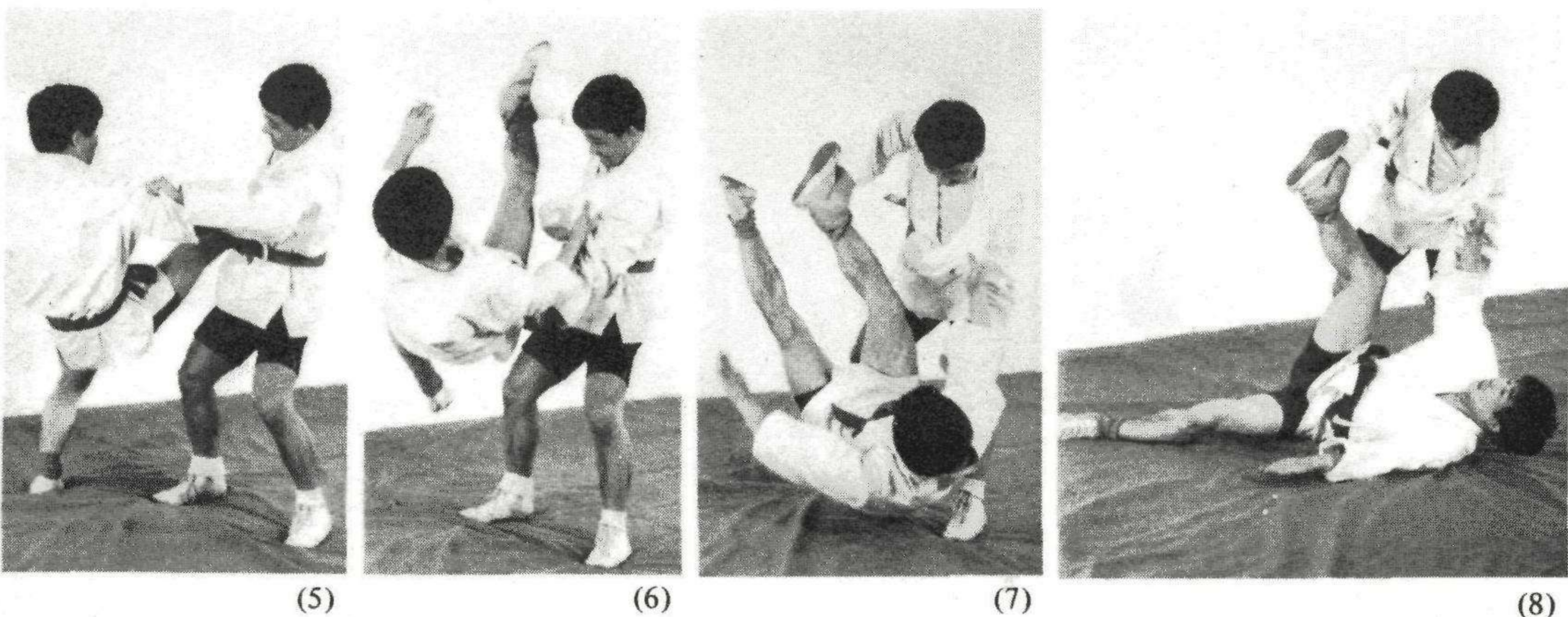
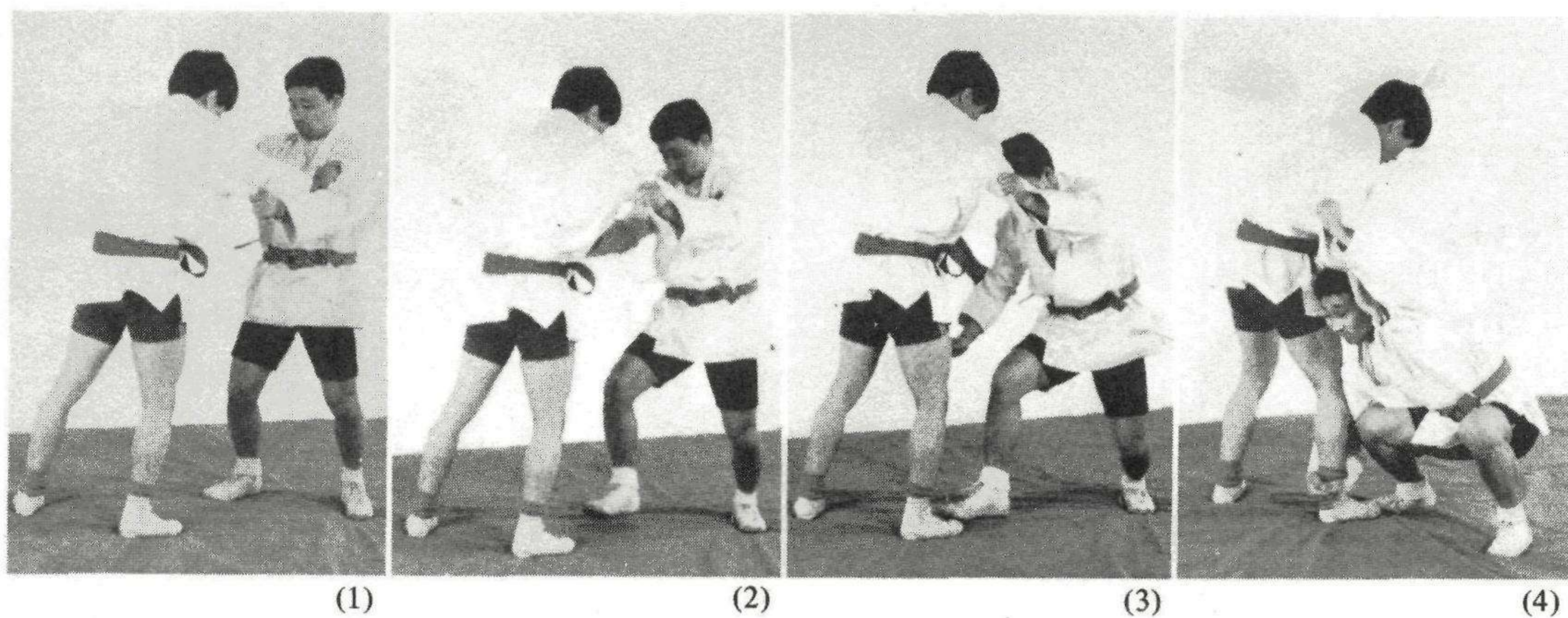


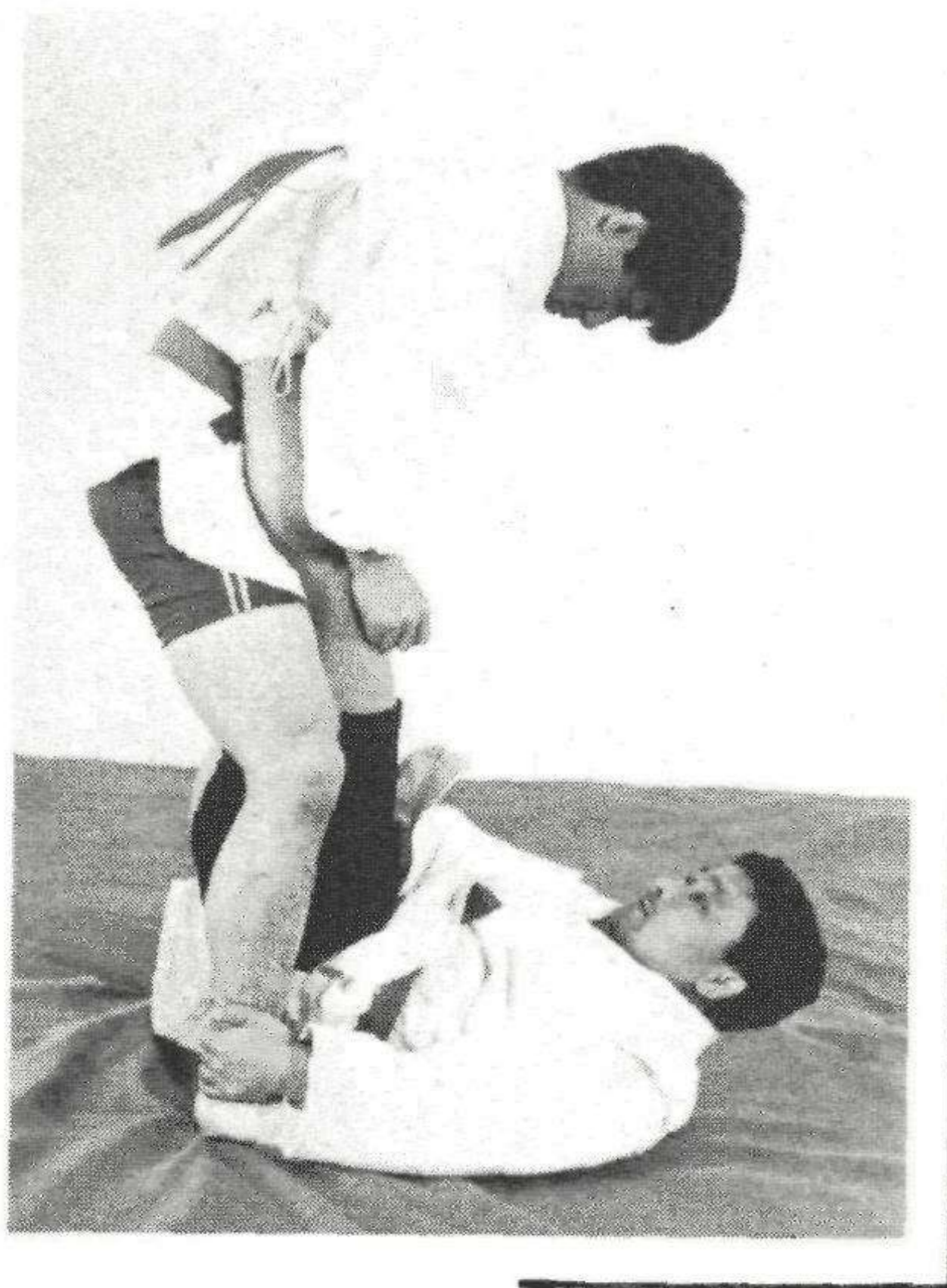
**6 A. INNER CORRESPONDING HEEL GRIP
THROW**

Grasp the opponent with the left hand under the right elbow (1), the right hand remaining free (2). Do a step forward with the right foot (3), squat and grip opponent's right heel with the right hand from inside (4). Standing up (5), do a sharp wrench with the right hand at opponent's heel to the right and upwards (6), then throw the opponent on the mat (7).

Safeguarding – by the right sleeve and the foot.

Self safeguarding – left side fall (8).

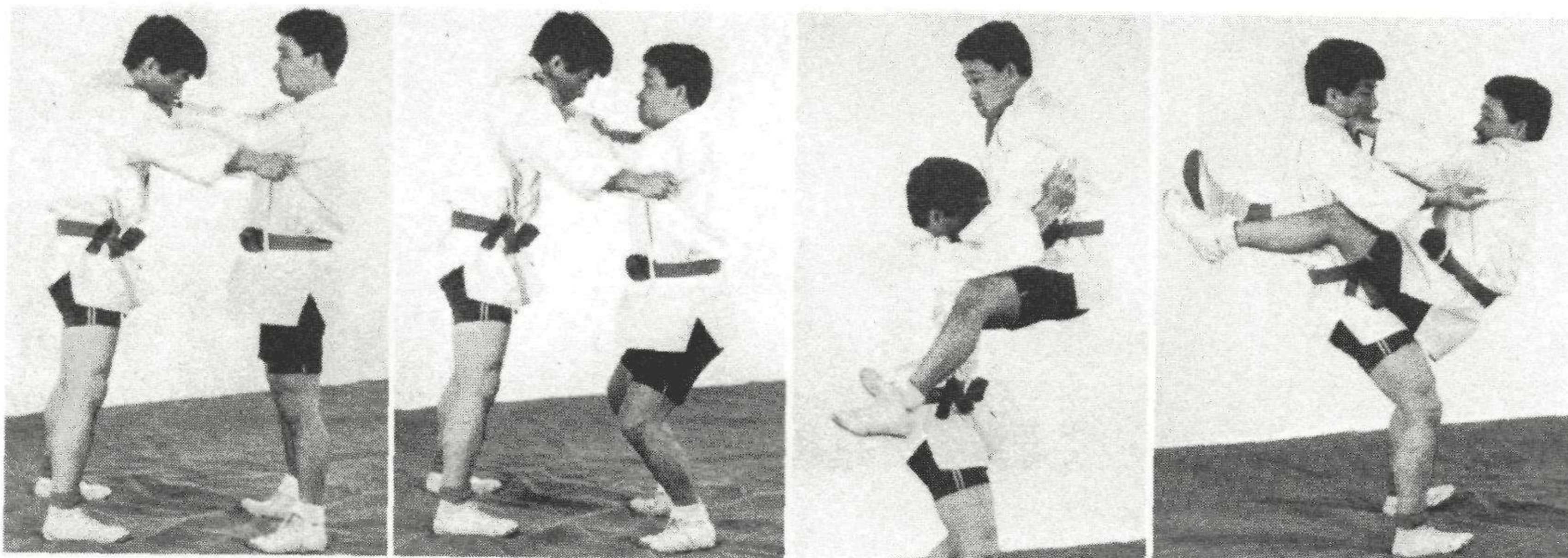




6 C. BOTH HEELS GRIP THROW

Grasp the opponent with both hands at the jacket shoulders (1). Bending the legs (2), jump high (3), clenching the opponent between the legs (4). Holding with the legs, release the hand grip (5), then after getting down on the mat grasp opponent's heels from outside with both hands (6). Press the right foot against opponent's chest, then pulling at the heels (7) throw him on the mat.

Self safeguarding - back fall.

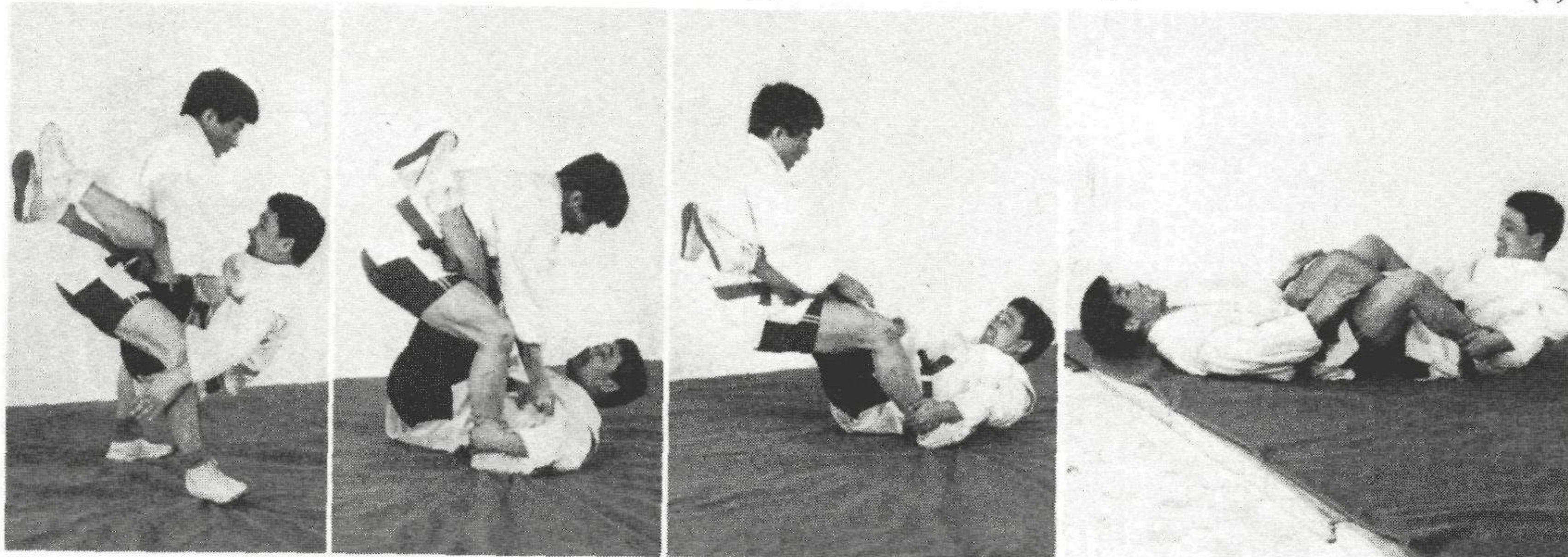


(1)

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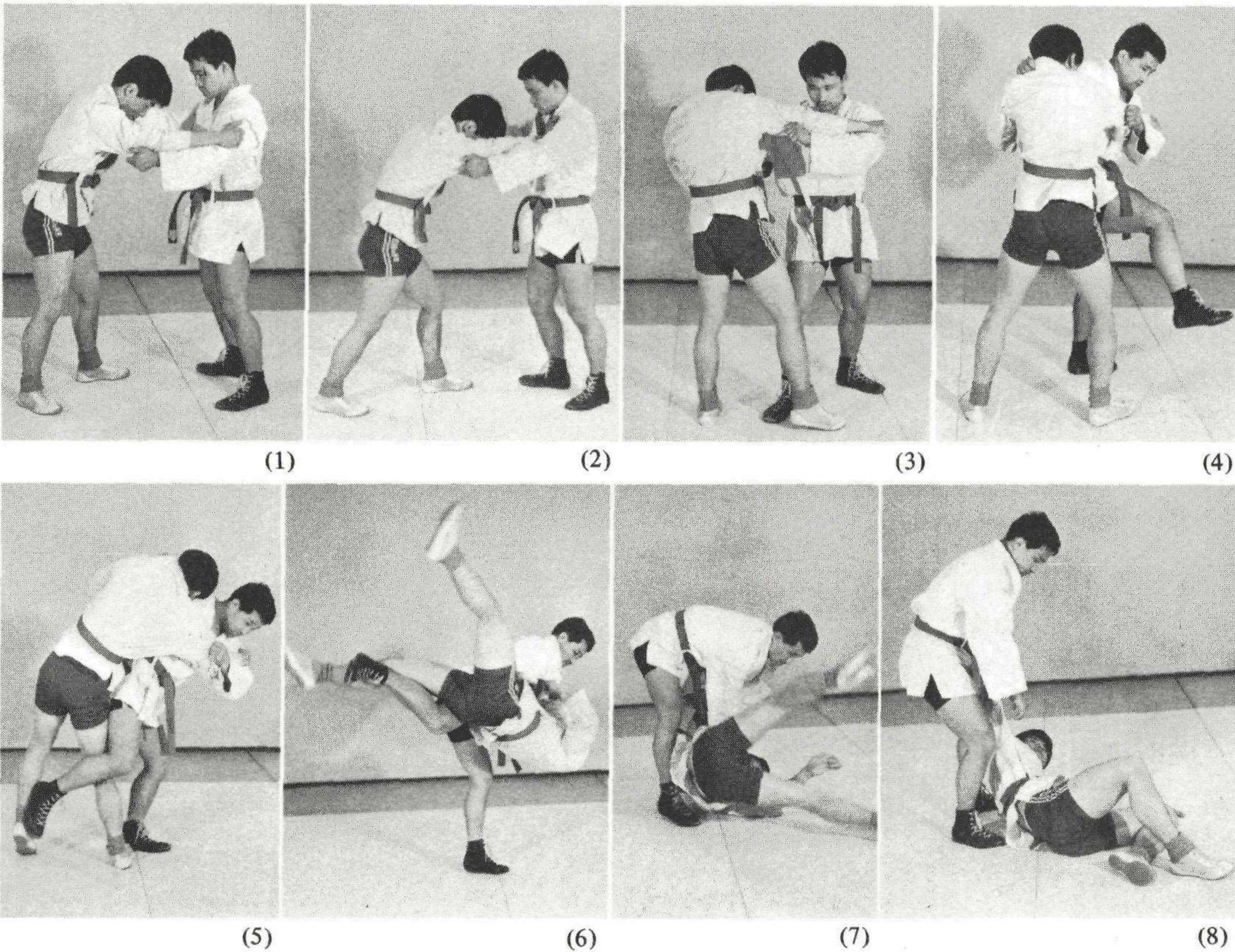
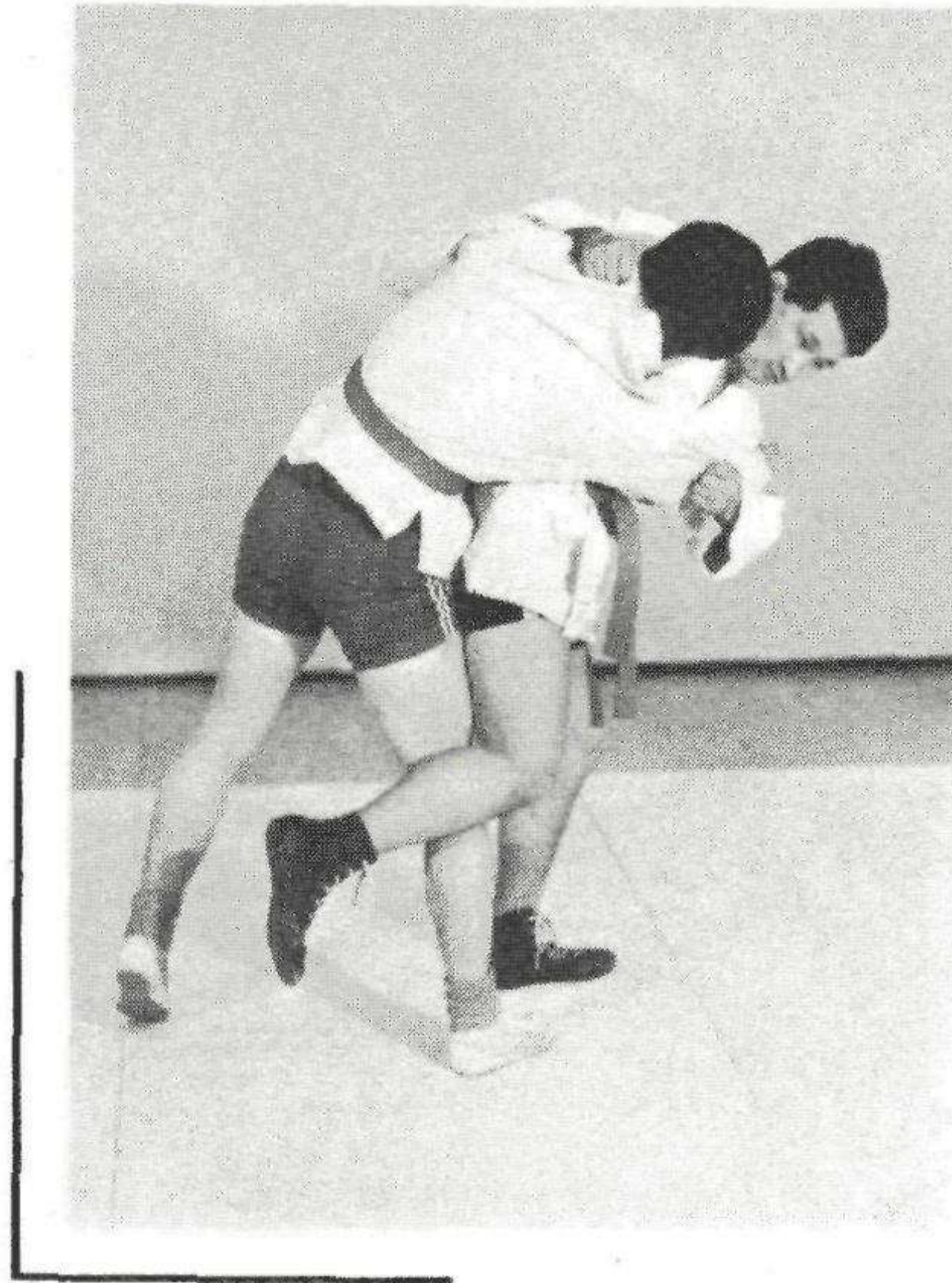
(7)

(8)

7.A. BALANCE BREAKING OUTWARD TRIP

Grasp the opponent with both hands under the elbows (1). Turn the right toe to the left (2), do a step to the left and backwards with the left foot (3), pulling the opponent along. At the moment when the opponent sets his right foot (4) trip opponent's right leg with your right leg so as to contact own knee socket with that of the opponent's (5). Continuing the back - upward motion of the leg (6), throw the opponent on the mat (7).

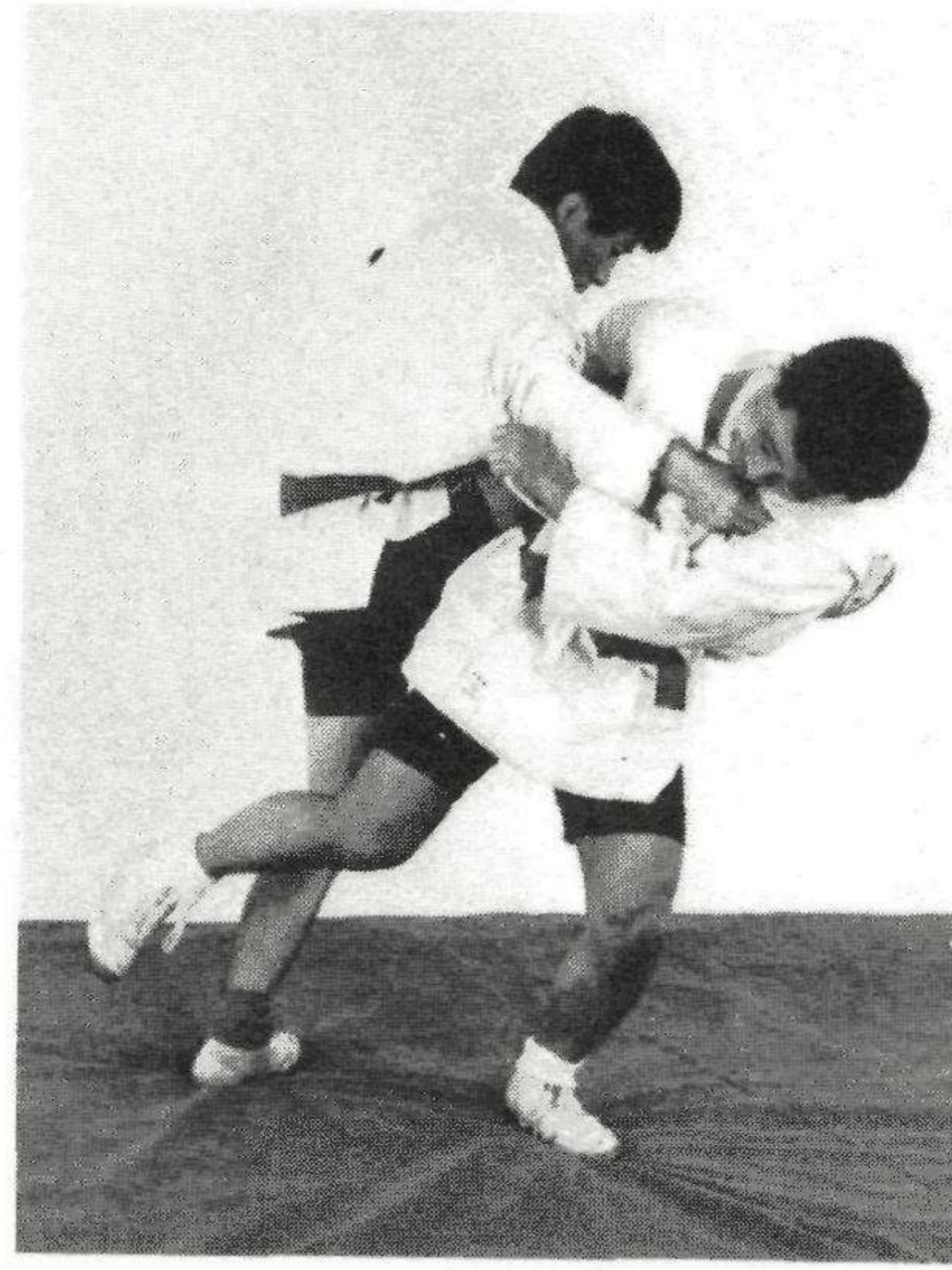
Safeguarding - by the sleeve. Self safeguarding - left side fall (8).



7 C. CROSS GRIP OUTWARD TRIP

Grasp the opponent with both hands under the elbows (1). Do a step forward and to the left with the right foot, putting it down outside opponent's right leg (2), then clasp opponent's right leg with the right hand from inside (3). Unbending (4), do a step to the left with the left foot (5), reaping opponent's left leg with the extended right leg (6). Bowing (7), throw the opponent on the mat (8).

Safeguarding – by the left sleeve, self safeguarding – left side fall (9).



(1)



(2)



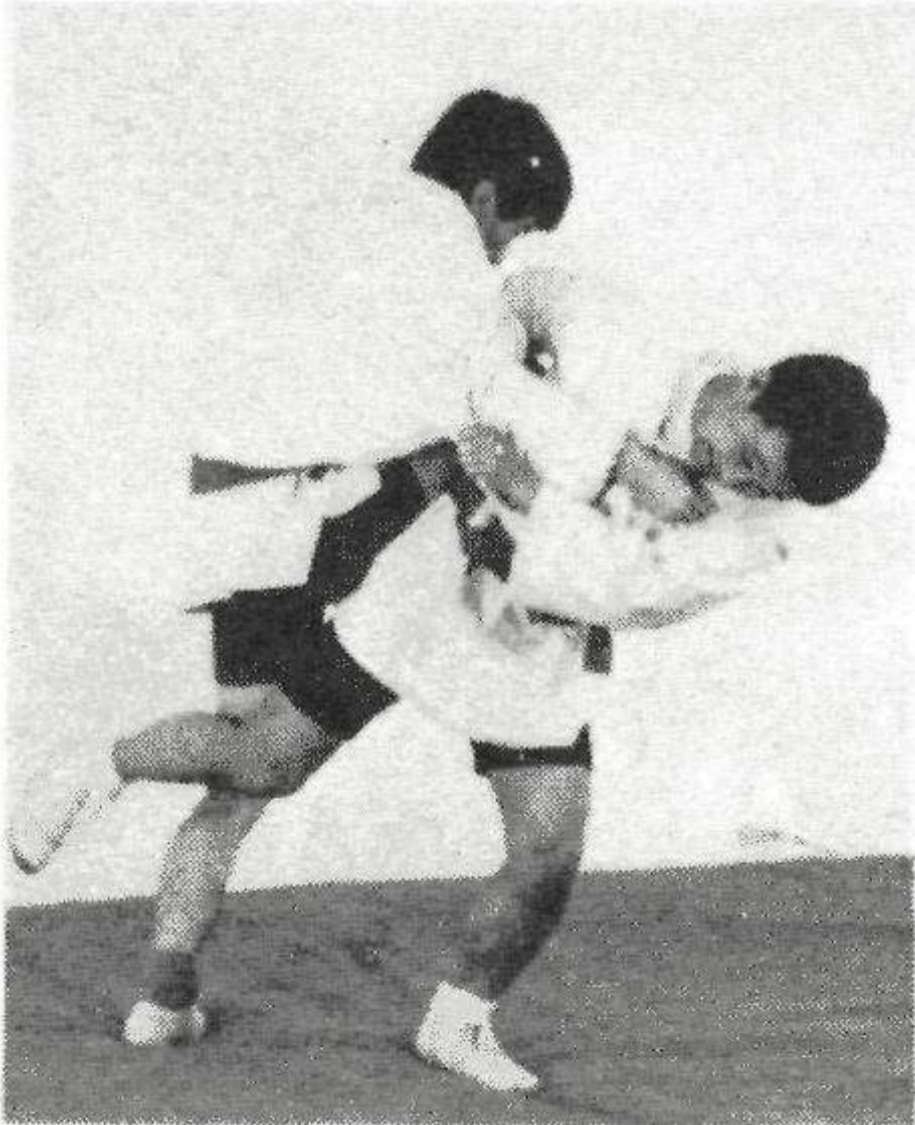
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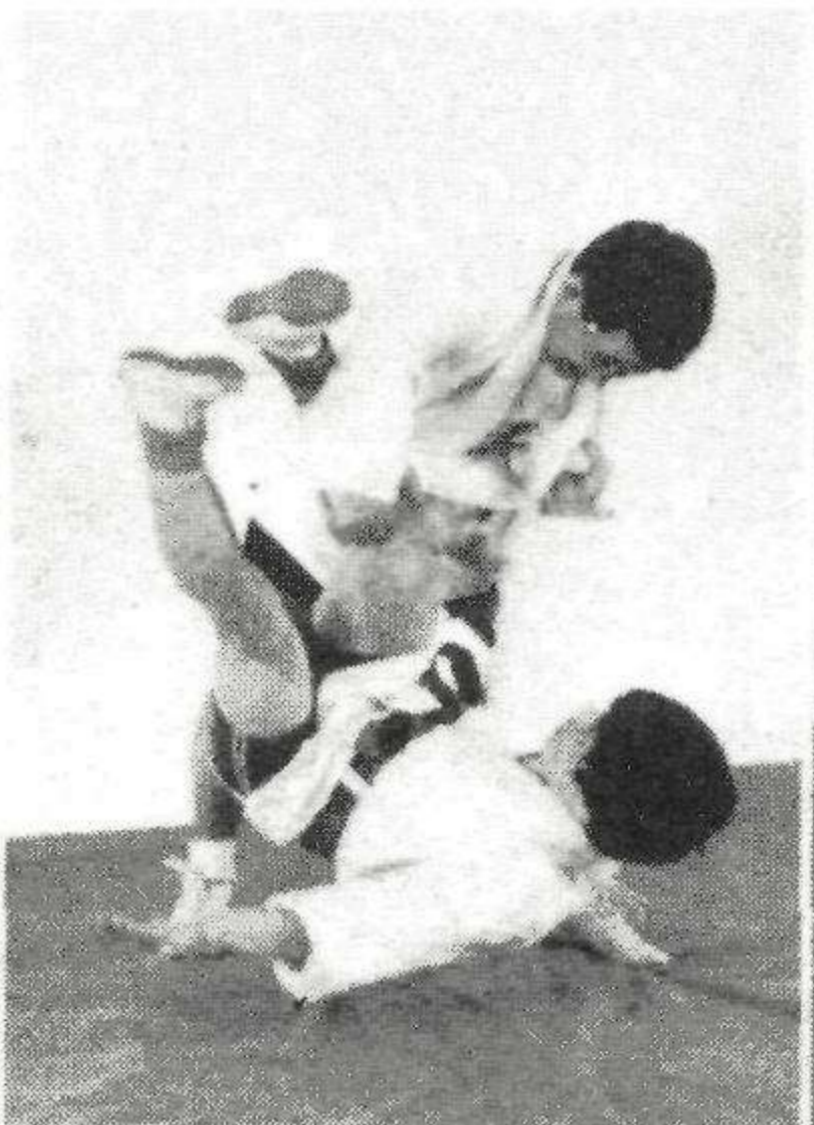
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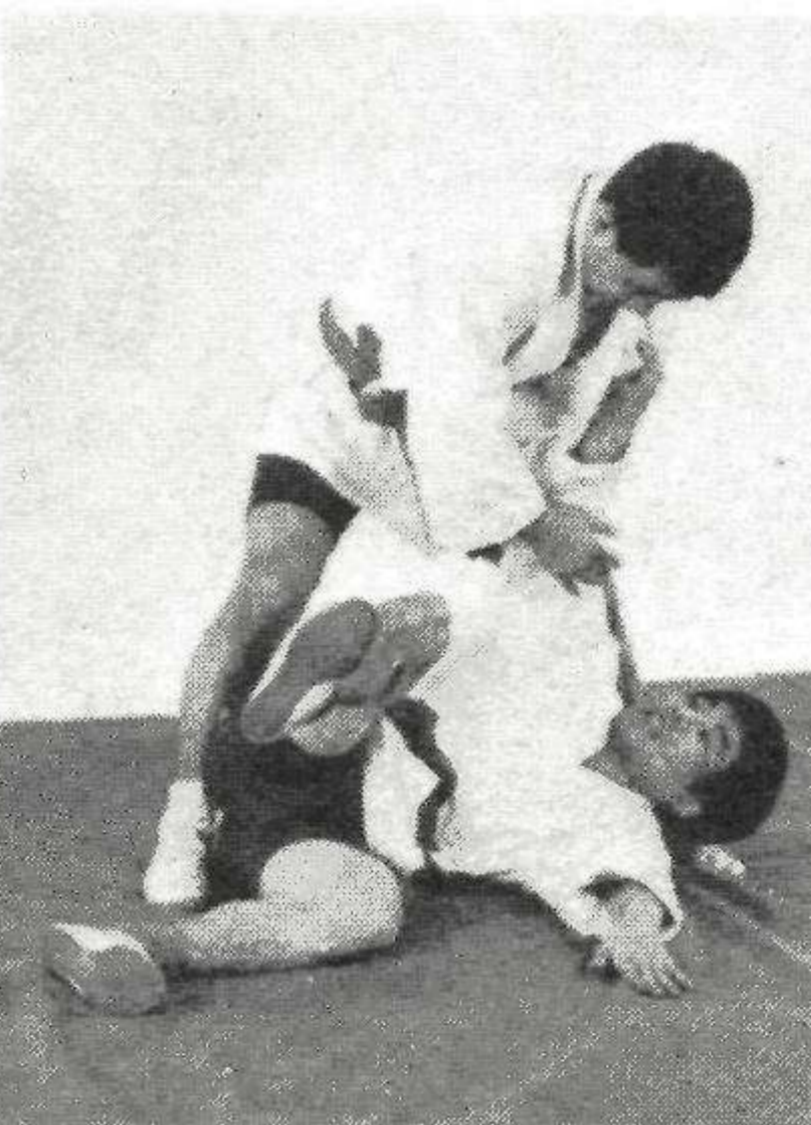
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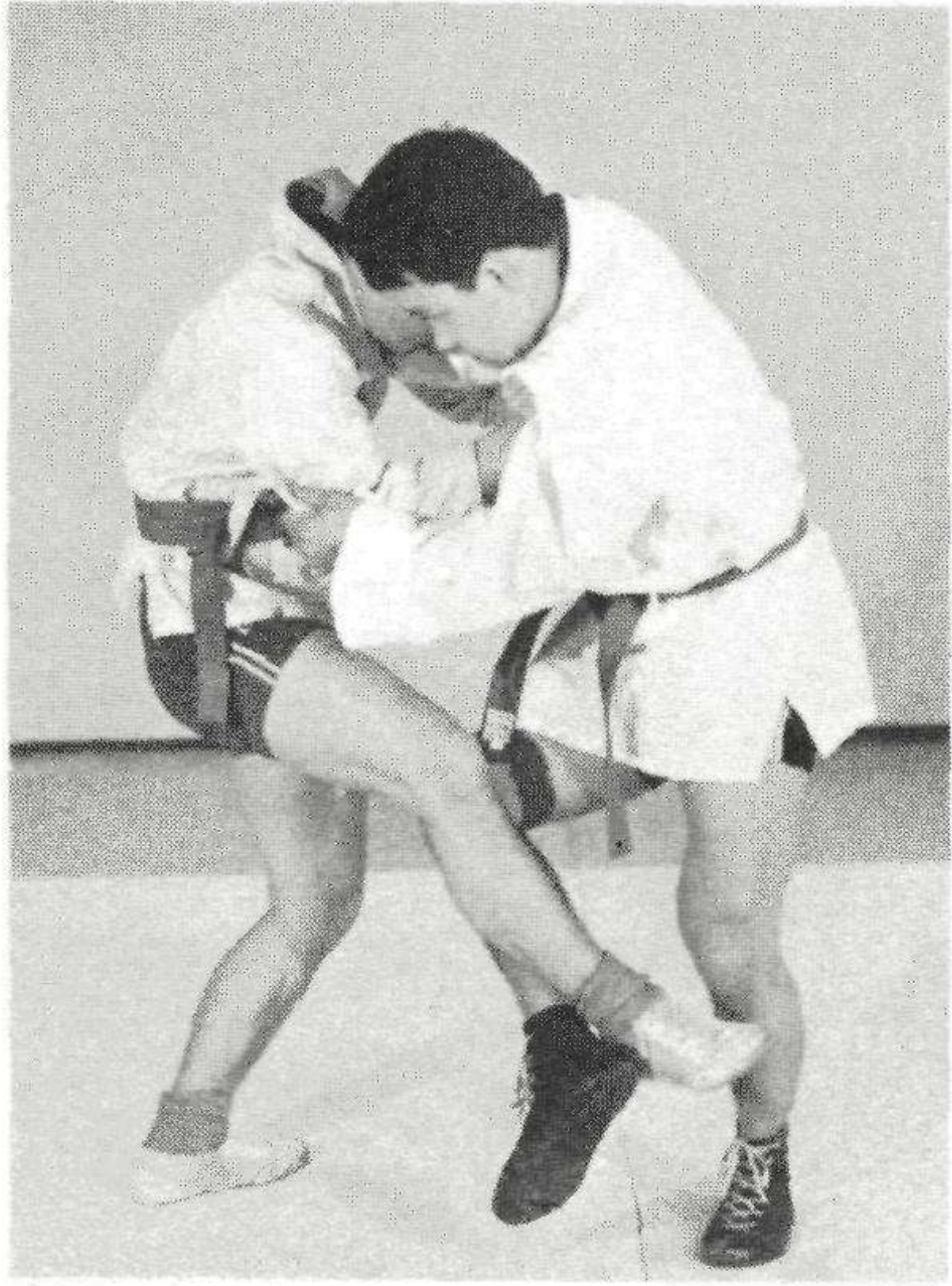
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(8)



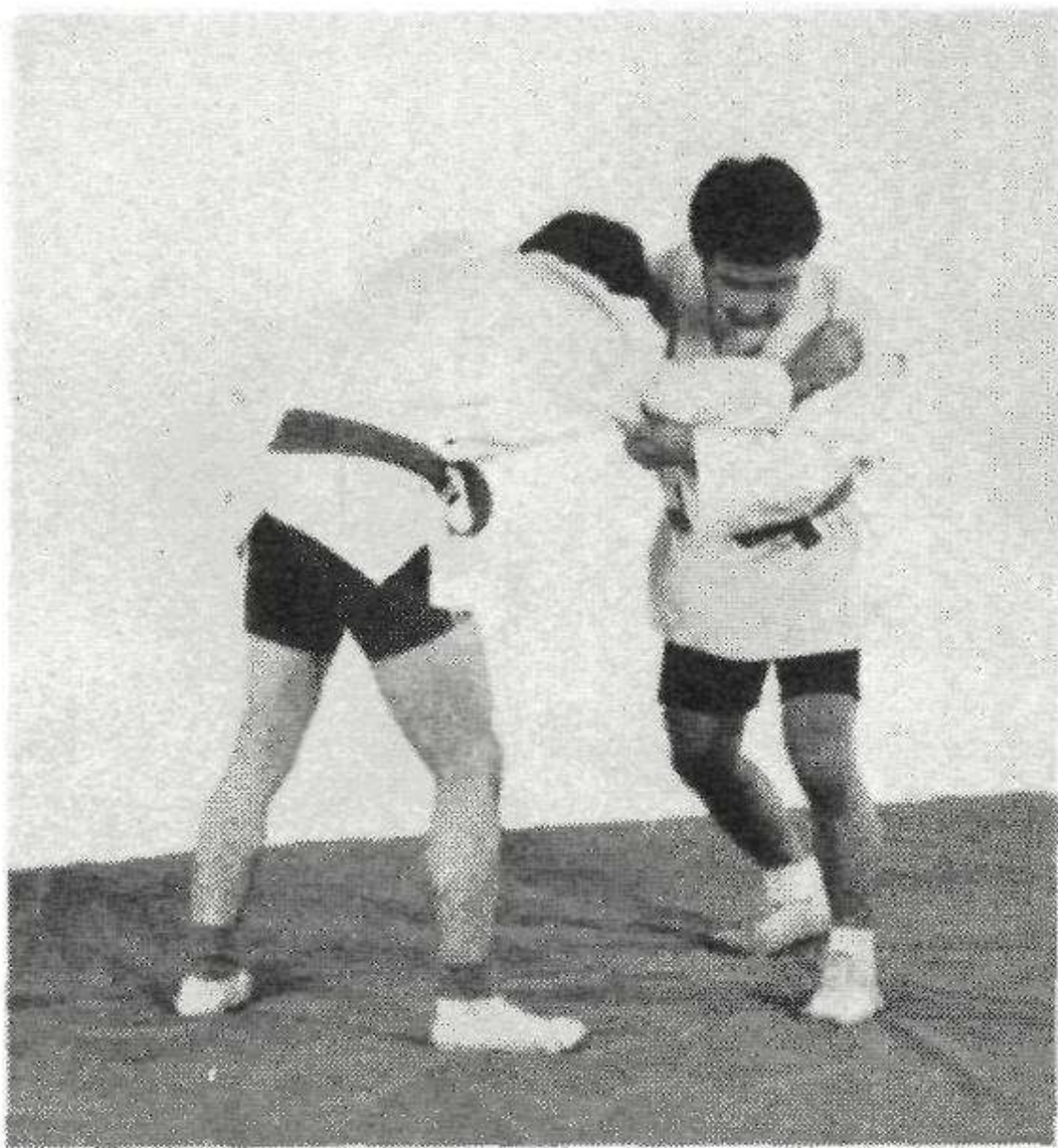
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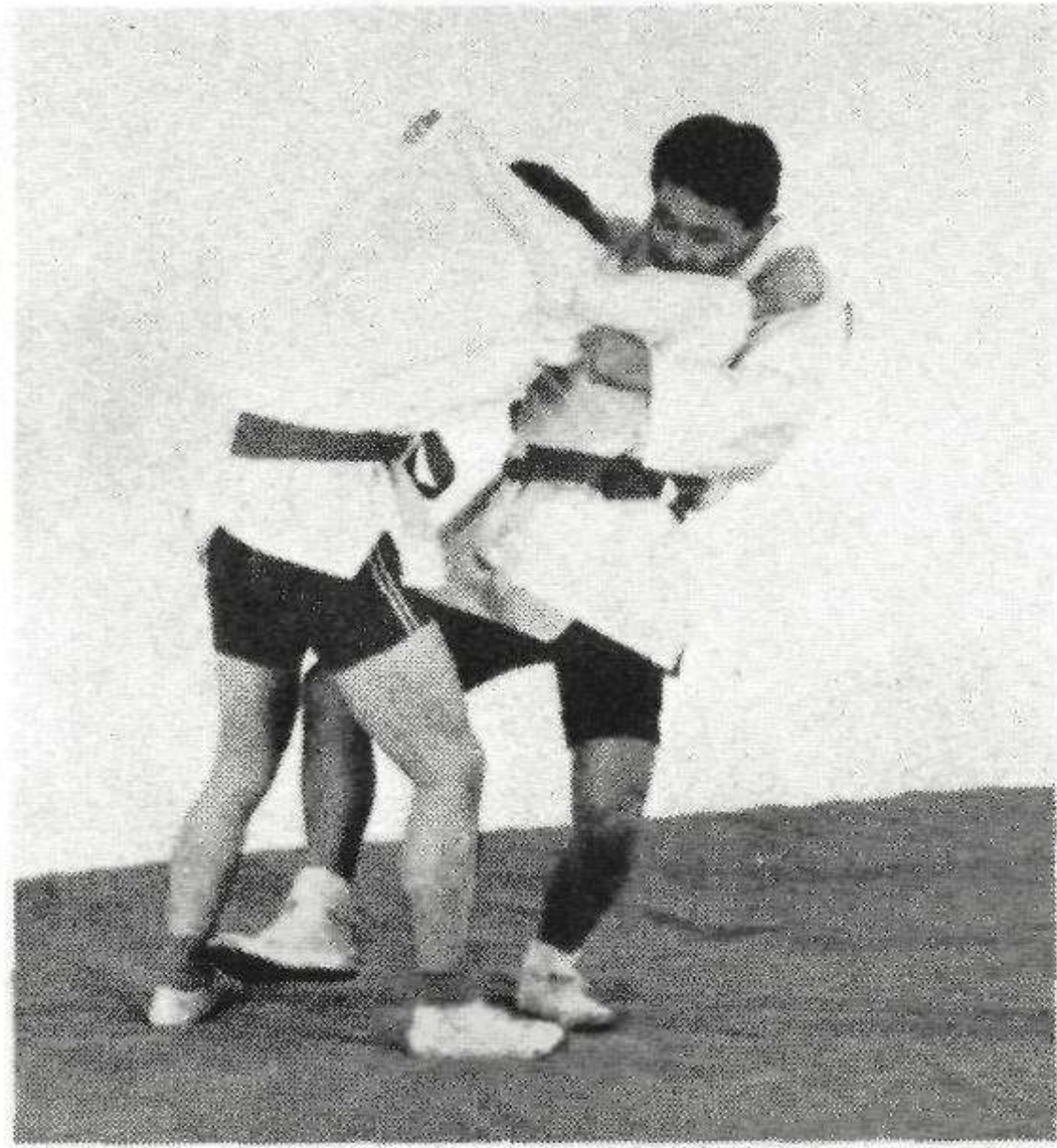
8 A. MAJOR INNER HOOK

Grasp the opponent with the right hand at the collar and with the left under the right elbow (1). Do a step forward with the left foot (2), hook opponent's right ankle (3). Drawing the right leg backwards and to the left, pull the opponent to the left and downwards (4) and throw him on the mat (5).

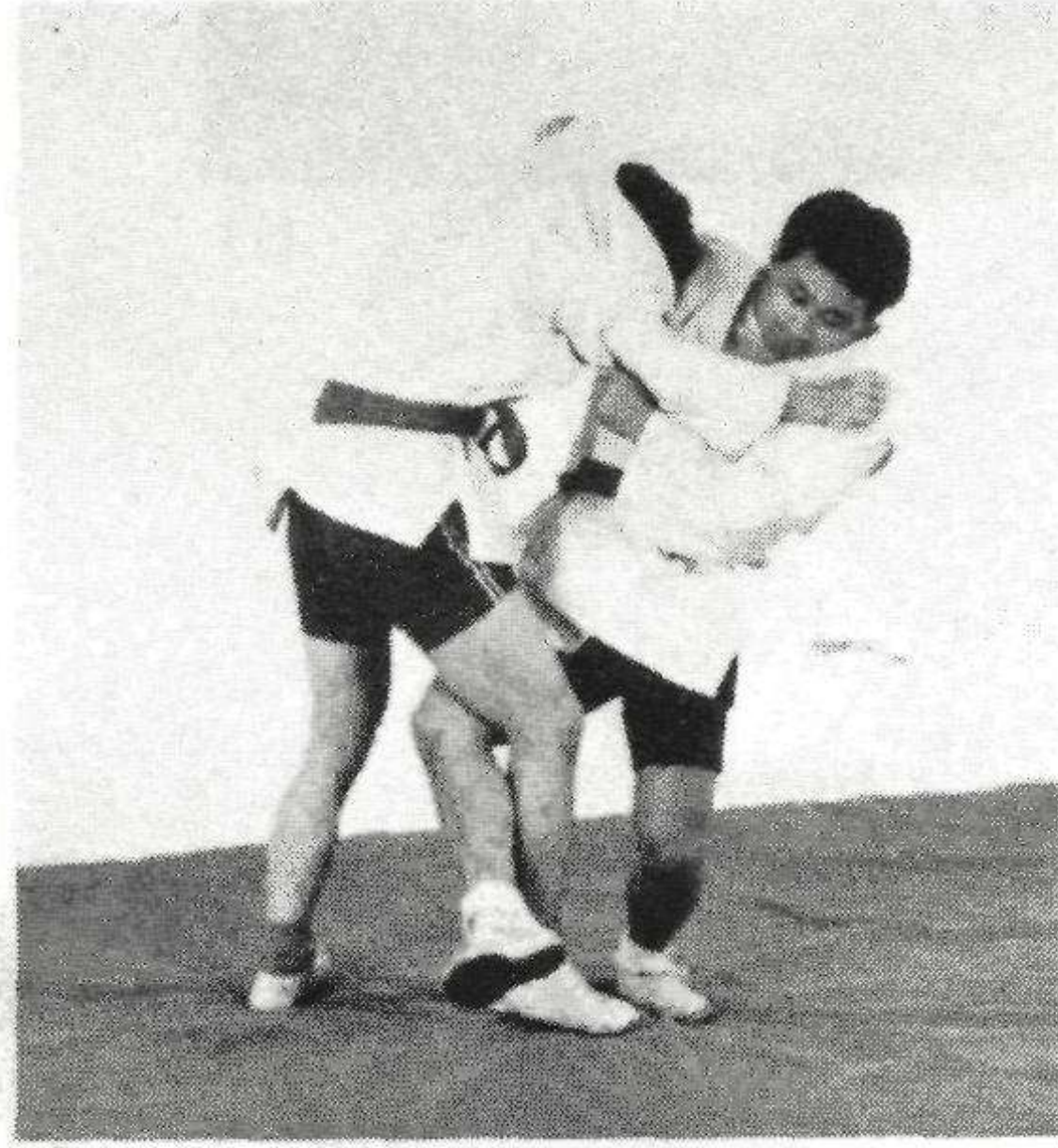
Safeguarding – by the sleeve and the collar.
Self safeguarding – back fall.



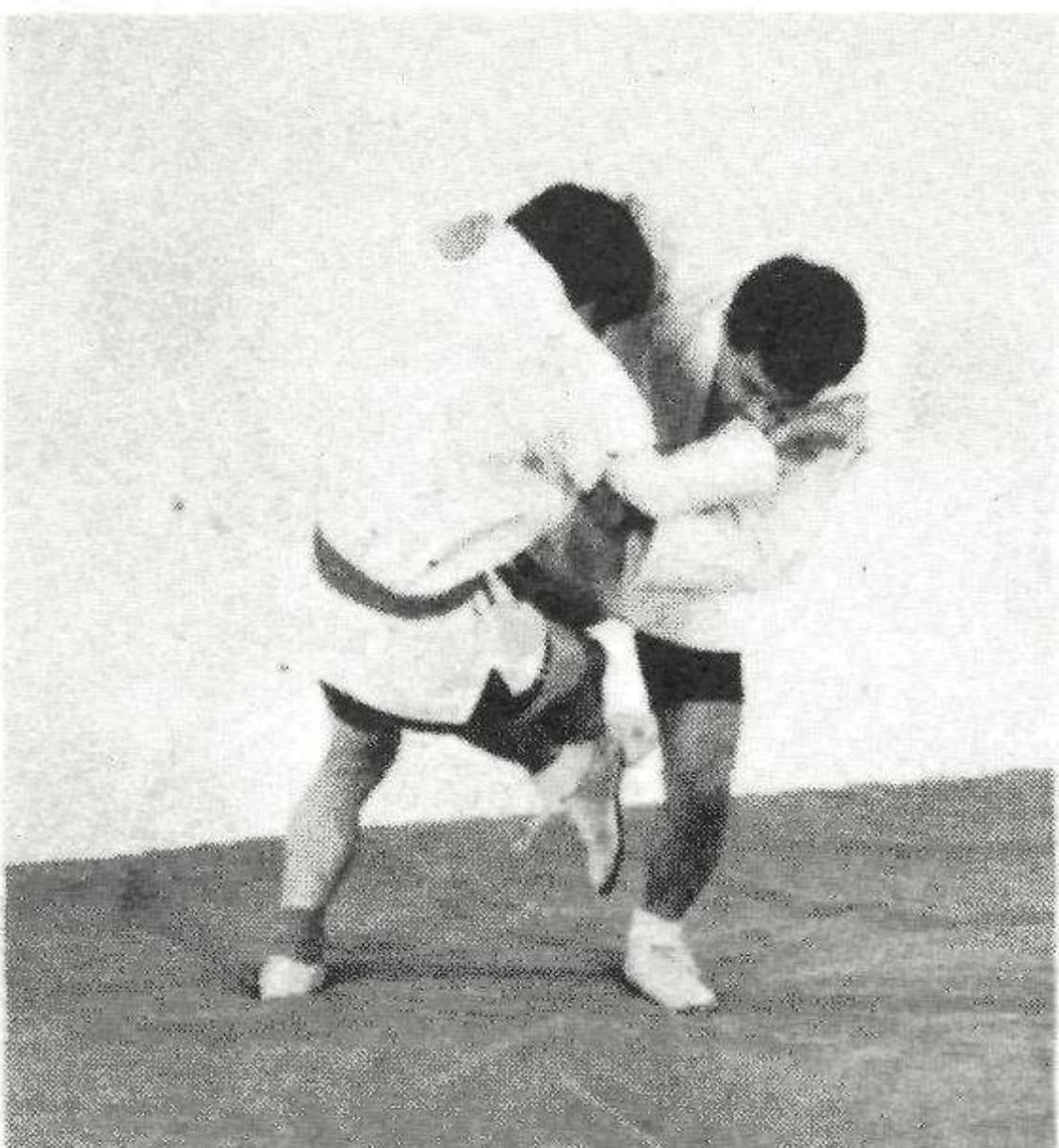
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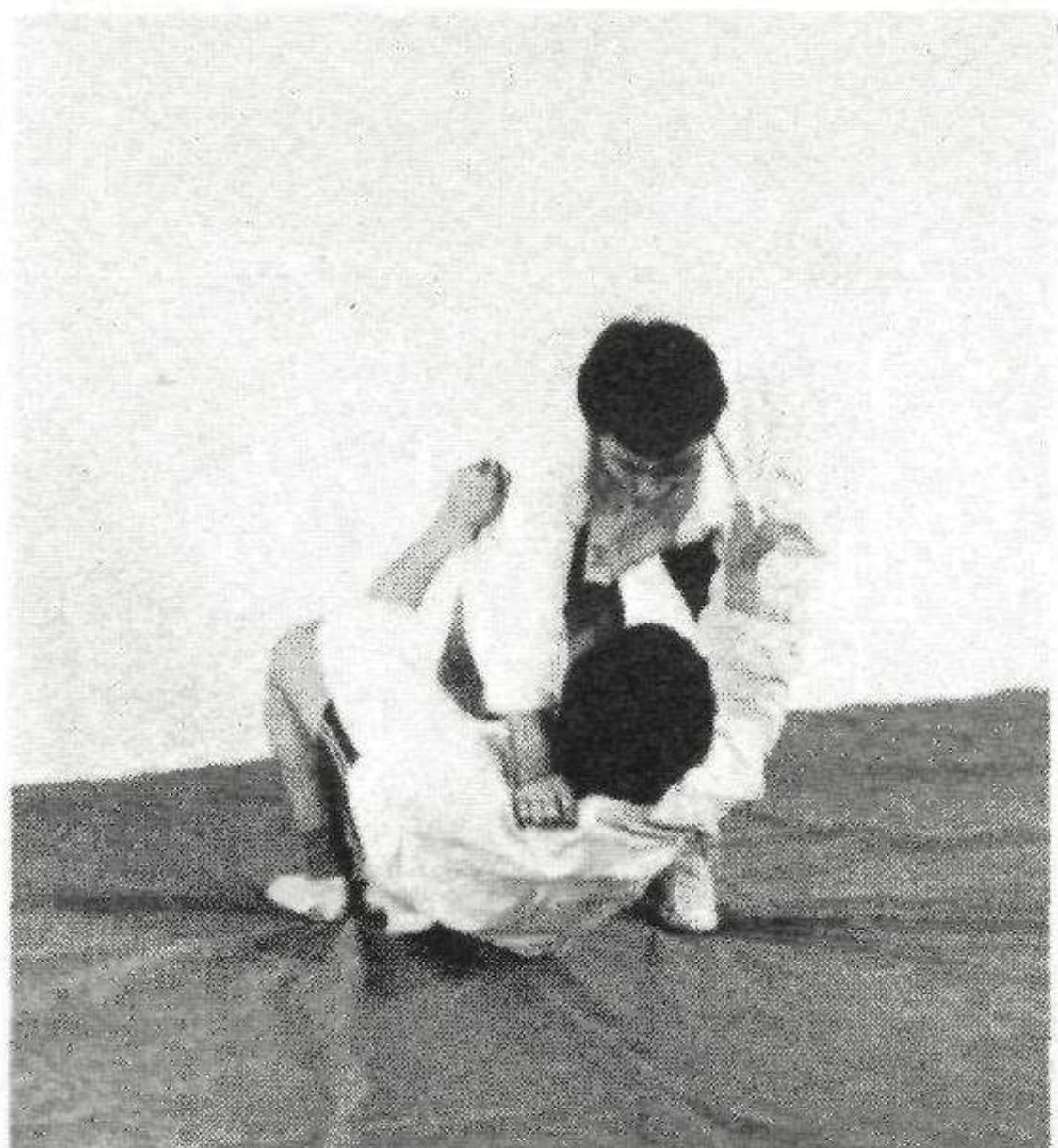
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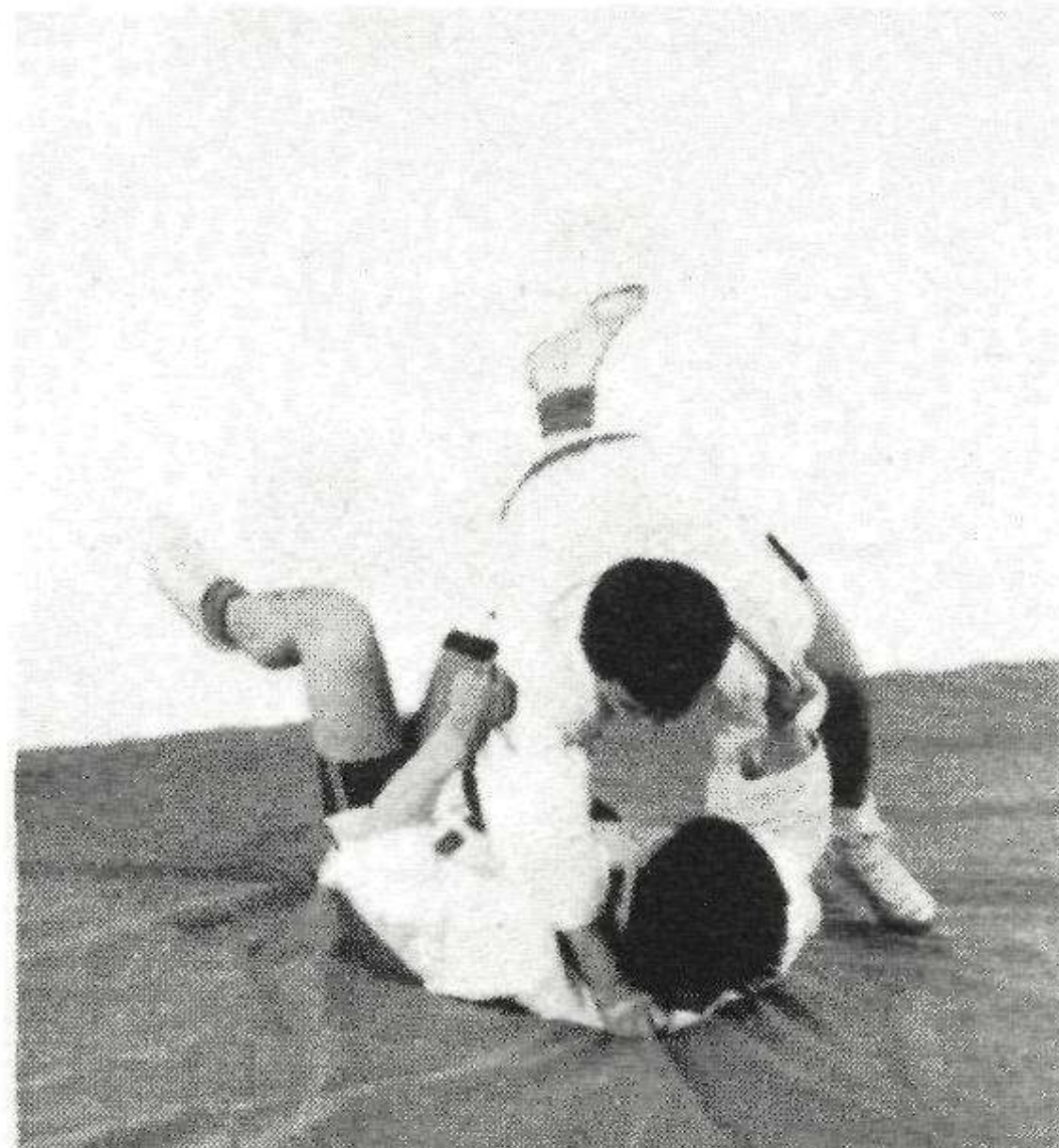
(3)



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(5)

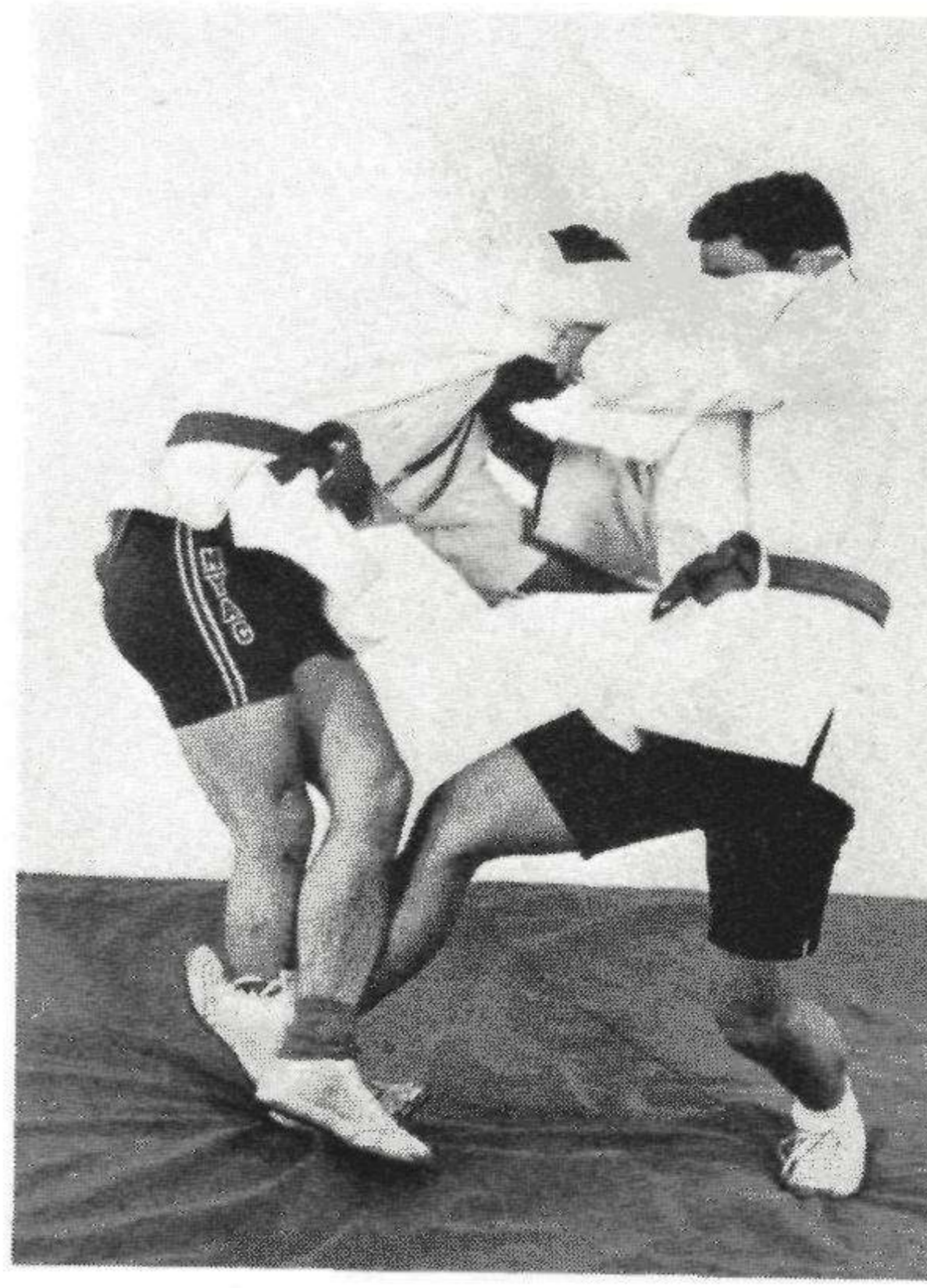


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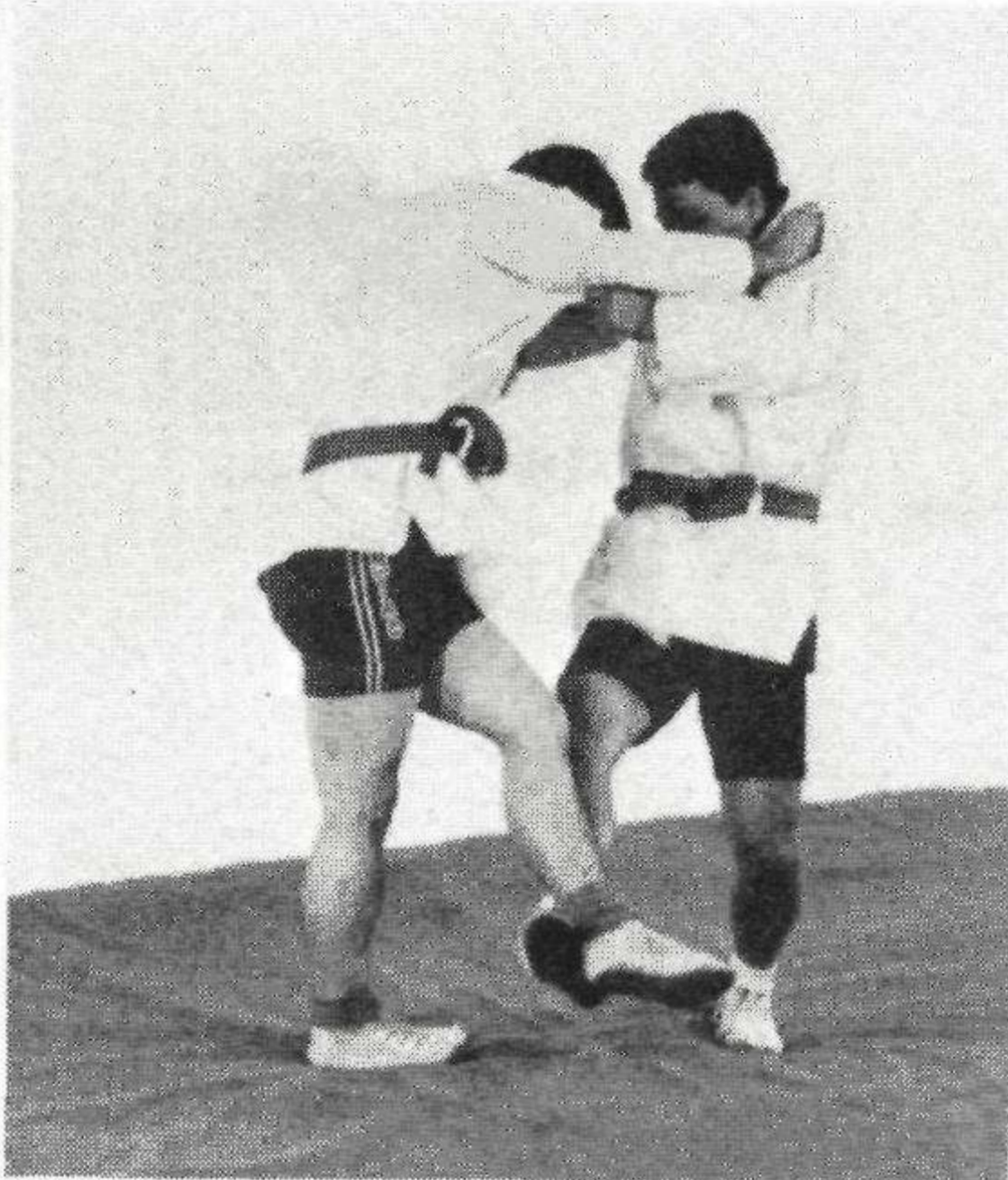
8 B. MAJOR INNER CROSS ANKLE HOOK

Grasp the opponent with both hands under the elbows (1). Hook opponent's left leg with the right leg and pull to the left (2). At the moment that the opponent crosses his legs, hook his right leg with the right ankle (3), then push the opponent back (4) and throw him on the mat (5).

Safeguarding - by the sleeve and the collar. Self safeguarding - back fall (6).



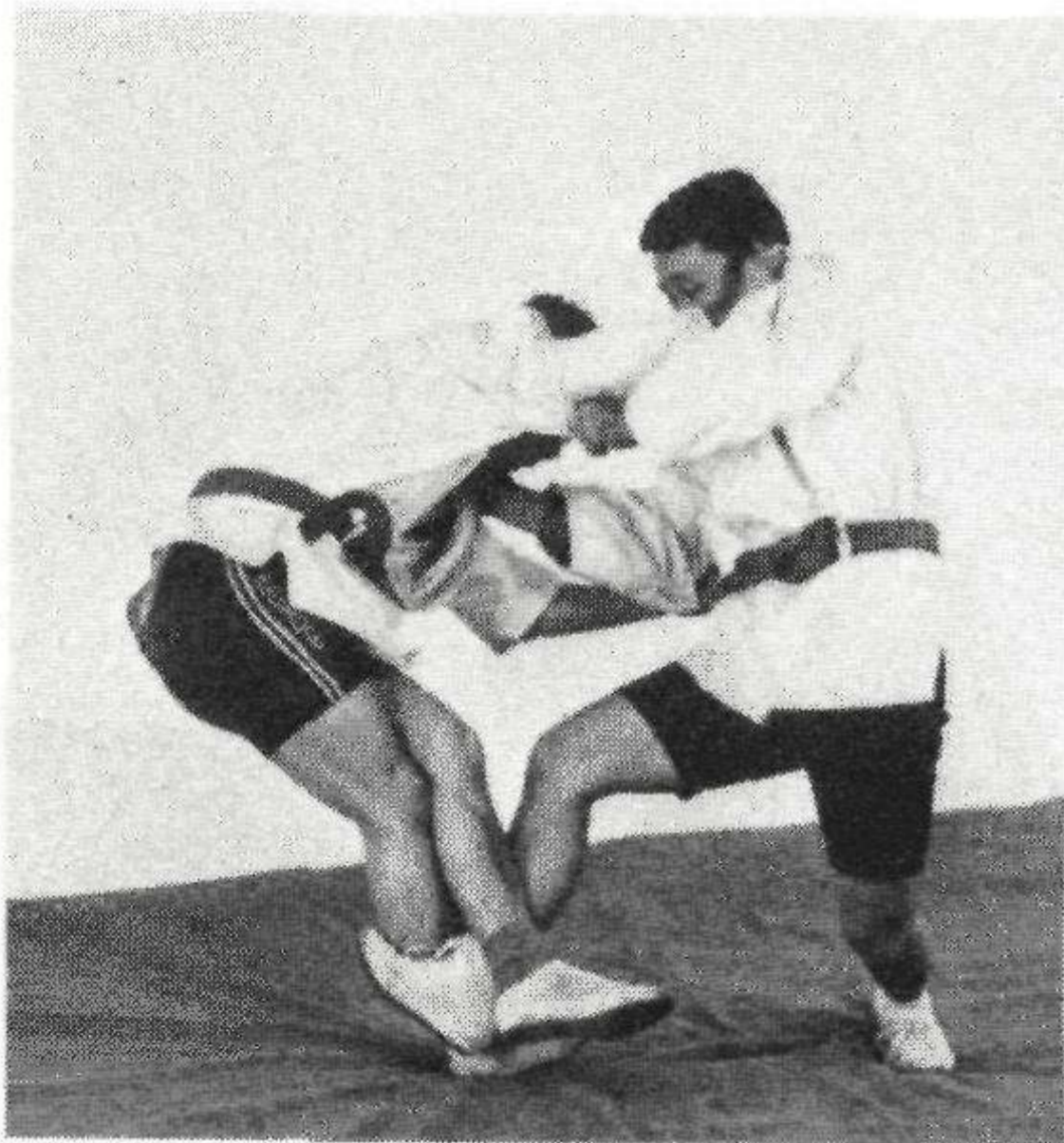
(1)



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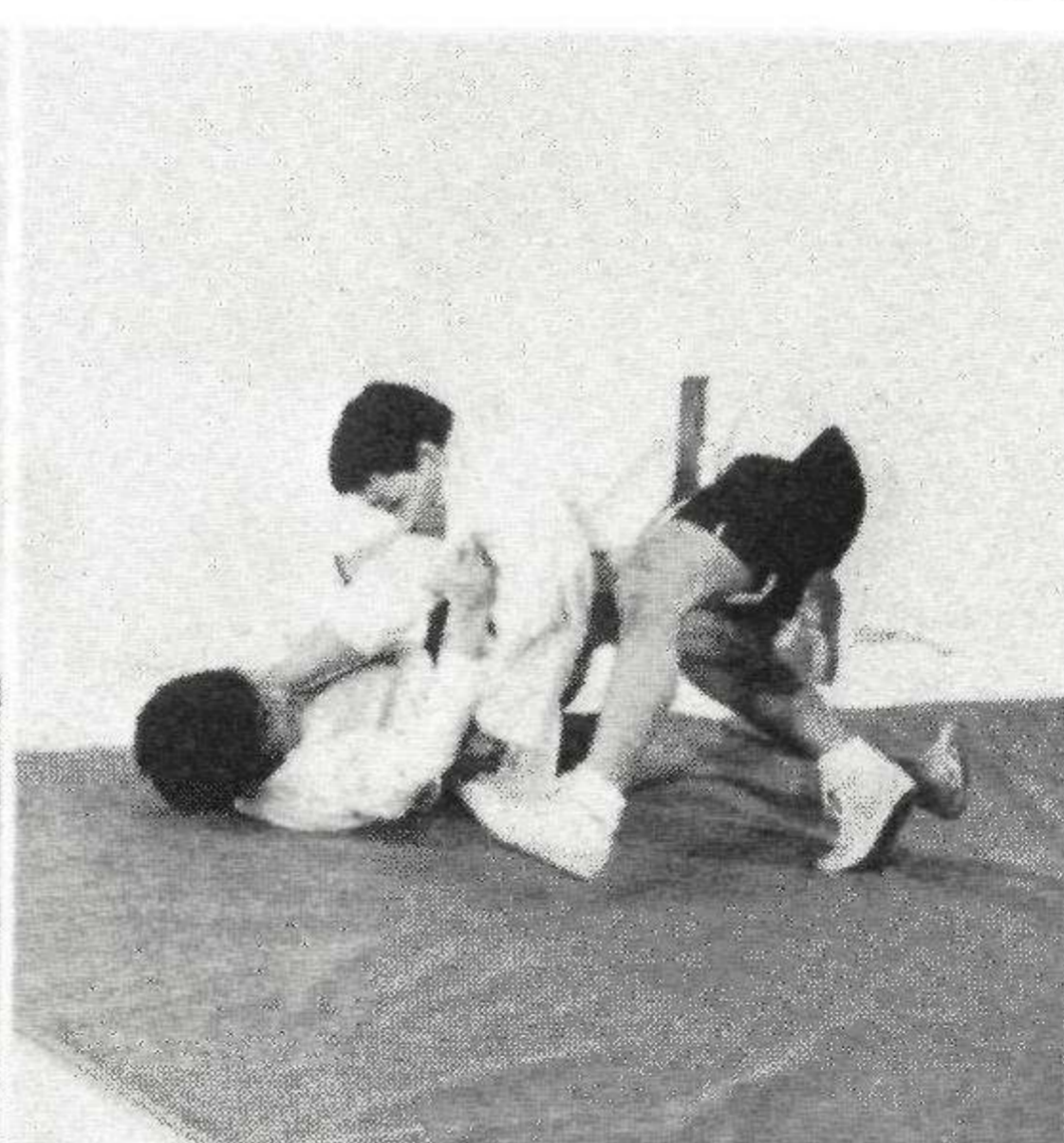
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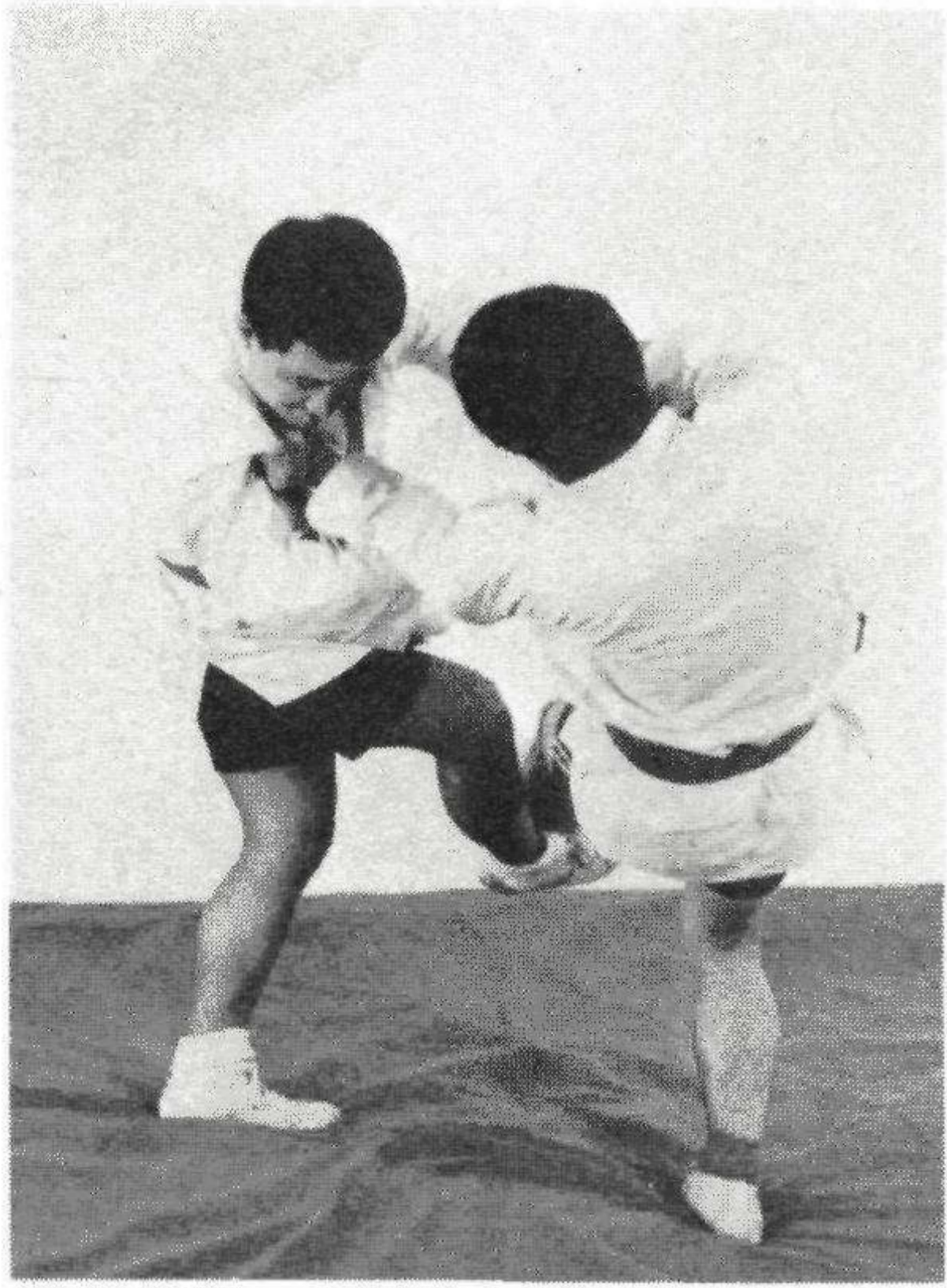
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(5)



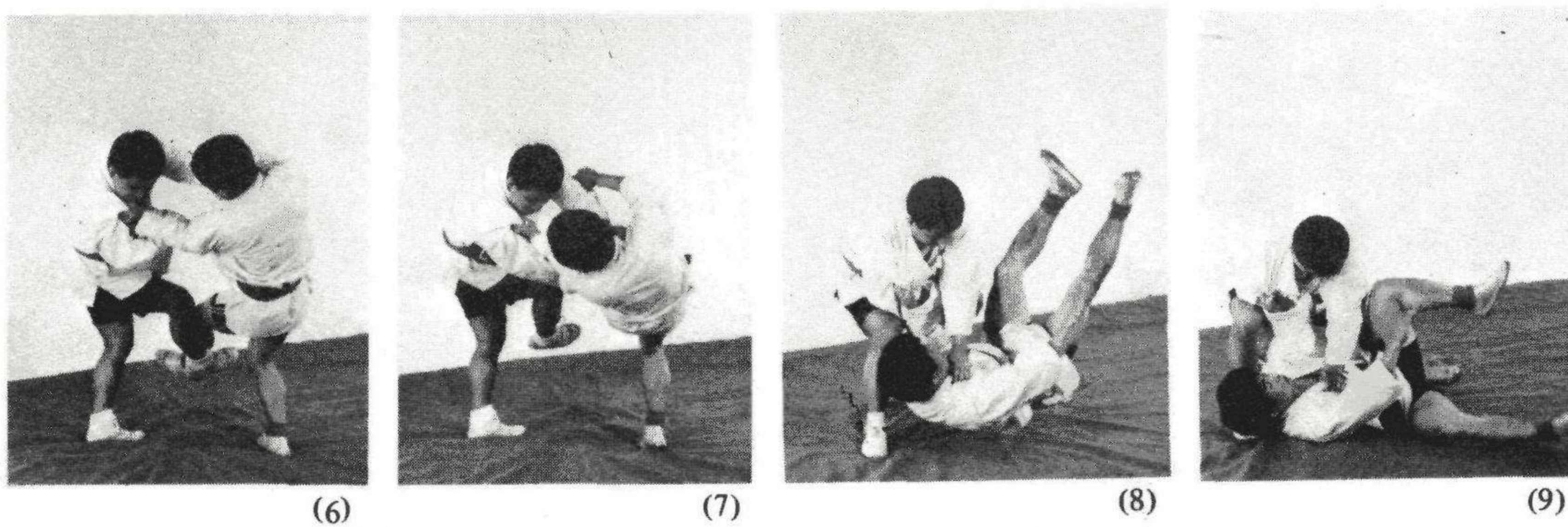
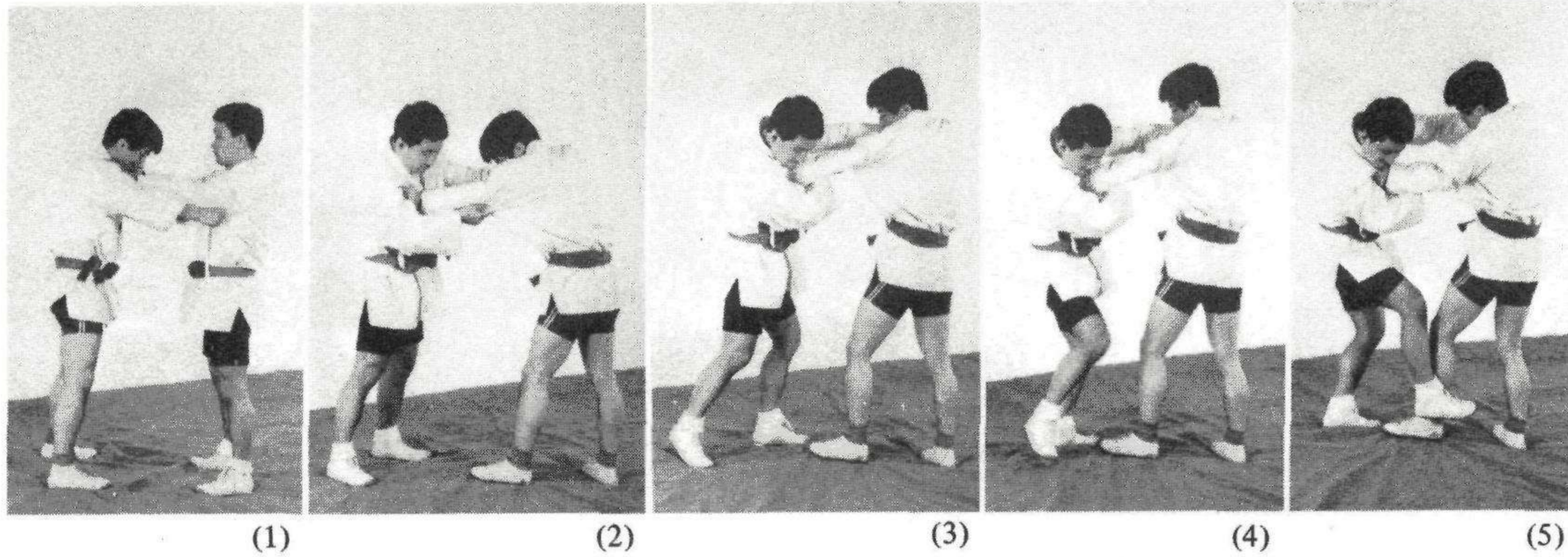
(6)



9 A. LEG CROSS BACK SWEEP

Grasp the opponent with the right hand under the left elbow and with the left at the right lapel (1). Shifting opponent's body weight onto the left leg (2), then pulling with the right hand and pushing with the left (3), make the opponent cross his legs (4). Sweep with the right sole opponent's left foot from the backside (5). Continuing the left - upward motion of the right leg, pull the opponent to the right and downwards (6) and throw on the mat (7-8). At the moment of the fall execute right leg lunge to the right (9).

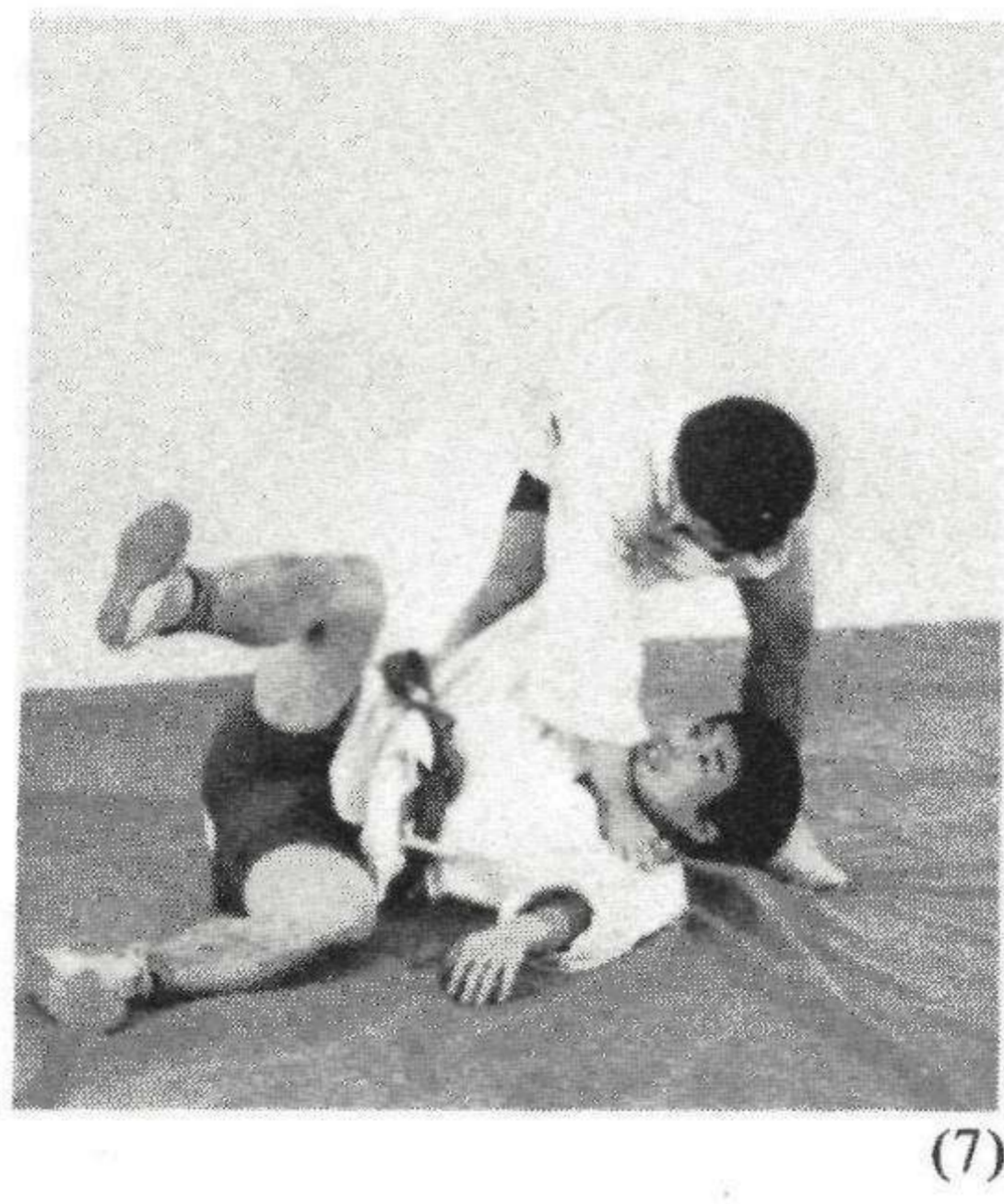
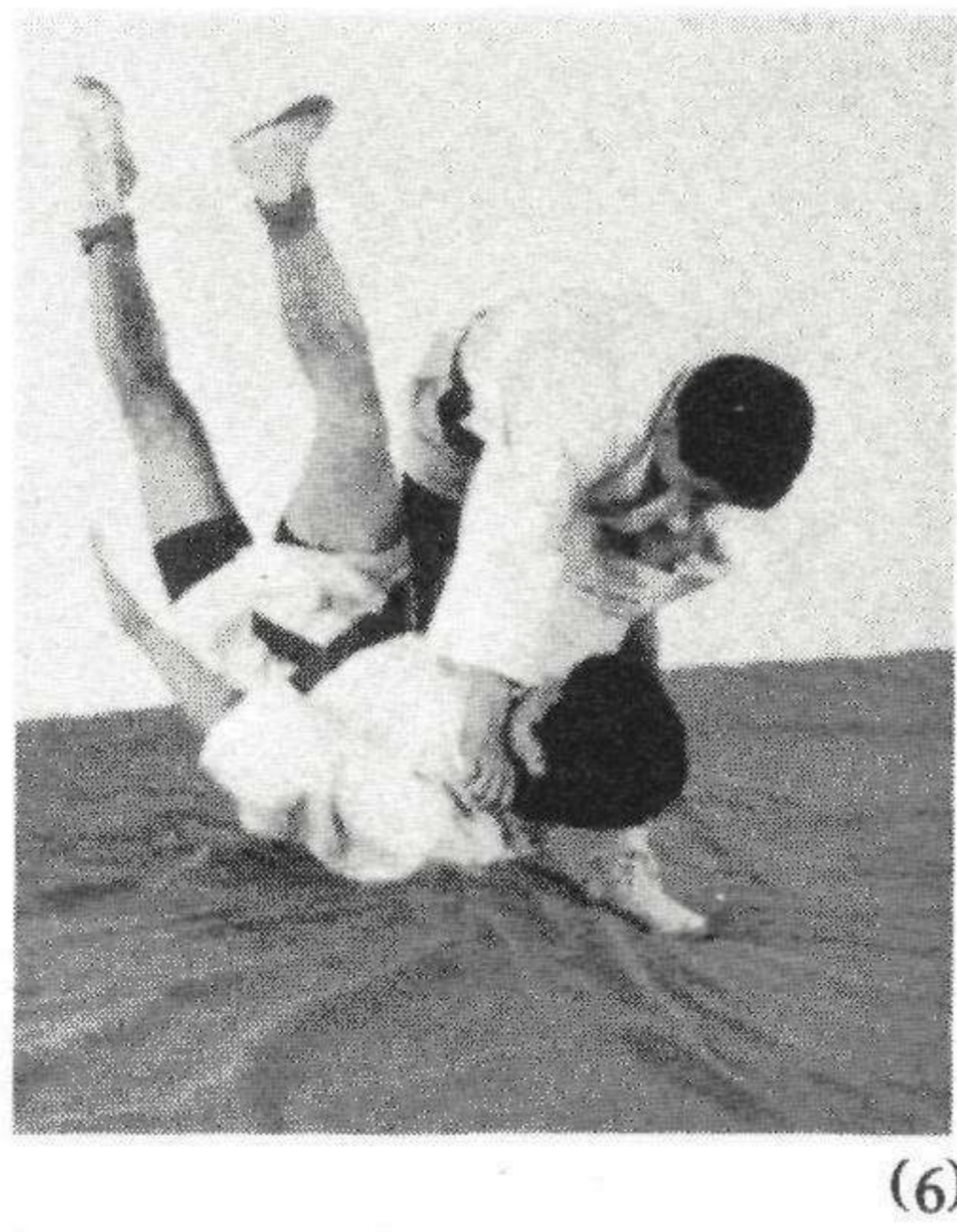
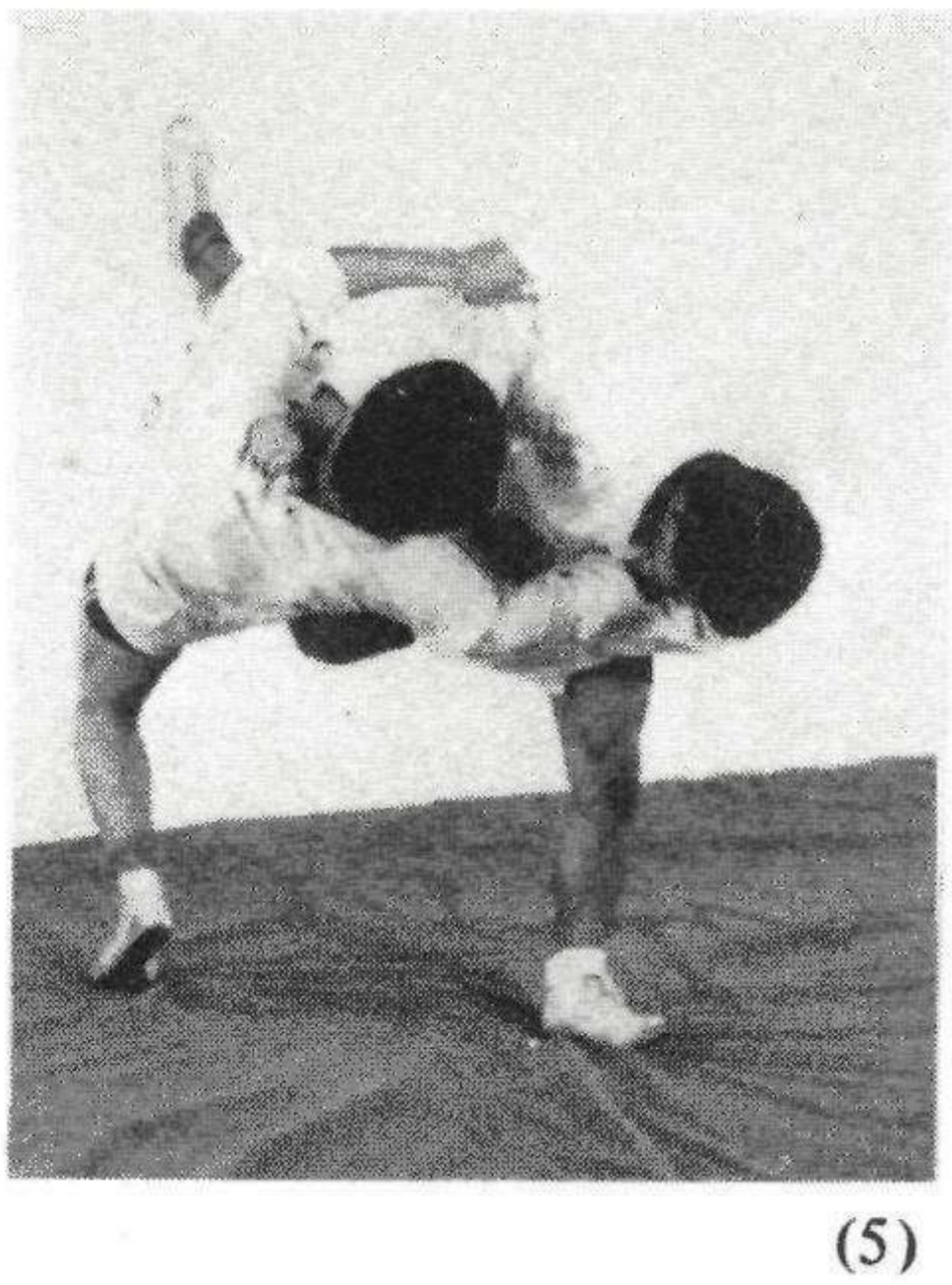
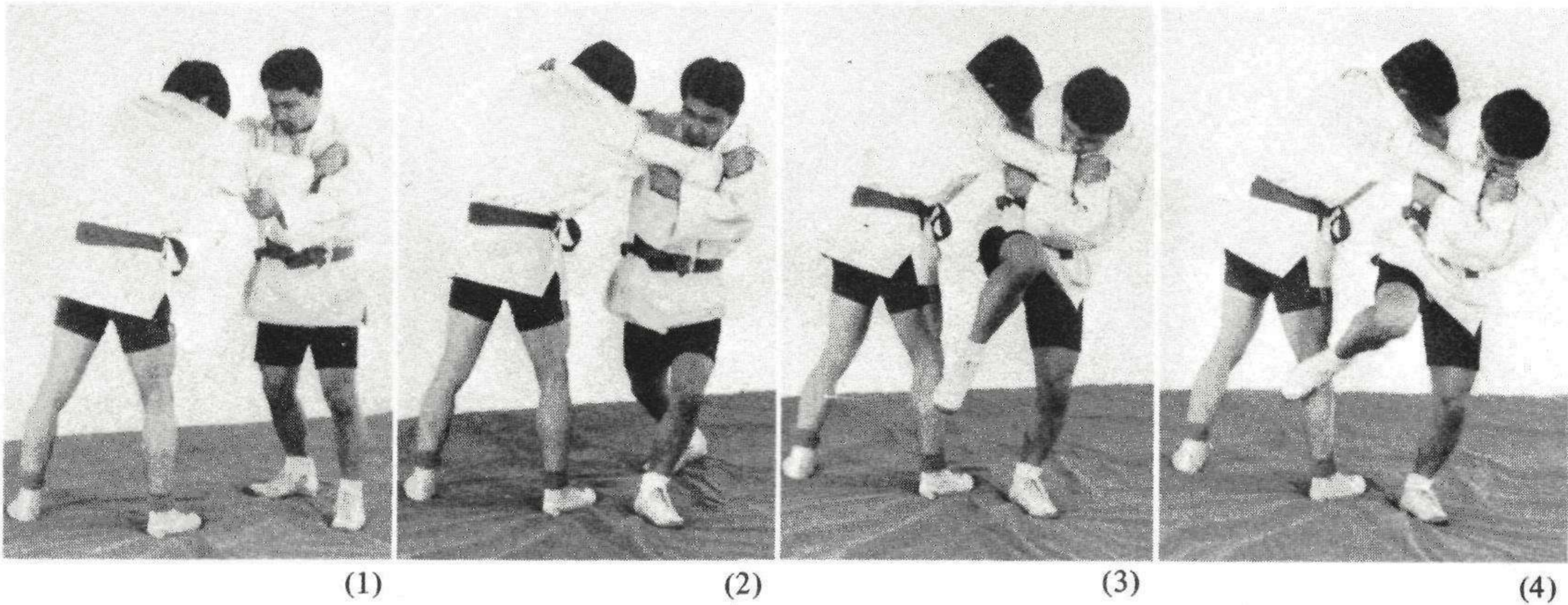
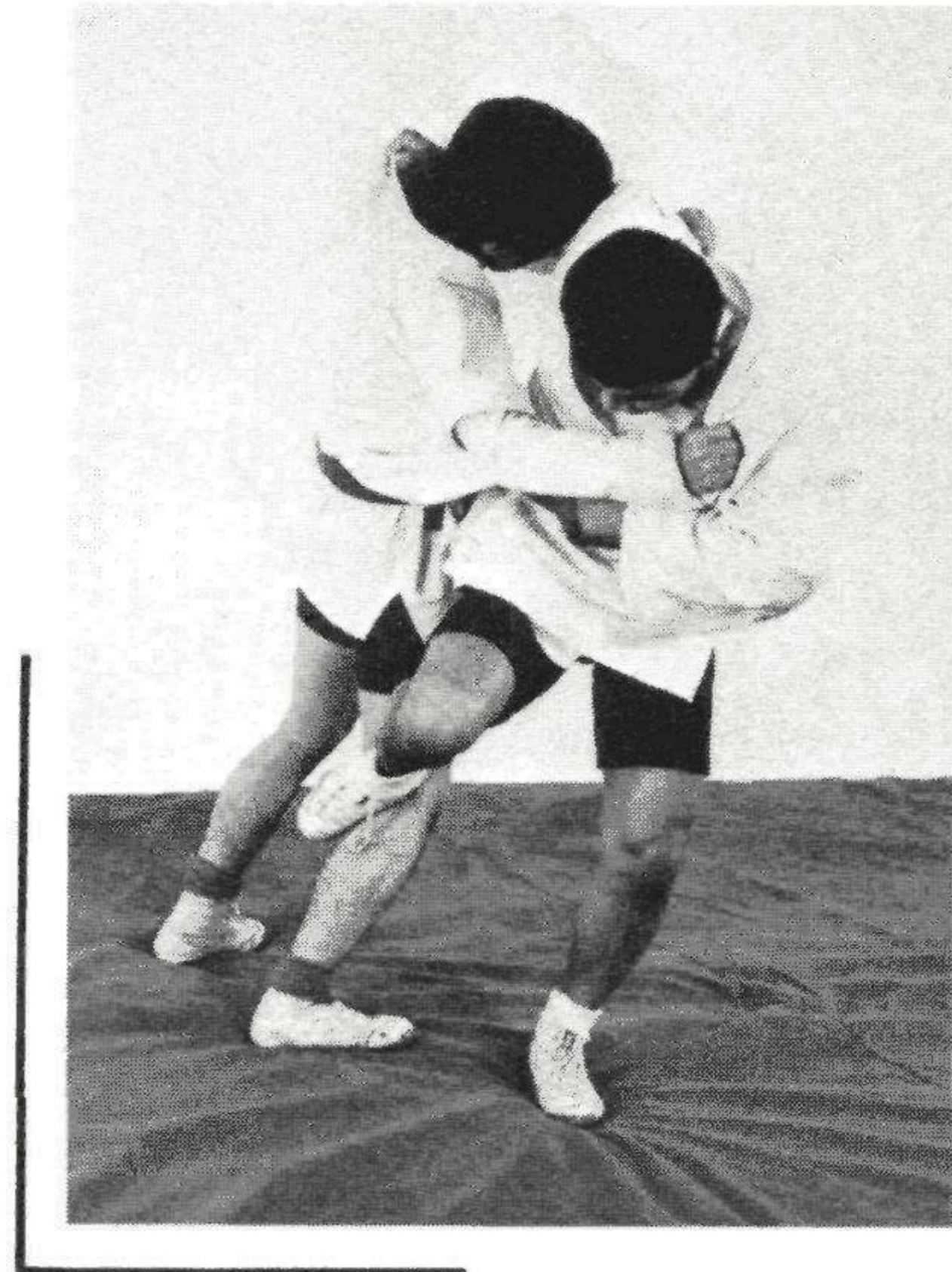
Safeguarding - by the sleeve and the lapel.
Self safeguarding - back fall.

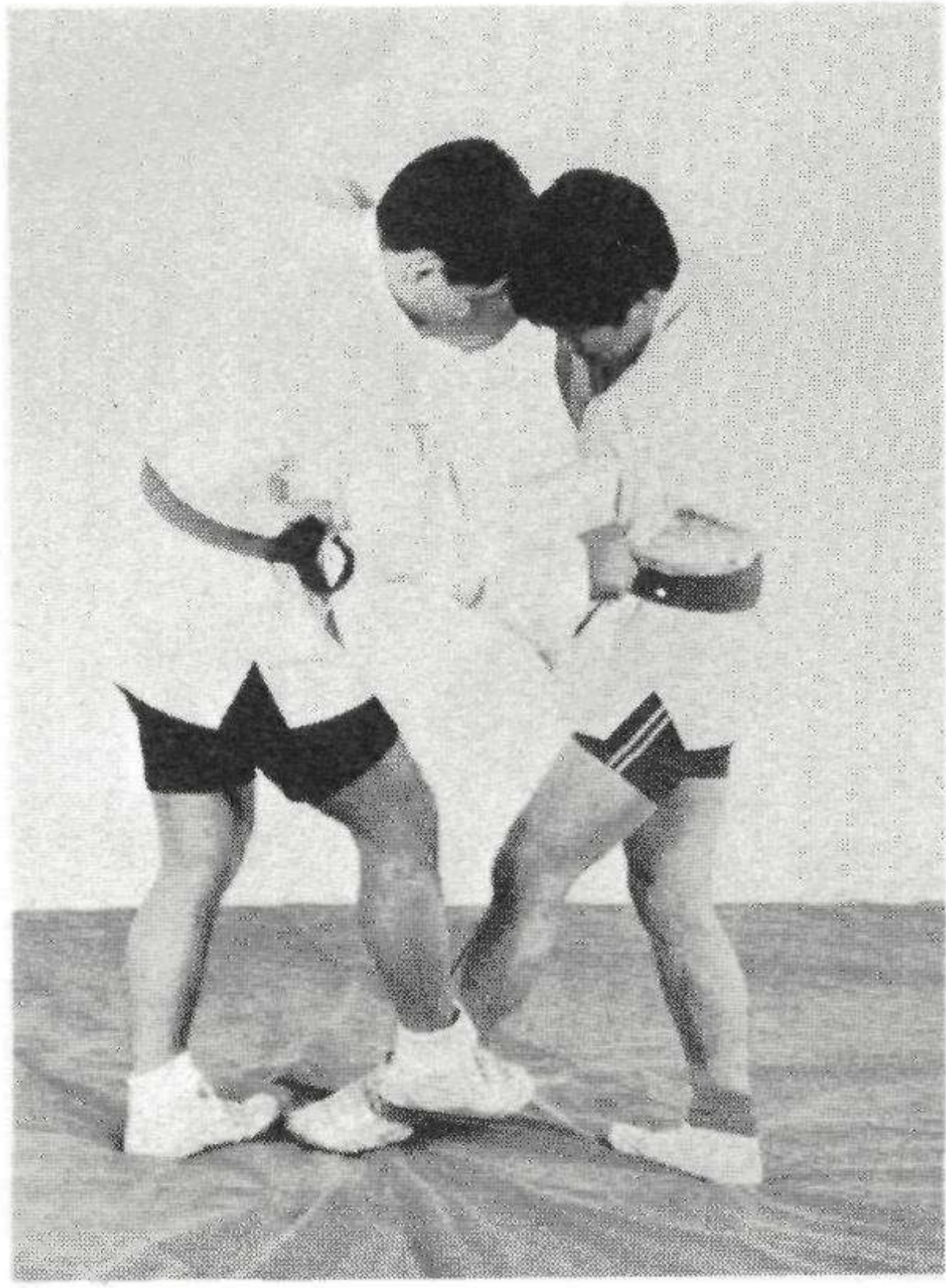


9 B. SWEEPING ANKLE THROW BACKWARDS

Grasp the opponent with both hands under the elbows (1). Do a step with the left foot forward and to the left (2), lift the right leg (3), hitting opponent's right knee socket with the sole (4). Raising the right foot, pull the opponent to the left and downwards (5) and throw on the mat (6).

Safeguarding – by the right sleeve. Self safeguarding – left side fall (7).





VARIATIONS OF THROWS WITH OPPONENT COMING FROM ASIDE

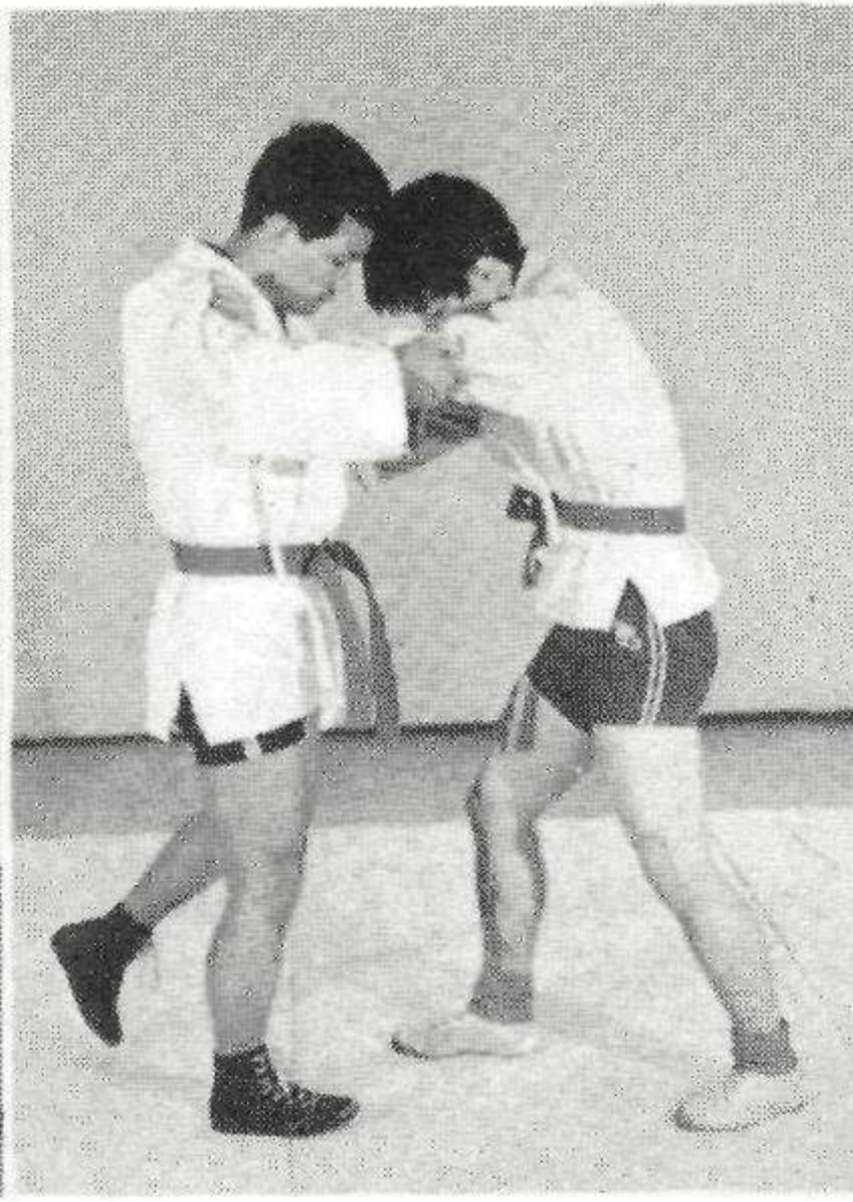
1 A-1. ADVANCING FOOT SWEEP. OPPONENT ADVANCES

Grasp the opponent under the elbows (1). Before the advancing opponent (2) puts his left foot on the mat (3), sweep him with the right sole (4). Lifting with the right leg opponent's left foot to the left, pull him downwards with the right hand (5), then throw on the mat (6). At the moment of the fall execute right leg lunge to the left (7).

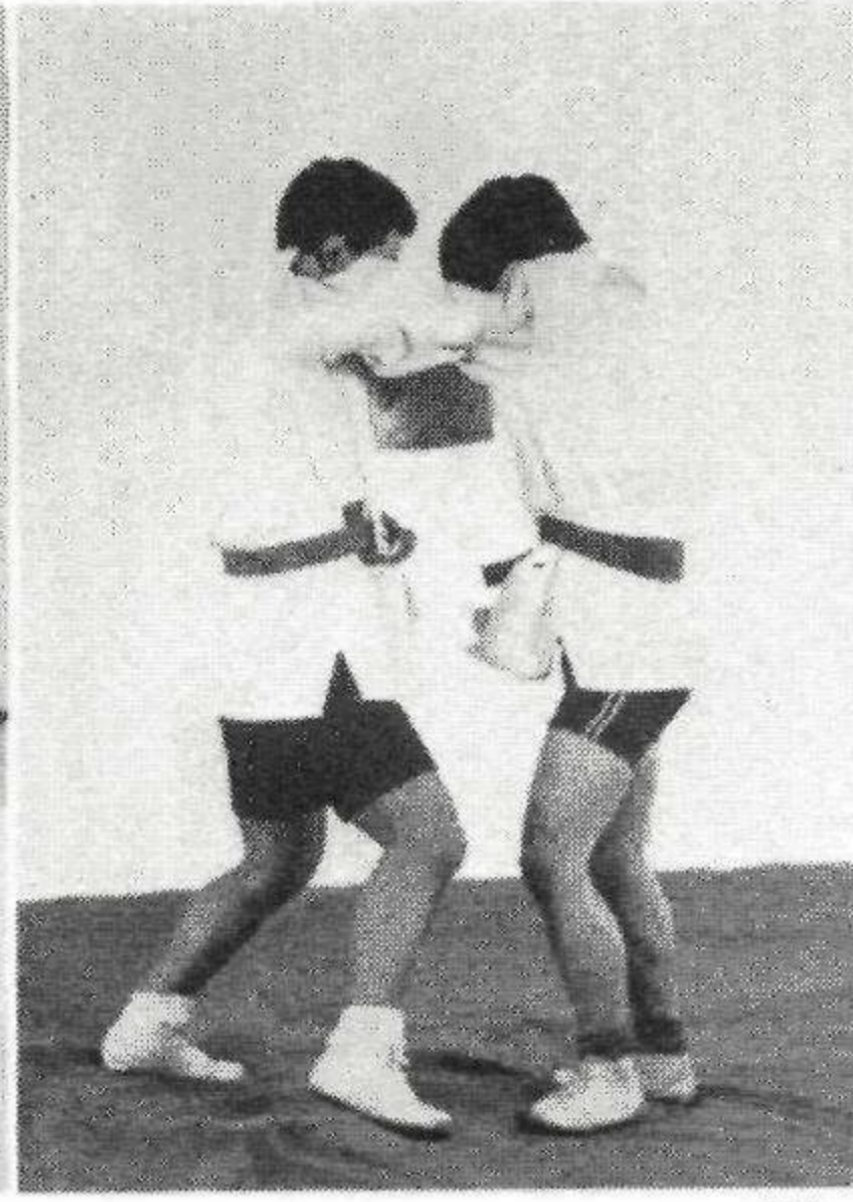
Safeguarding — by the left sleeve. Self safeguarding — right side fall.



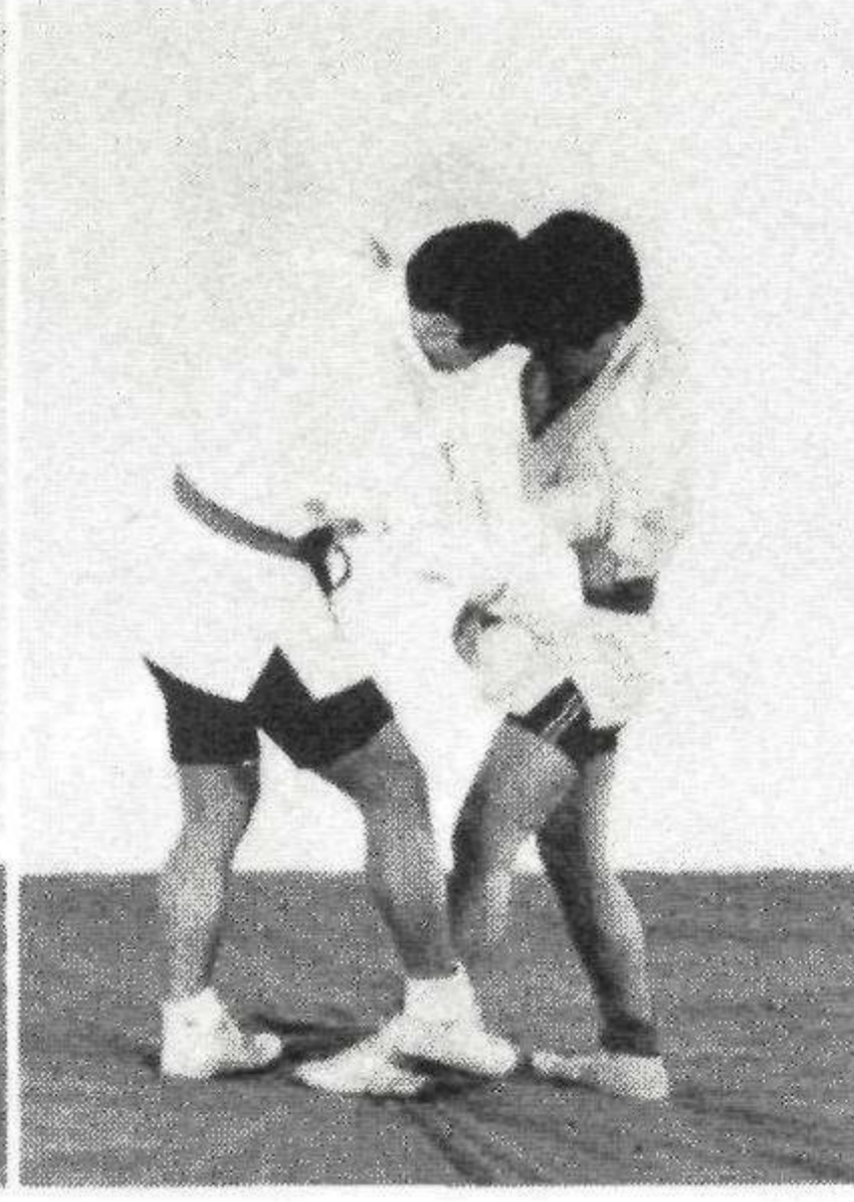
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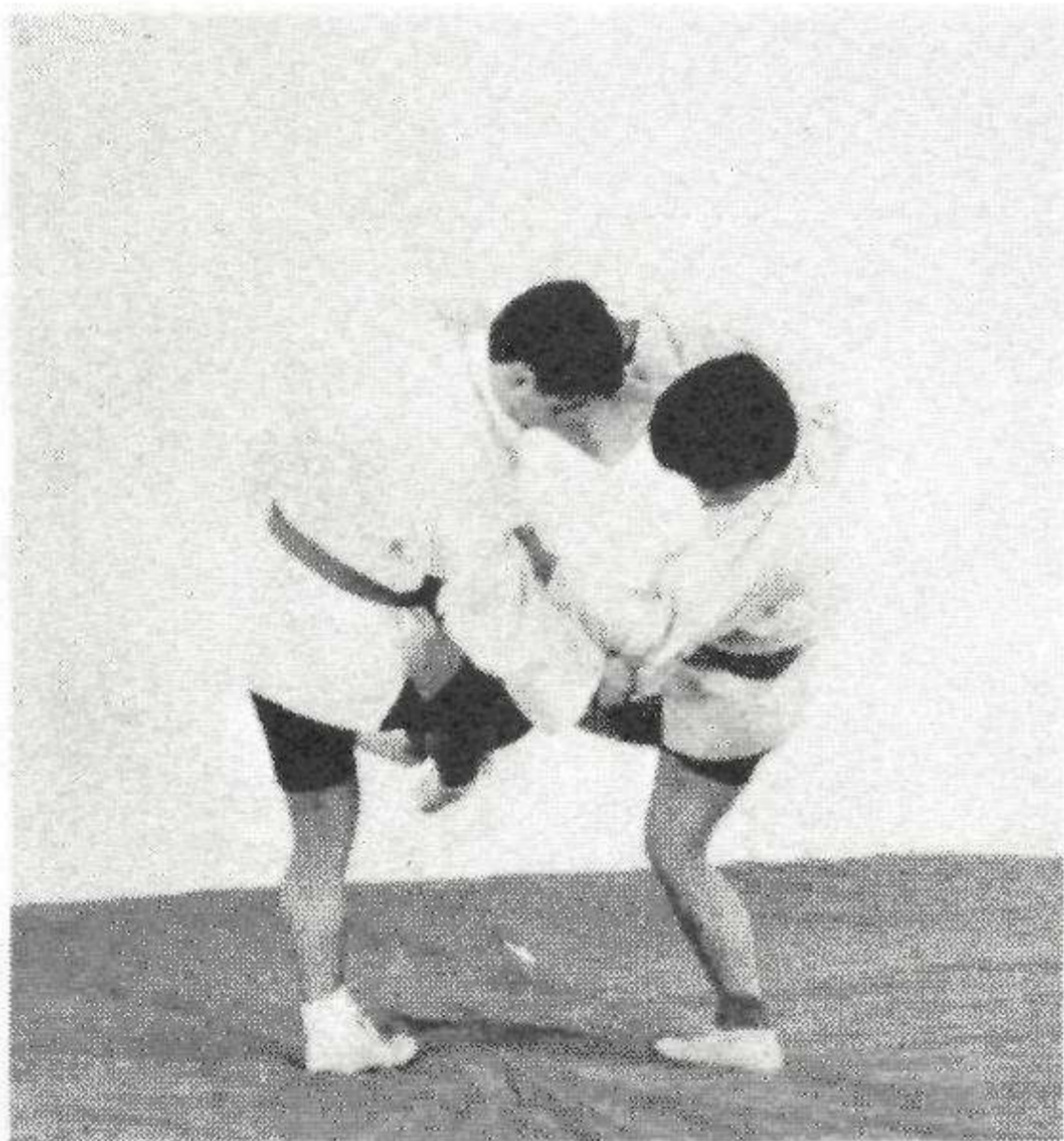
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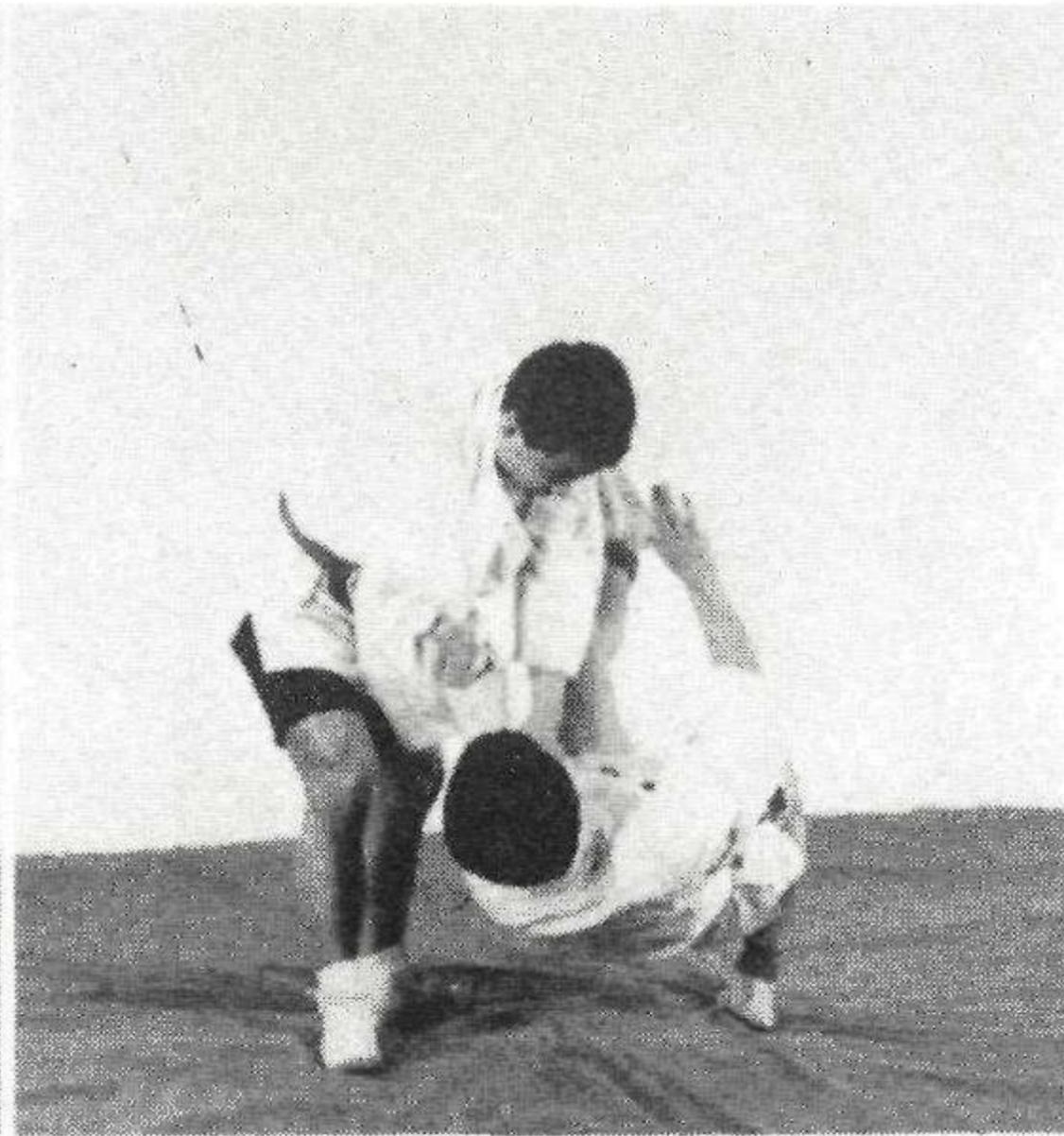
(3)



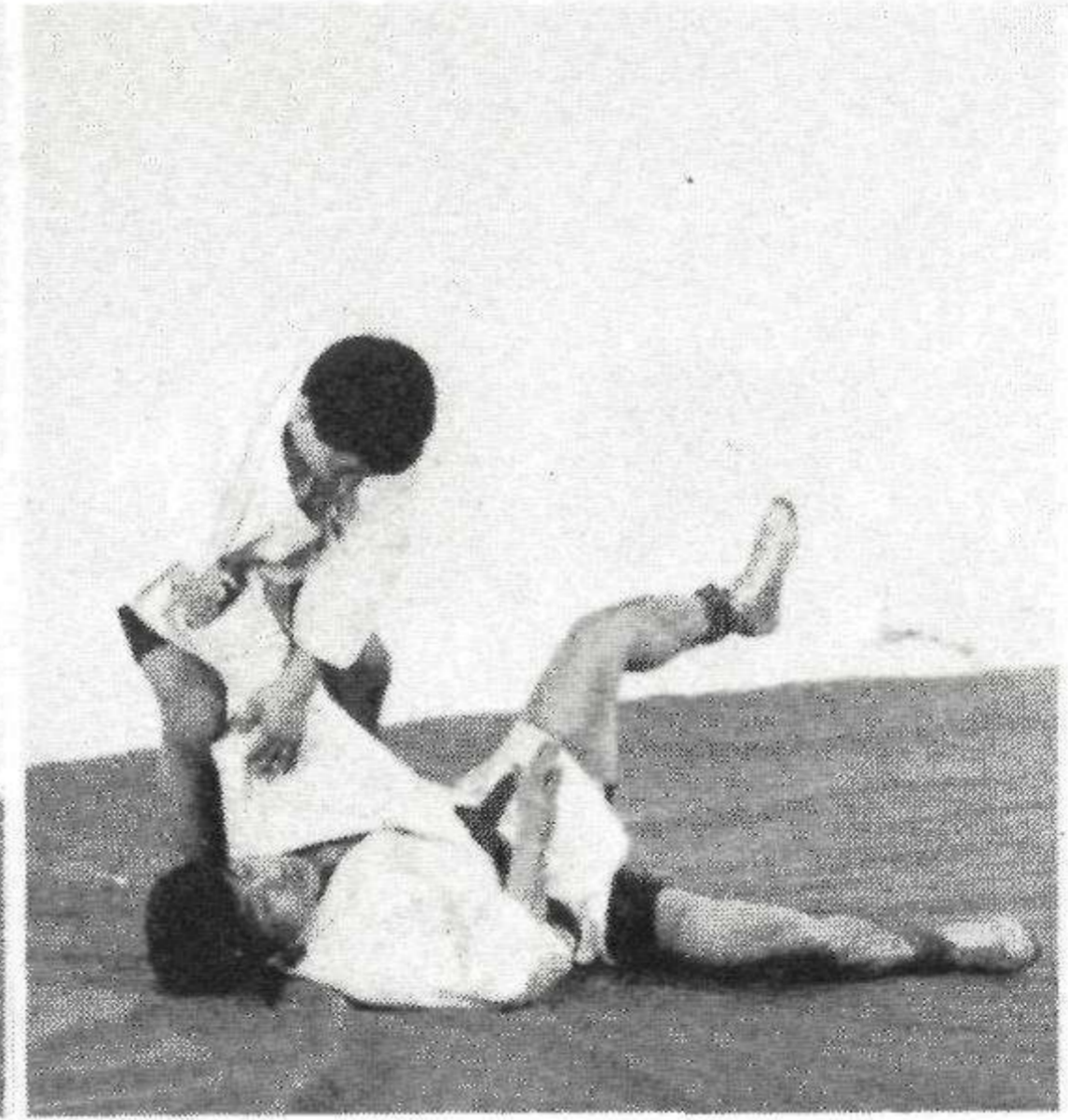
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(6)

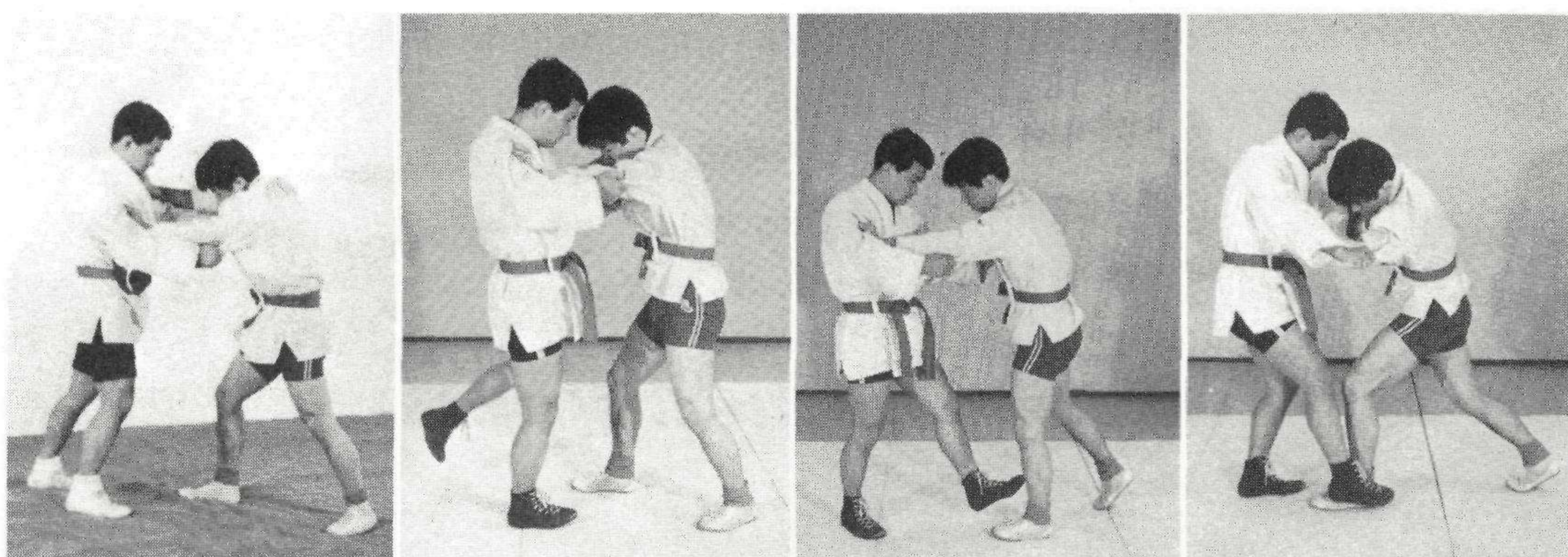
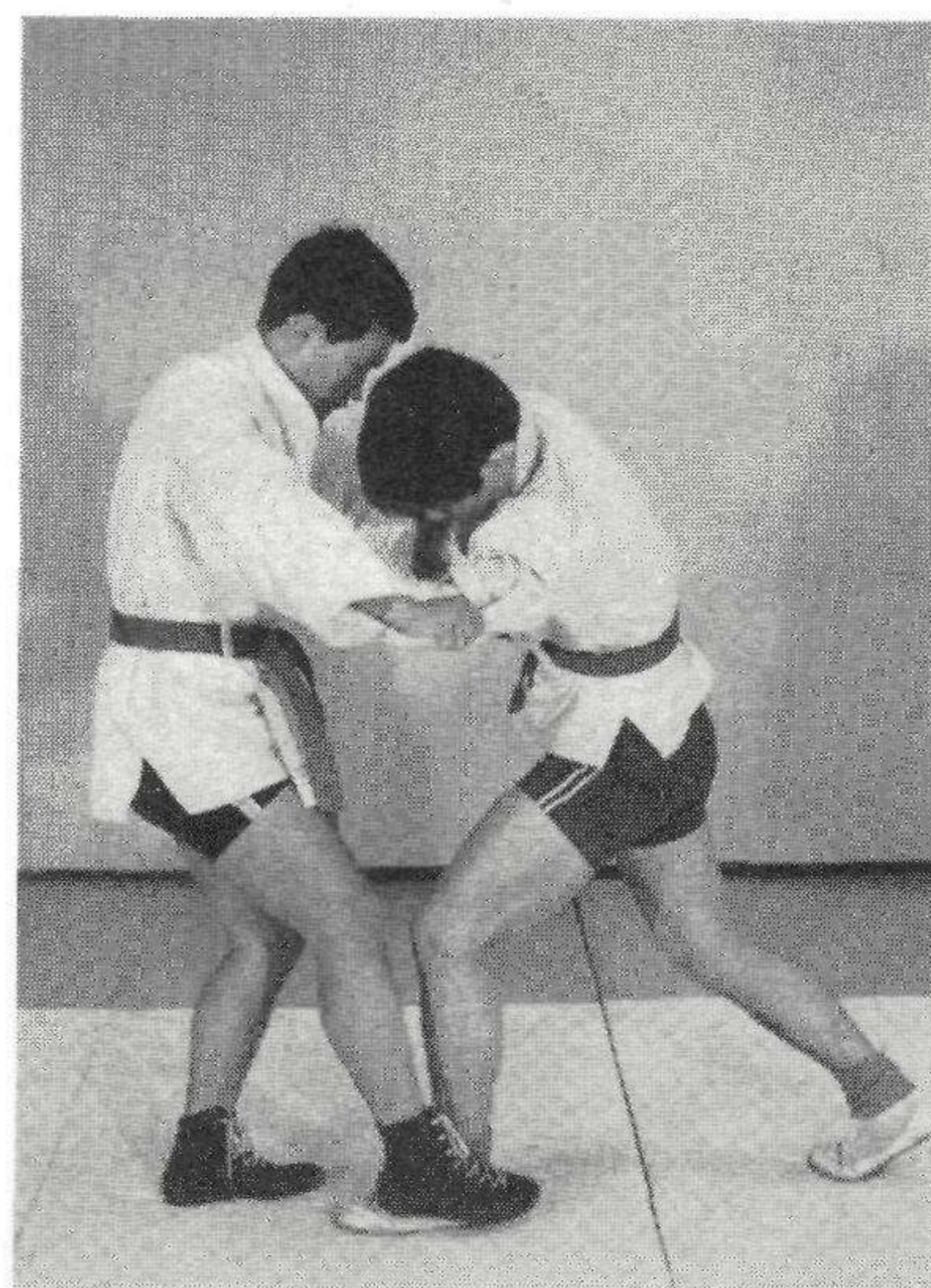


(7)

1 A-2. ADVANCING FOOT SWEEP. OPPONENT RETREATS

Grasp the retreating opponent under the elbows and advance in step with him (1-3). When the opponent has shifted his body weight onto his right leg, sweep his left foot from aside with the right sole (4). Continuing the left-upwards motion of the right foot, pull the opponent to right and downwards (5) and throw him on the mat (6) with a right leg lunge to the right (7).

Safeguarding - by the left sleeve. Self safeguarding - left side fall.

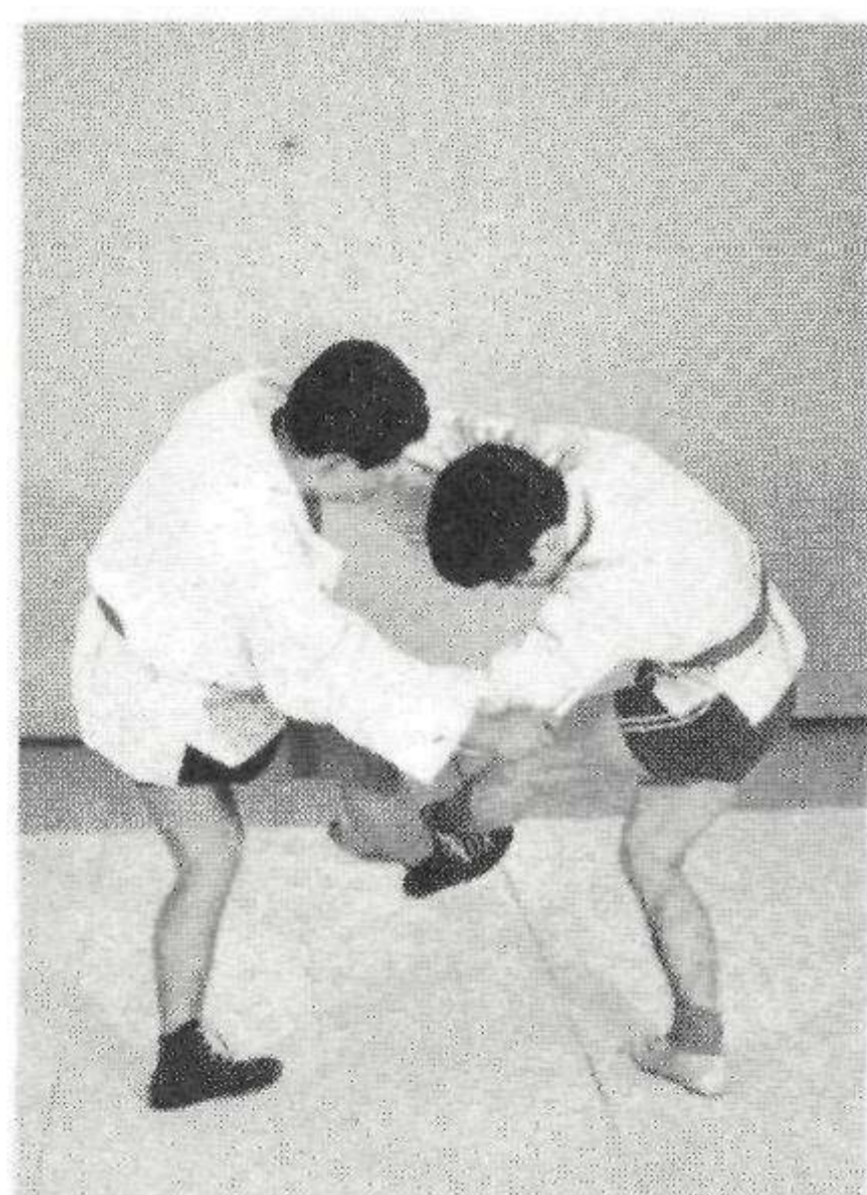


(1)

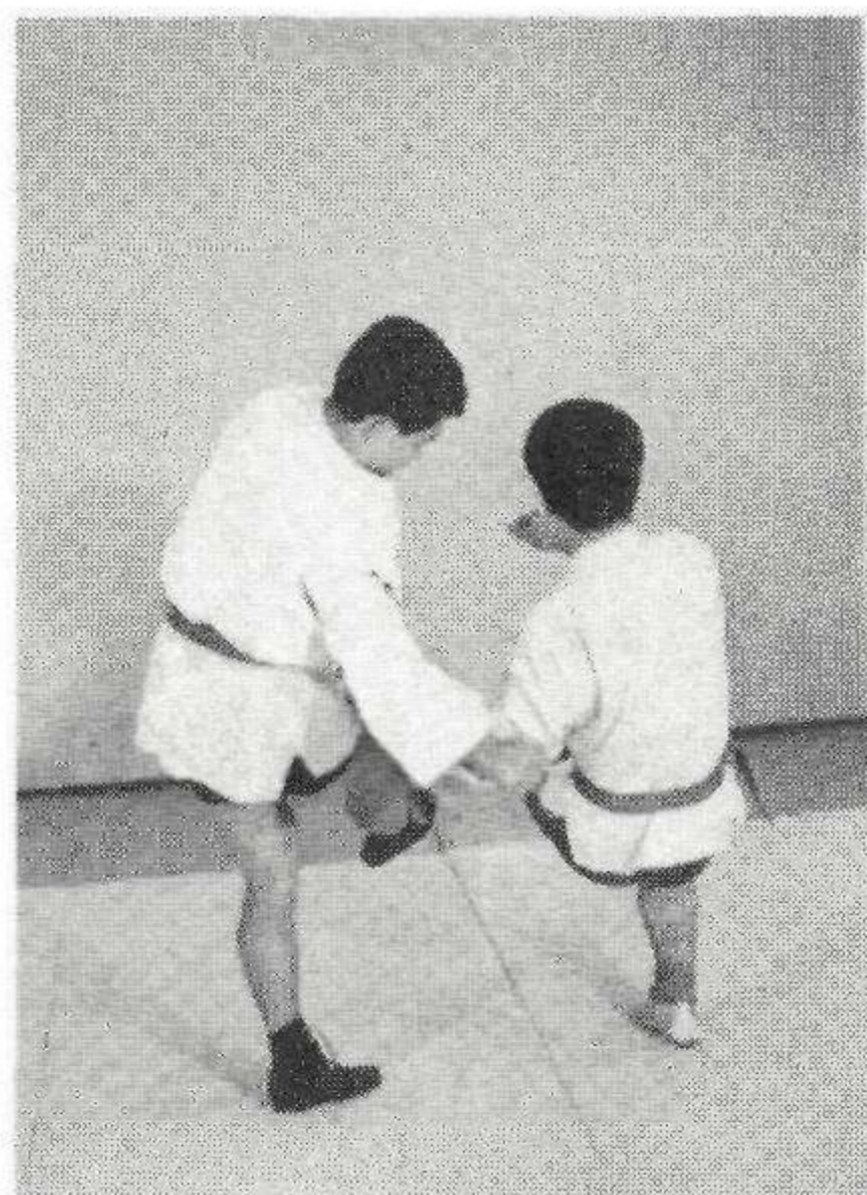
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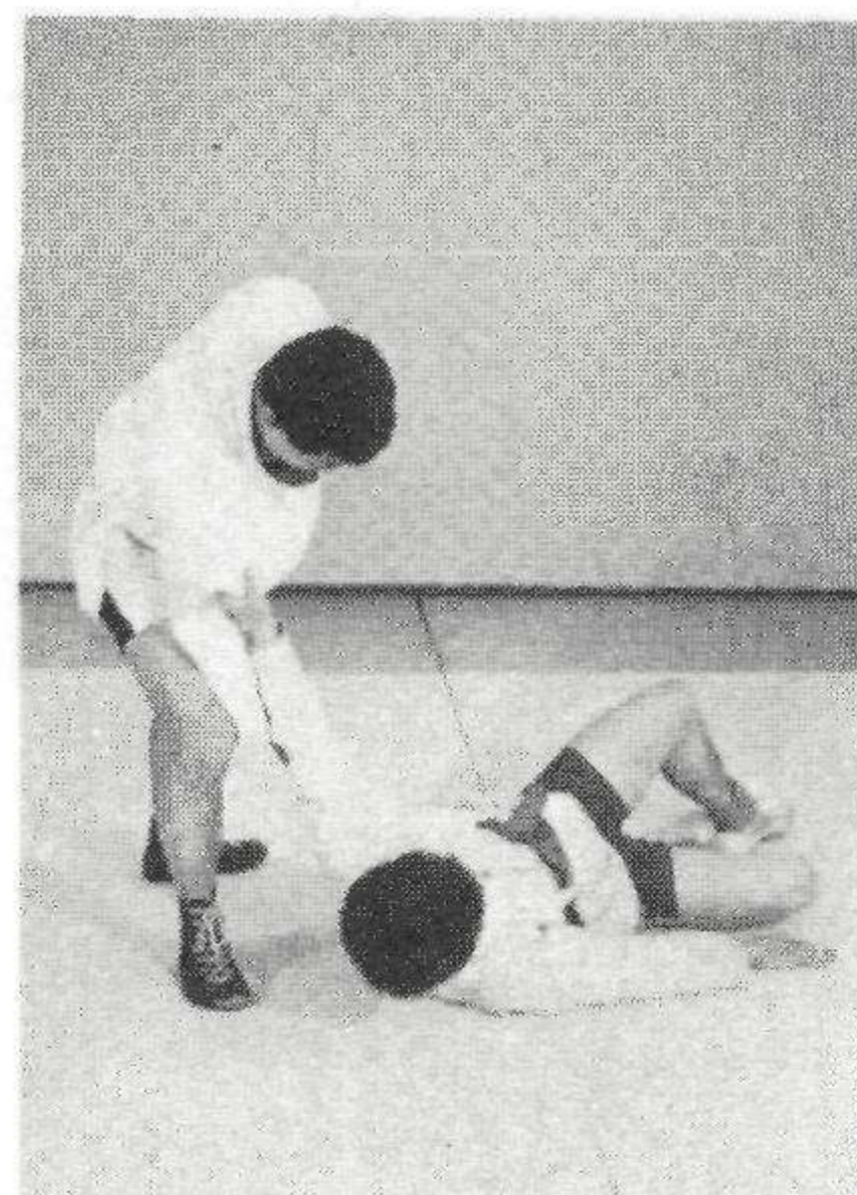
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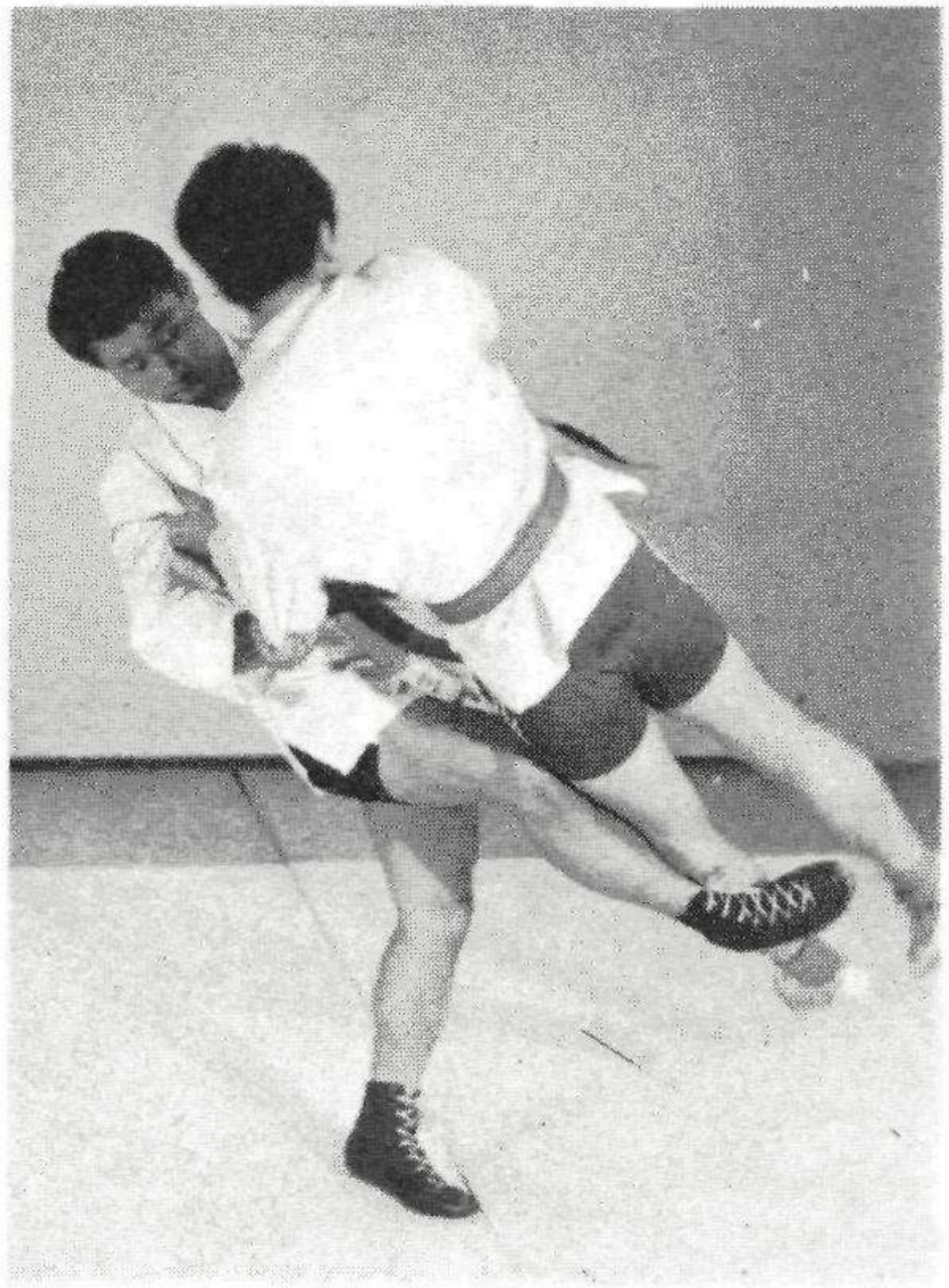
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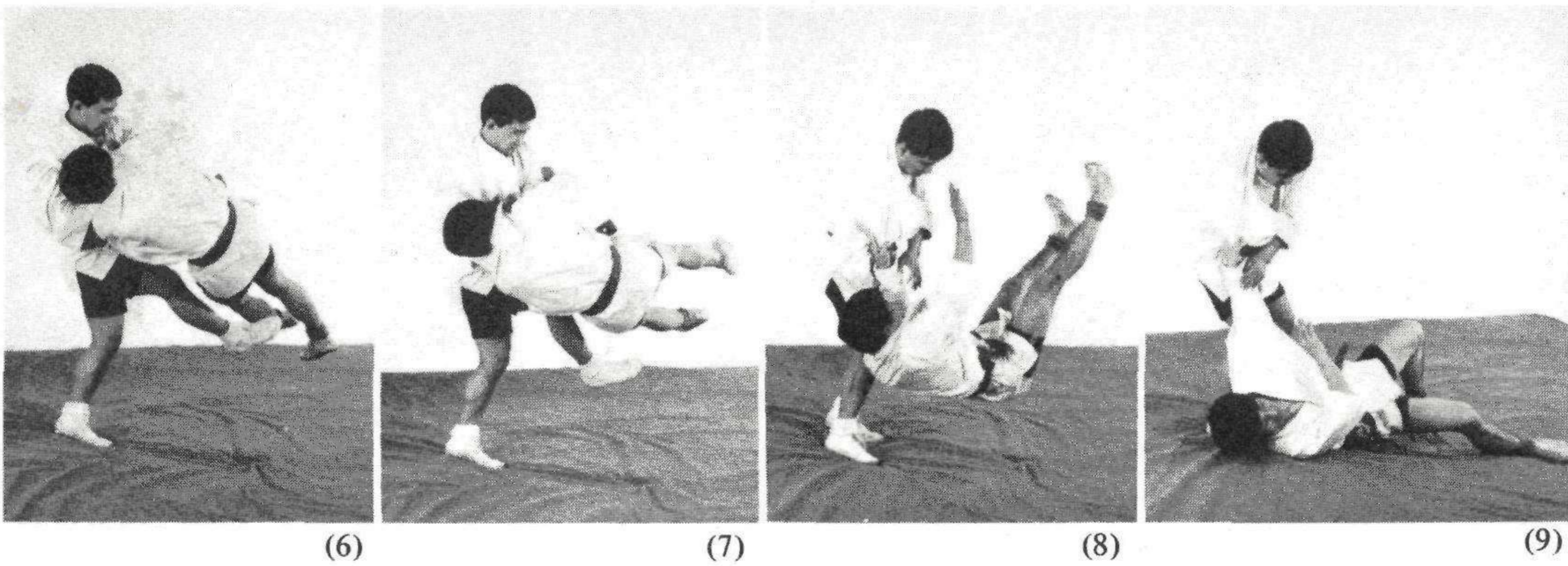
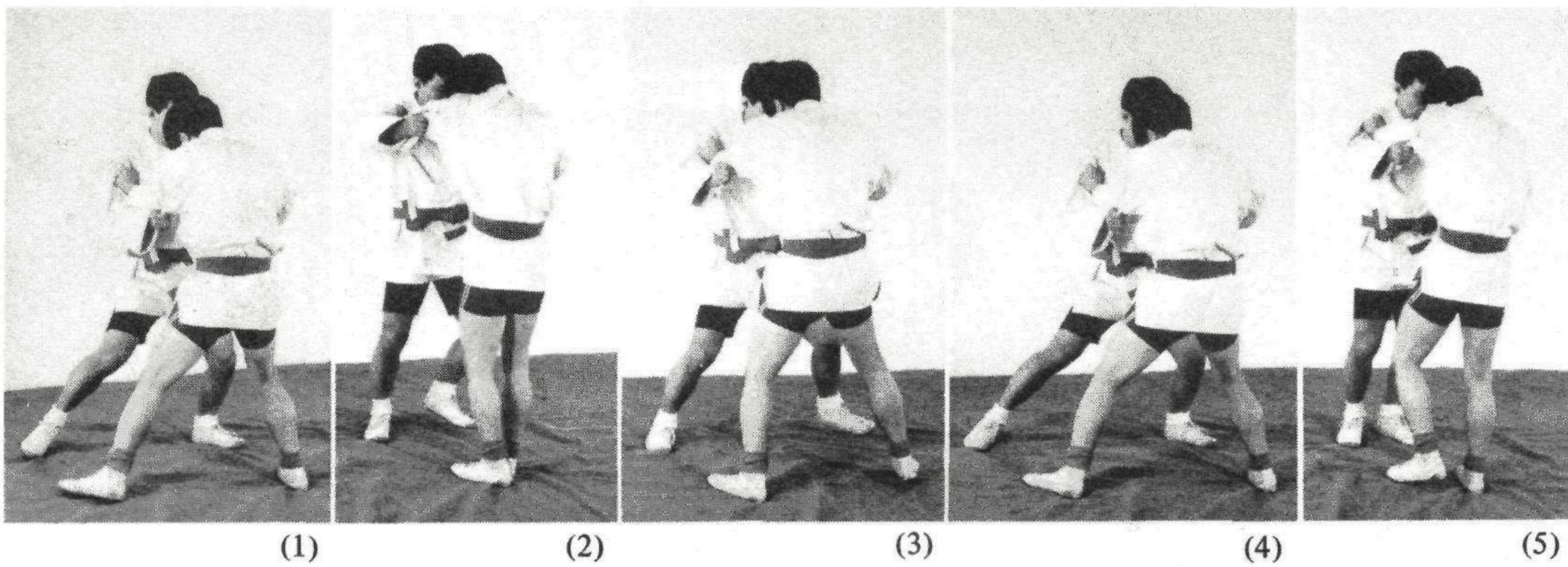
(7)



1 A-3. ADVANCING FOOT SWEEP. OPPONENT STEPPING ASIDE!

Grasp the opponent under the elbows (1) and move along with him to the left (2-3). As soon as the opponent has shifted his body weight onto the right leg (4), reap his left foot from outside with the right sole (5). Continuing the left - upwards motion of the right foot (6), pull him down with the right hand (7) and throw on the mat (8). At the moment of the fall execute a right leg lunge to the right (9).

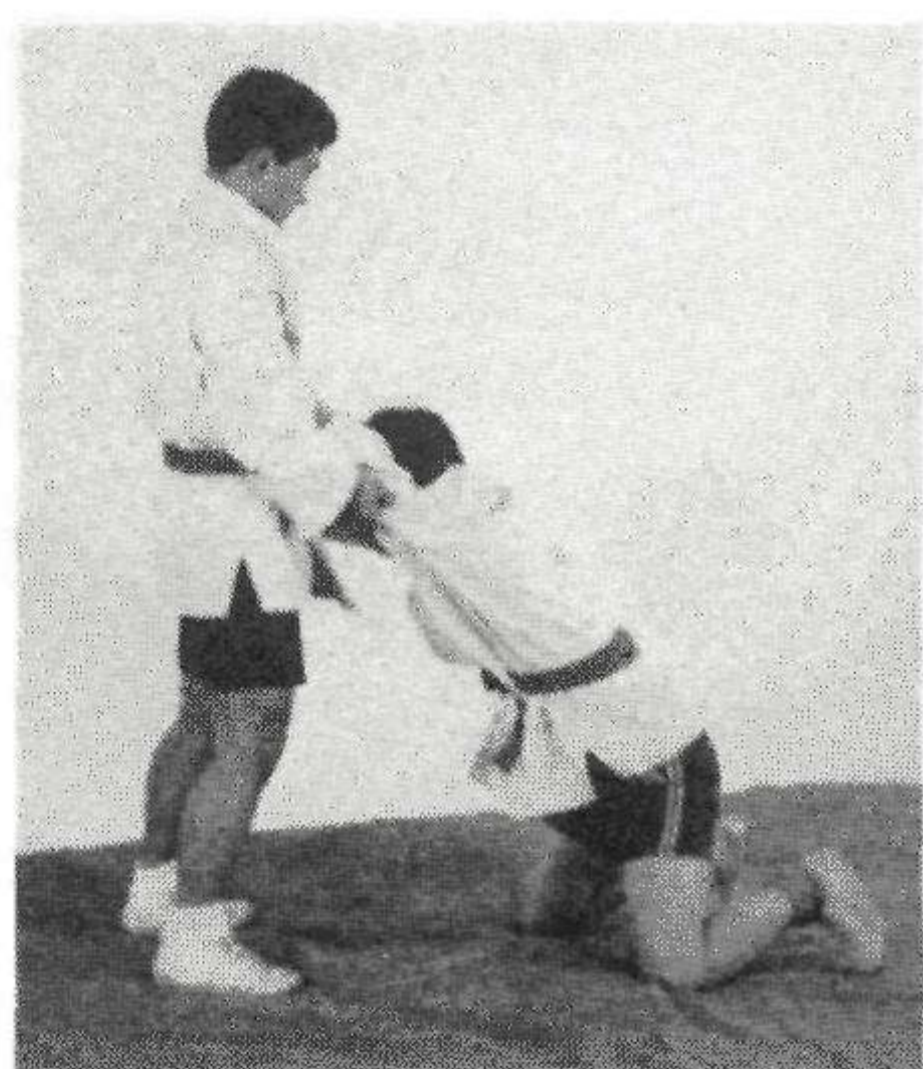
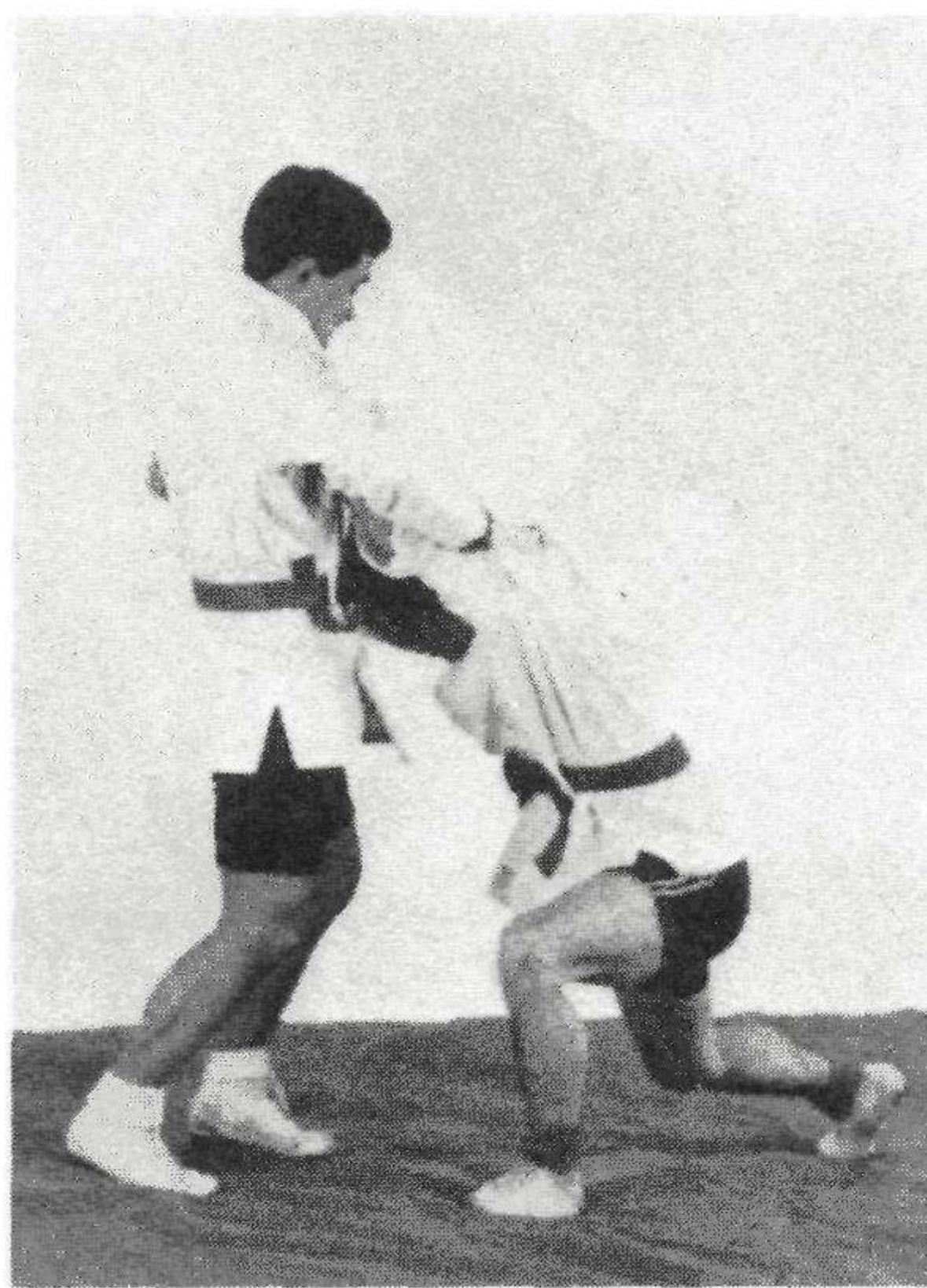
Safeguarding - by the left sleeve. Self safeguarding - right side fall.



1 B. ADVANCING FOOT SWEEP. OPPONENT RASING FROM THE KNEELING POSITION

Grasp the kneeling opponent under both elbows (1). Transferring his body weight onto the right knee, allow him to stand up, left leg first (2). As soon as the opponent has put down his left foot (3), pull down with the right hand, inducing him to unbend the right knee (4). Sweep the left foot of the erect opponent with the right sole, (5) pull down with the right hand (6), then continuing the right foot motion to the left (7), throw the opponent on the mat (8). At the moment of the fall execute a right leg lunge to the right.

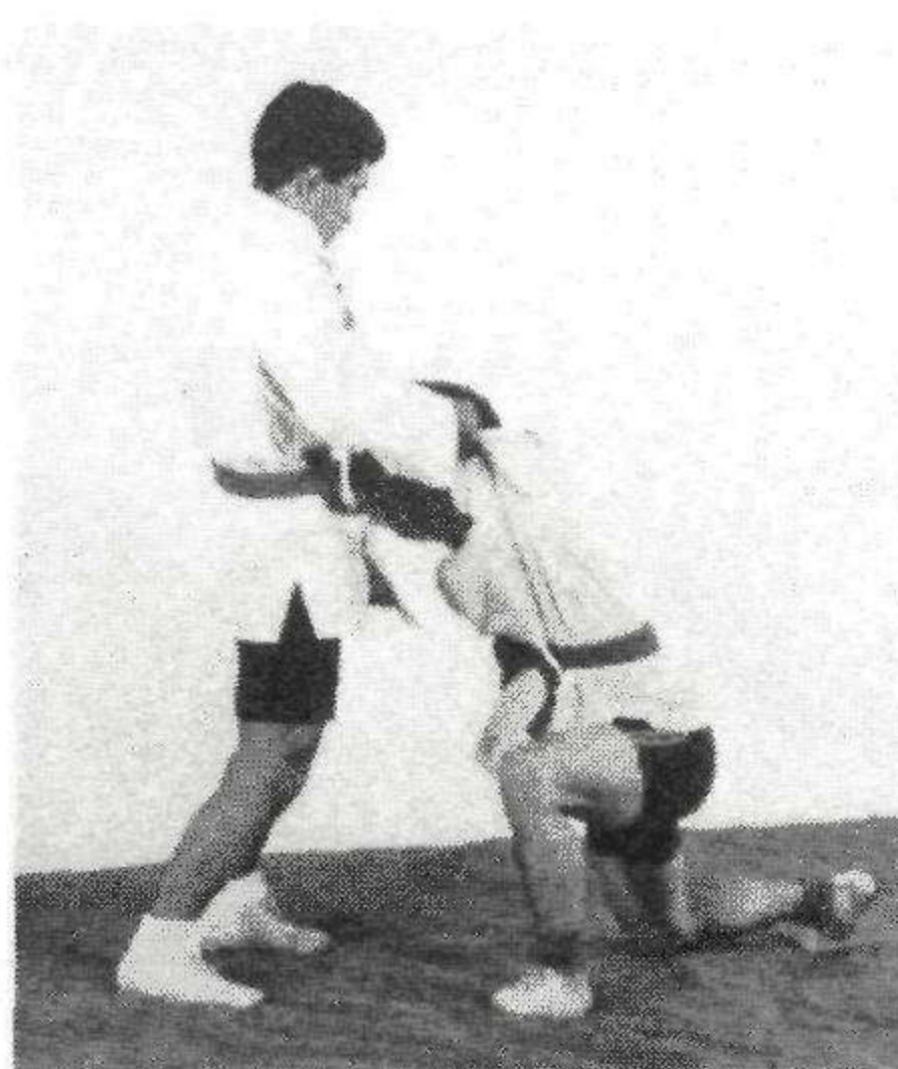
Safeguarding – by the left sleeve. Self safeguarding – right side fall (9).



(1)



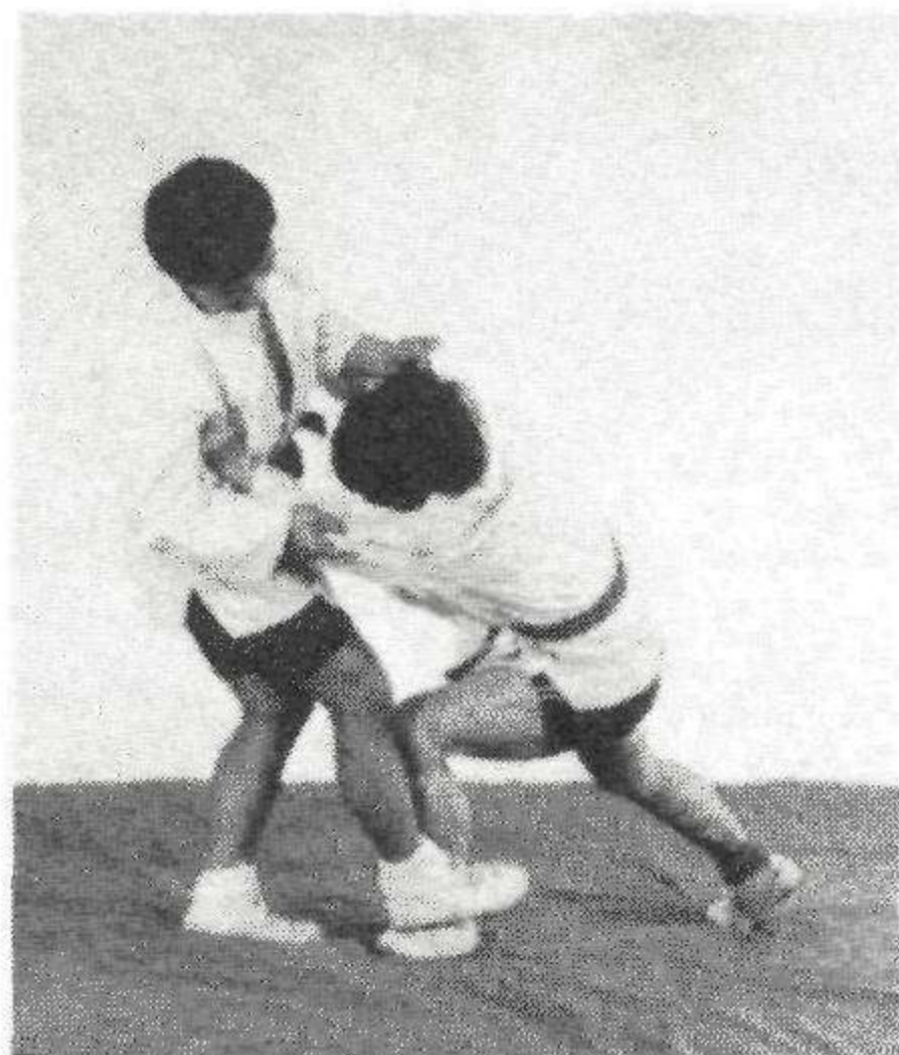
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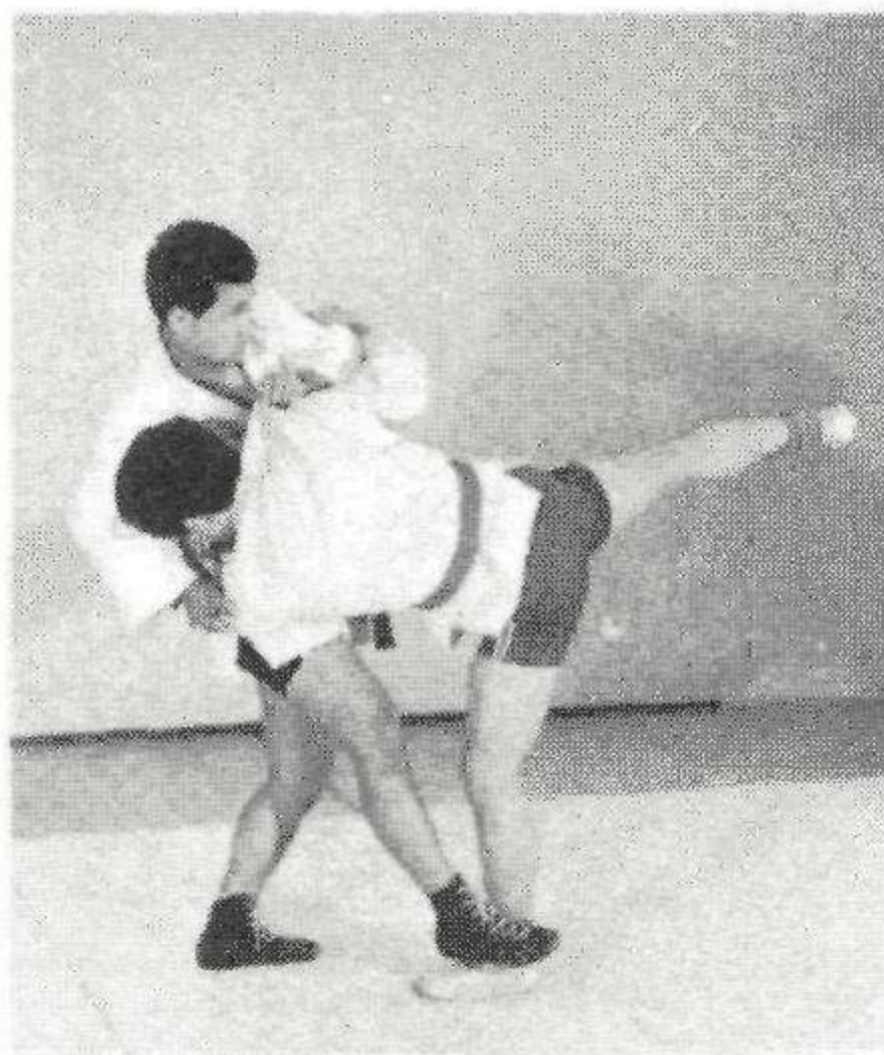
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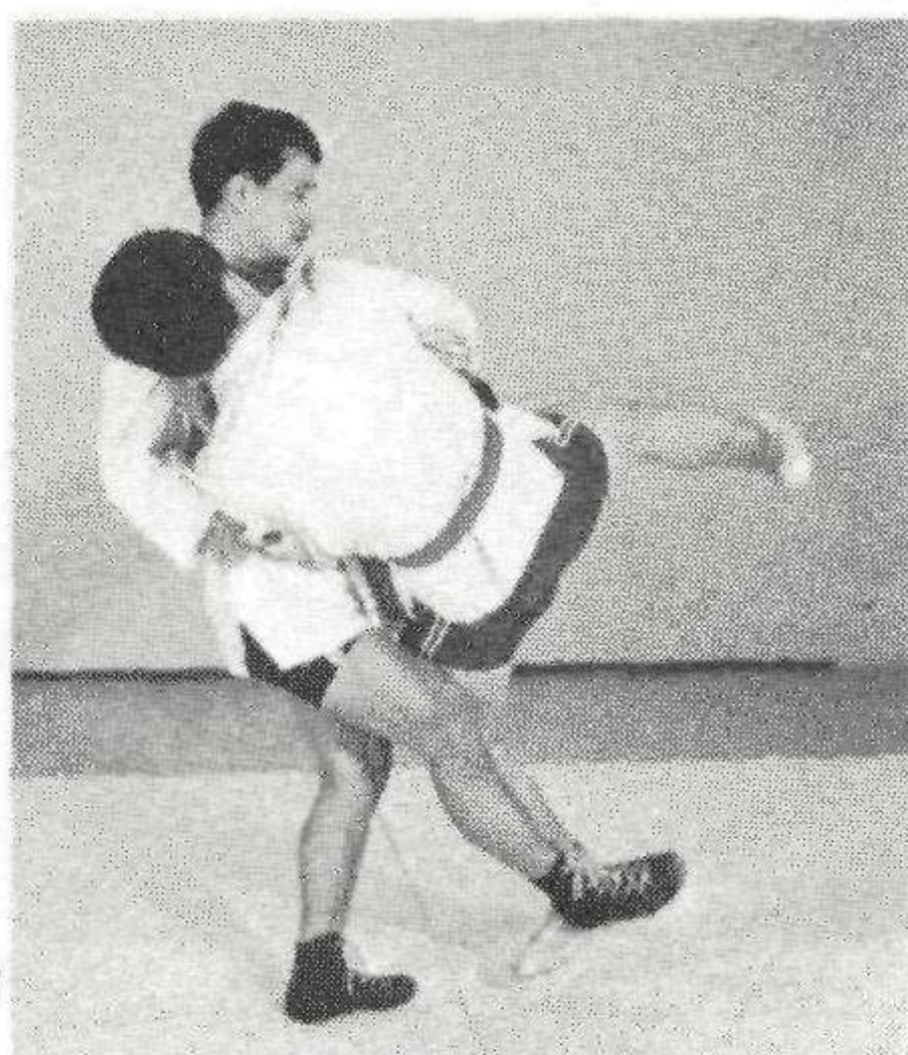
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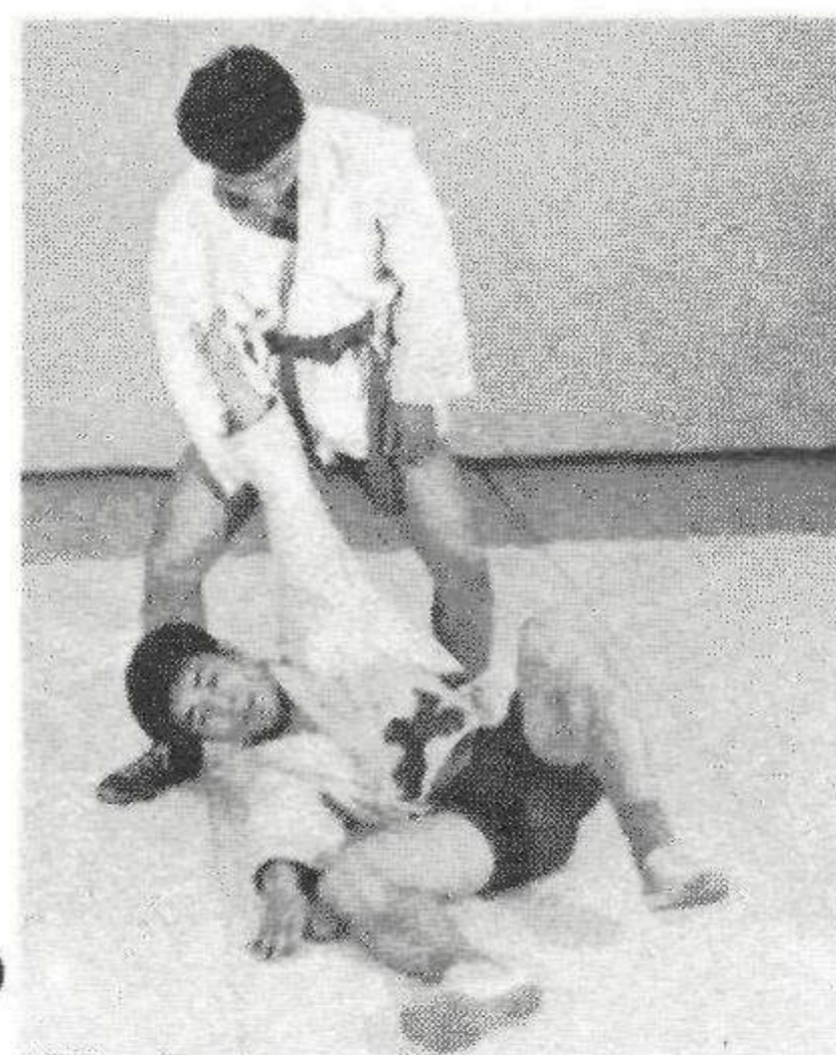
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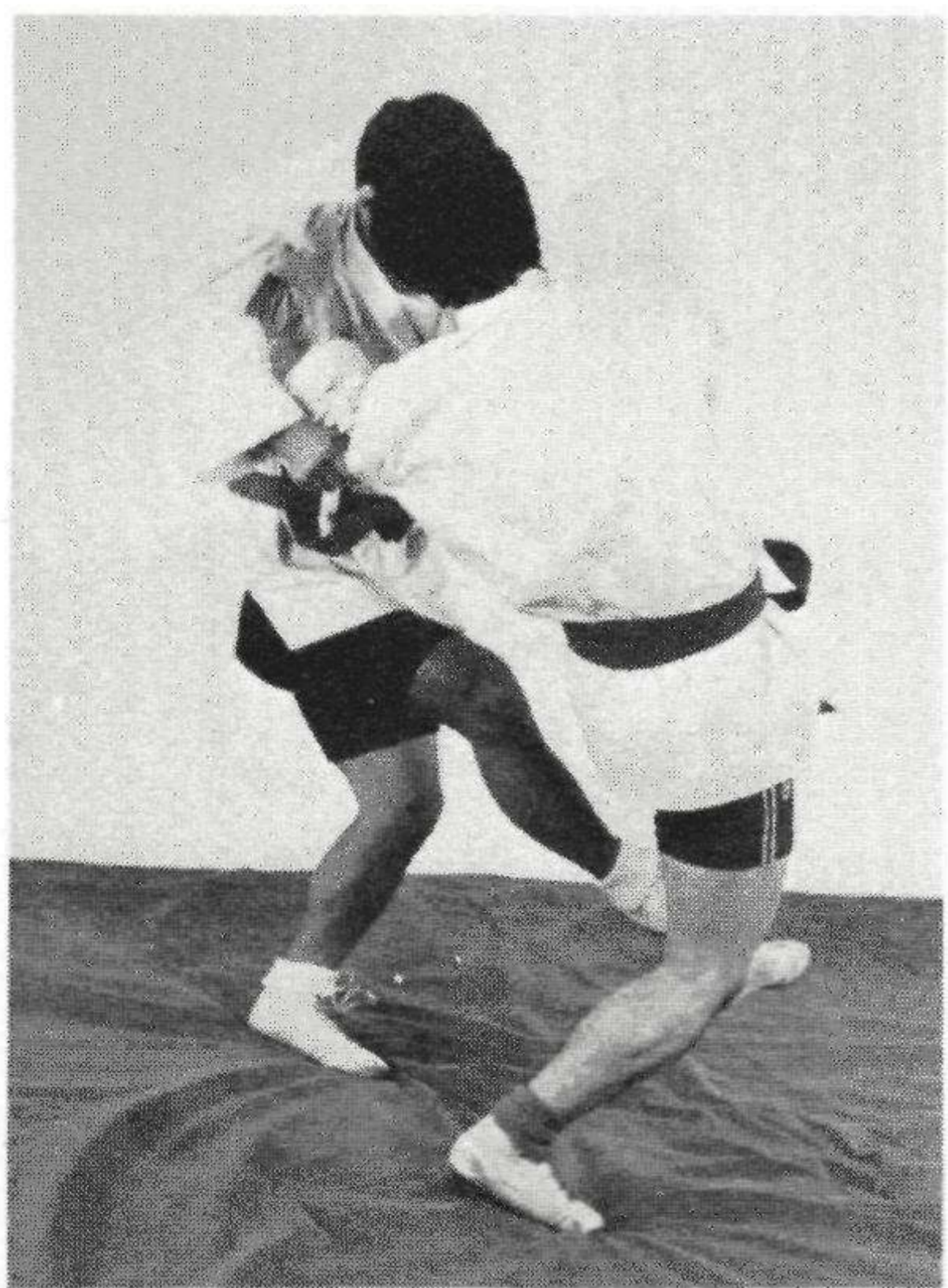
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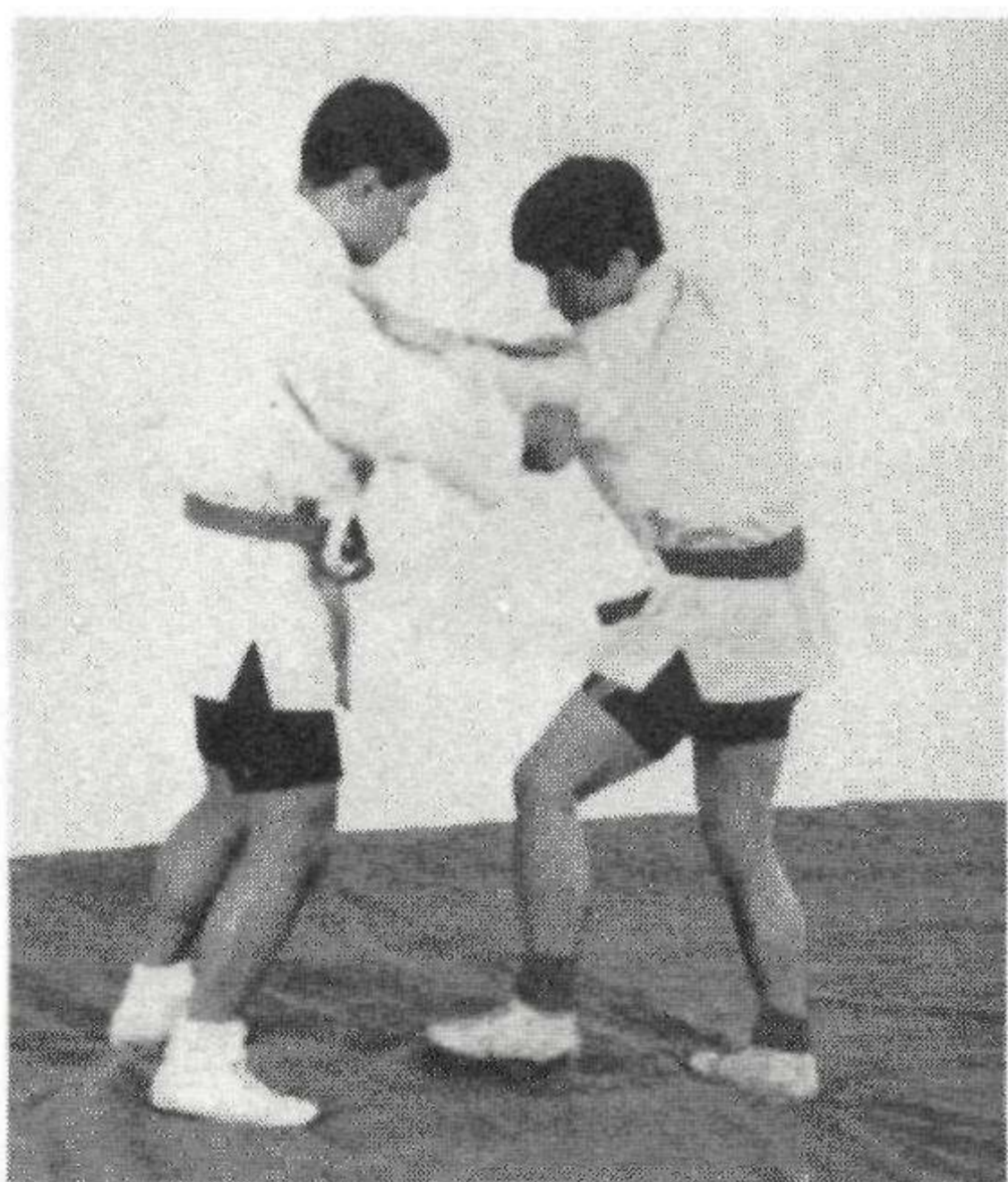
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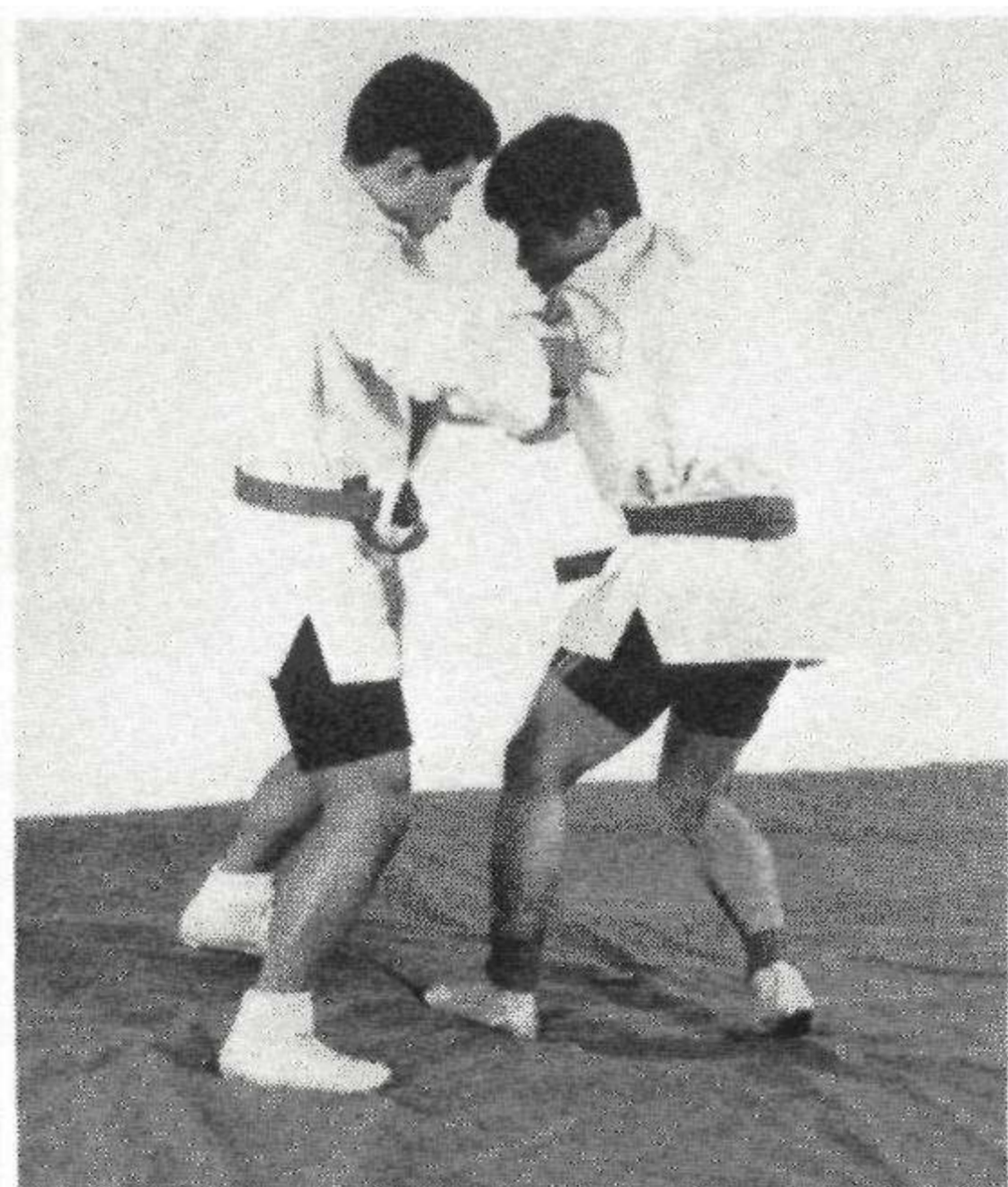
1 C. ANKLE SWEEP. LEGS CROSSWISE

Grasp the opponent with the left foot forward under the elbows (1). Pull the opponent down with the right hand, and push away with the left (2). In order to keep his balance the opponent will cross his legs (3). Sweep opponent's left foot with the right sole (4), then pulling with the right hand to the right and downwards, throw the opponent on the mat (5). At the moment of the fall execute a right leg lunge to the right.

Safeguarding – by the left sleeve. Self safeguarding – right side fall (6).



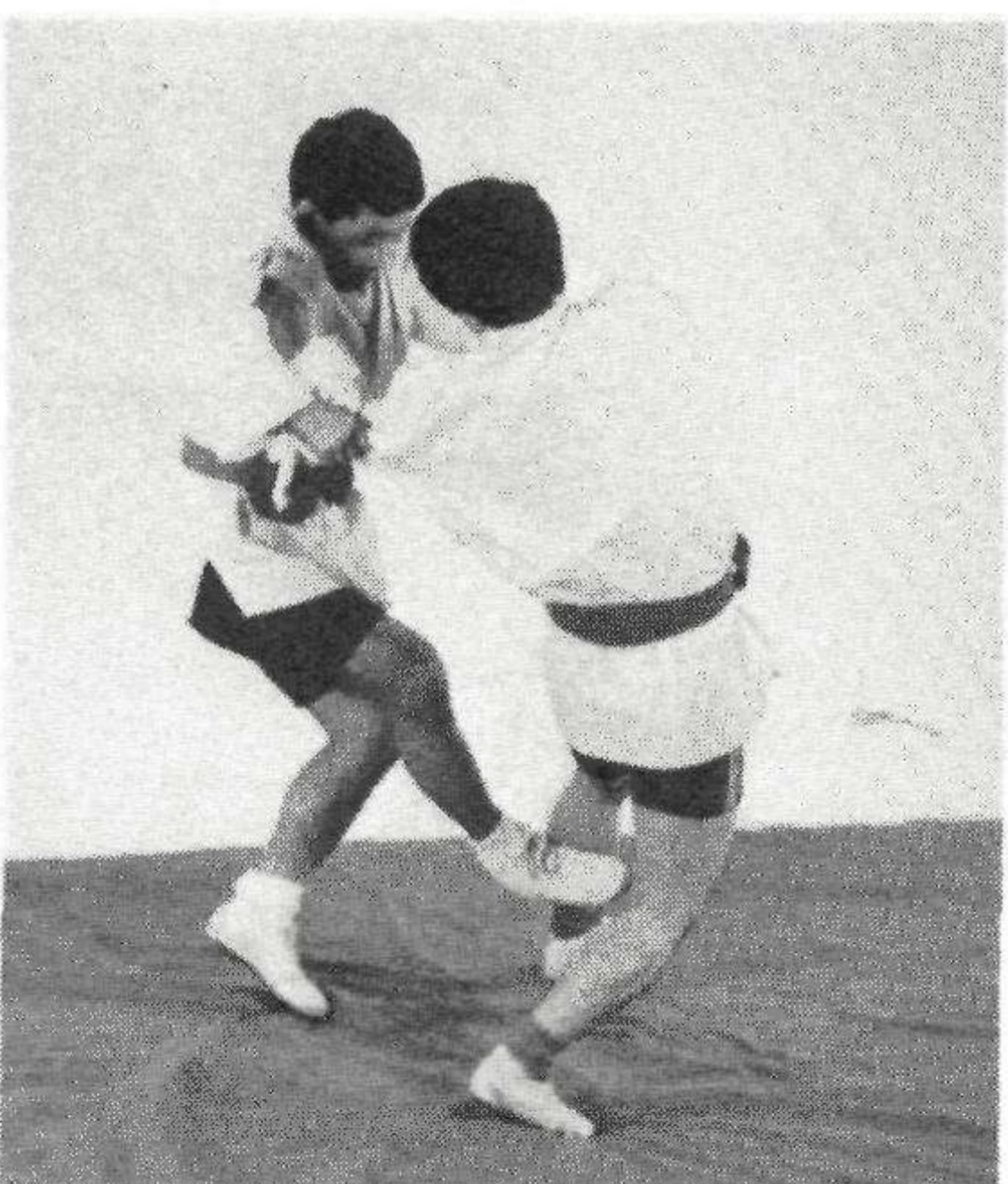
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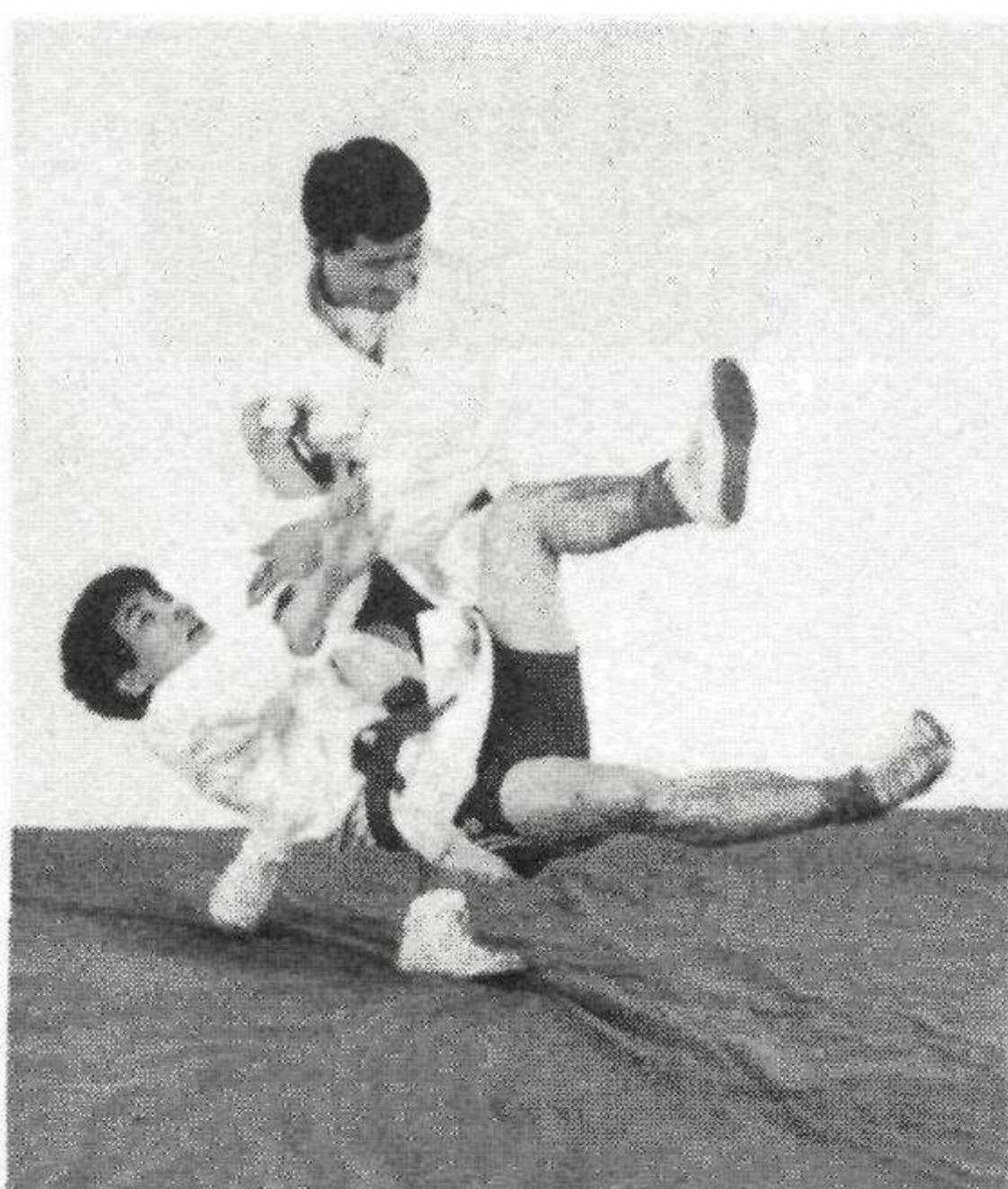
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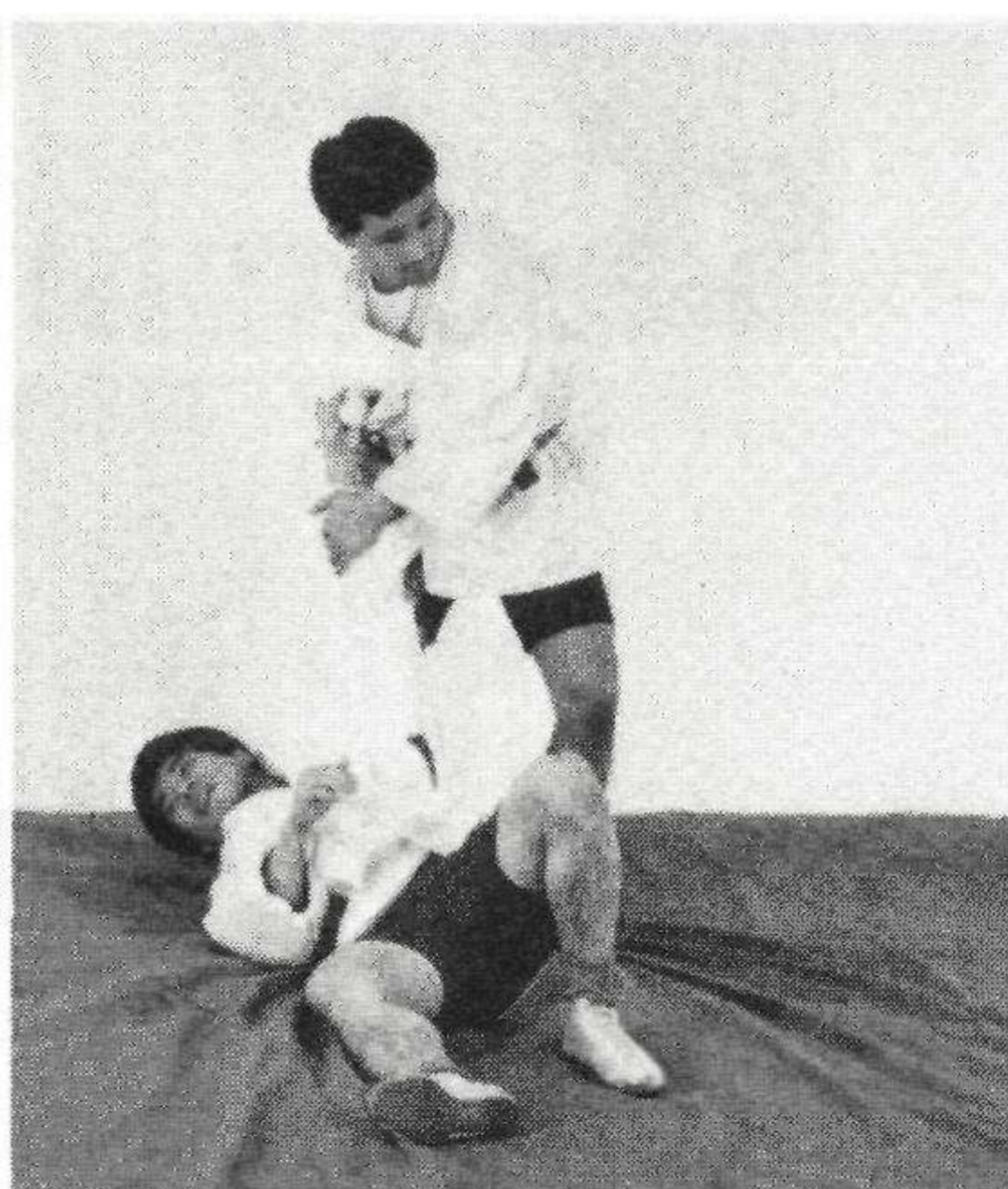
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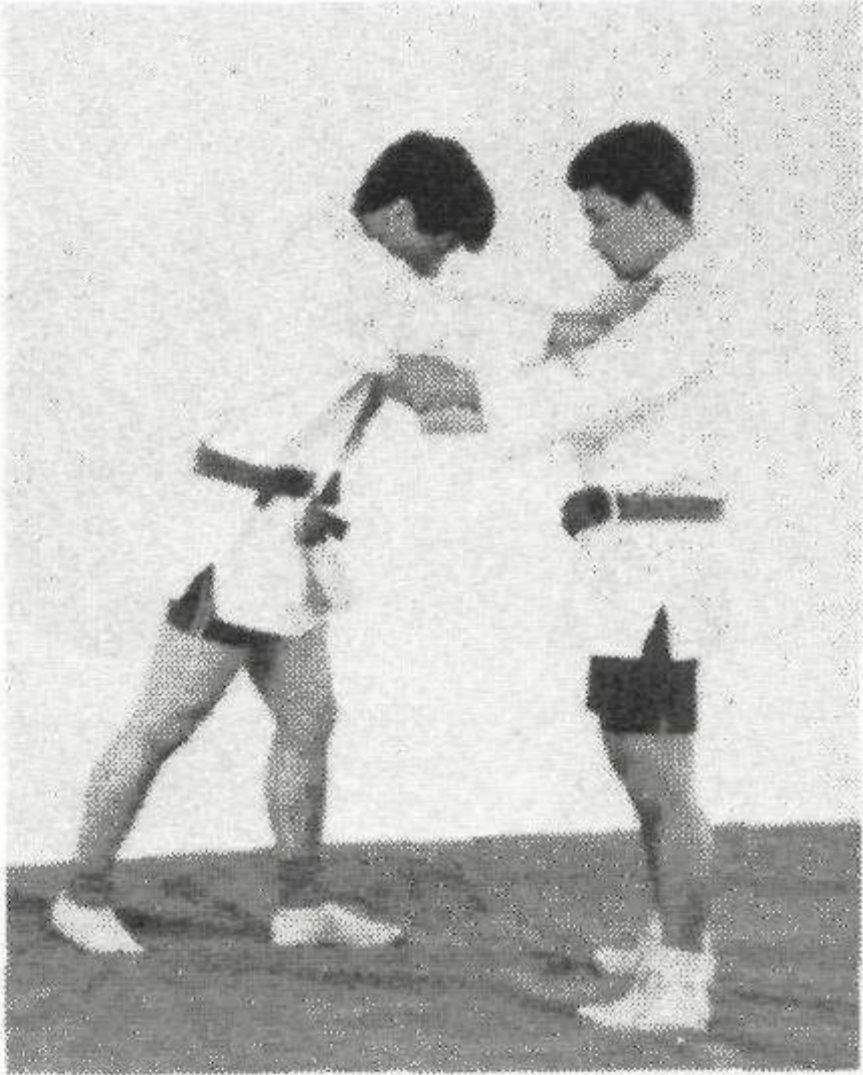
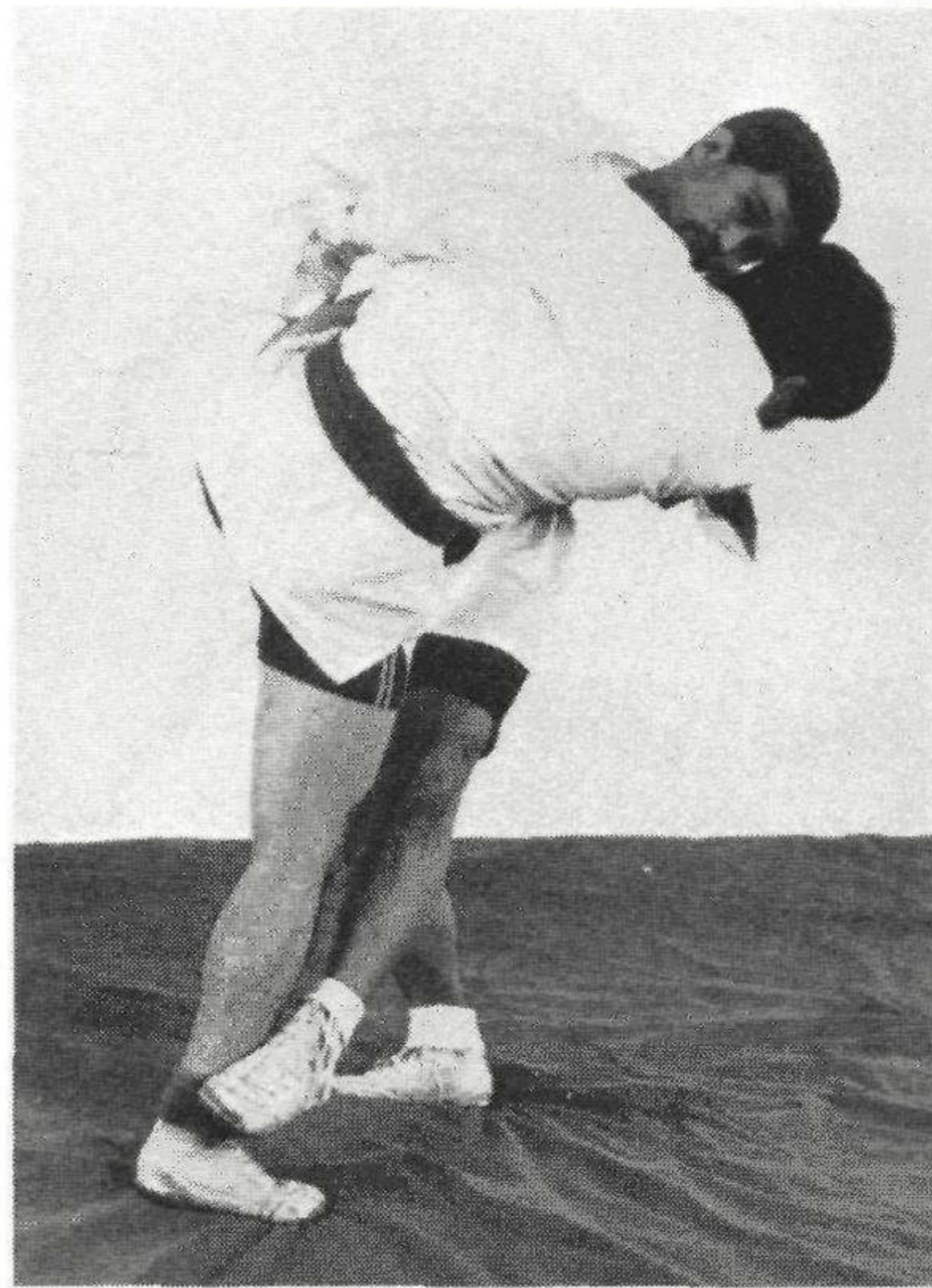


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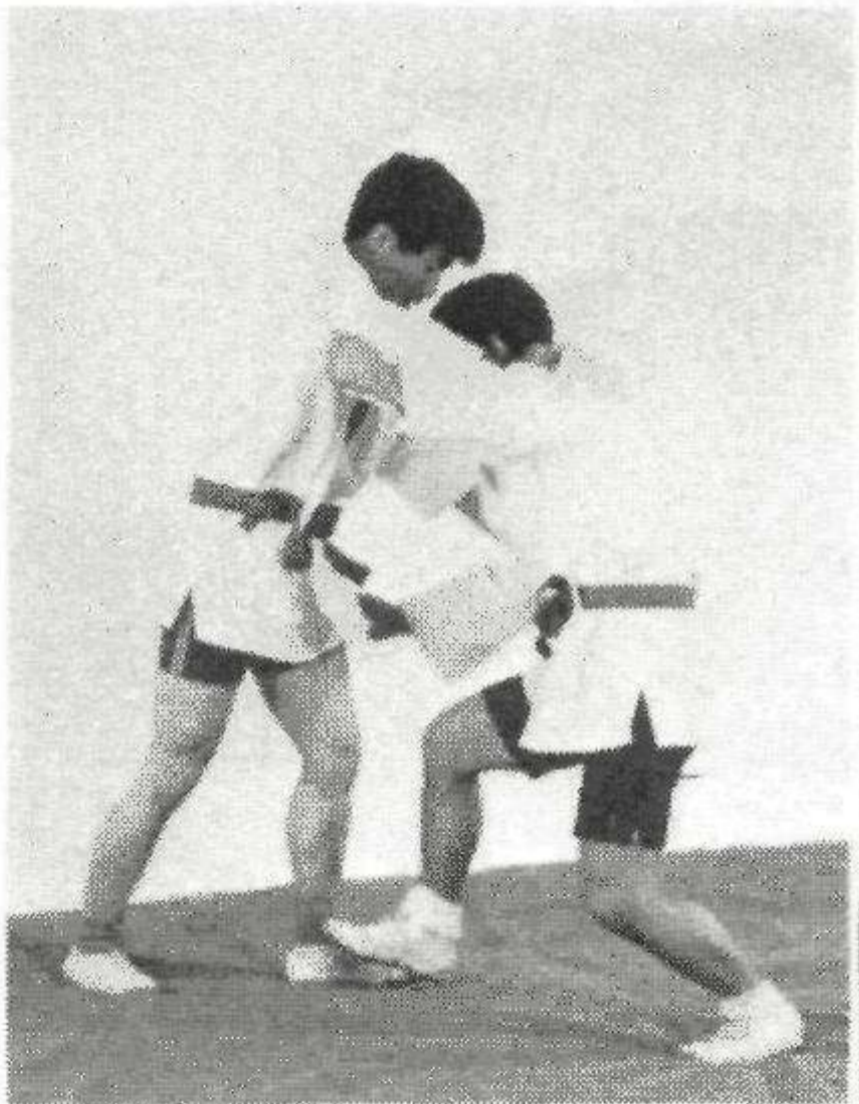
1 D. LEG LIFT ANKLE SWEEP

Grasp the opponent under the elbows (1). Do a step with the right foot forward to the inner part of opponent's left toe (2), squat and grip opponent's left leg with the right hand (3). Standing up, lift the grasped leg (4), then shift the body weight onto the right leg (5) and sweep opponent's right foot from aside with the left sole (6). Continuing the left foot motion to the right (7), throw the opponent on the mat (8). At the moment of the fall, execute a left leg lunge to the left (9).

Safeguarding – by the right sleeve. Self safeguarding – left side fall.



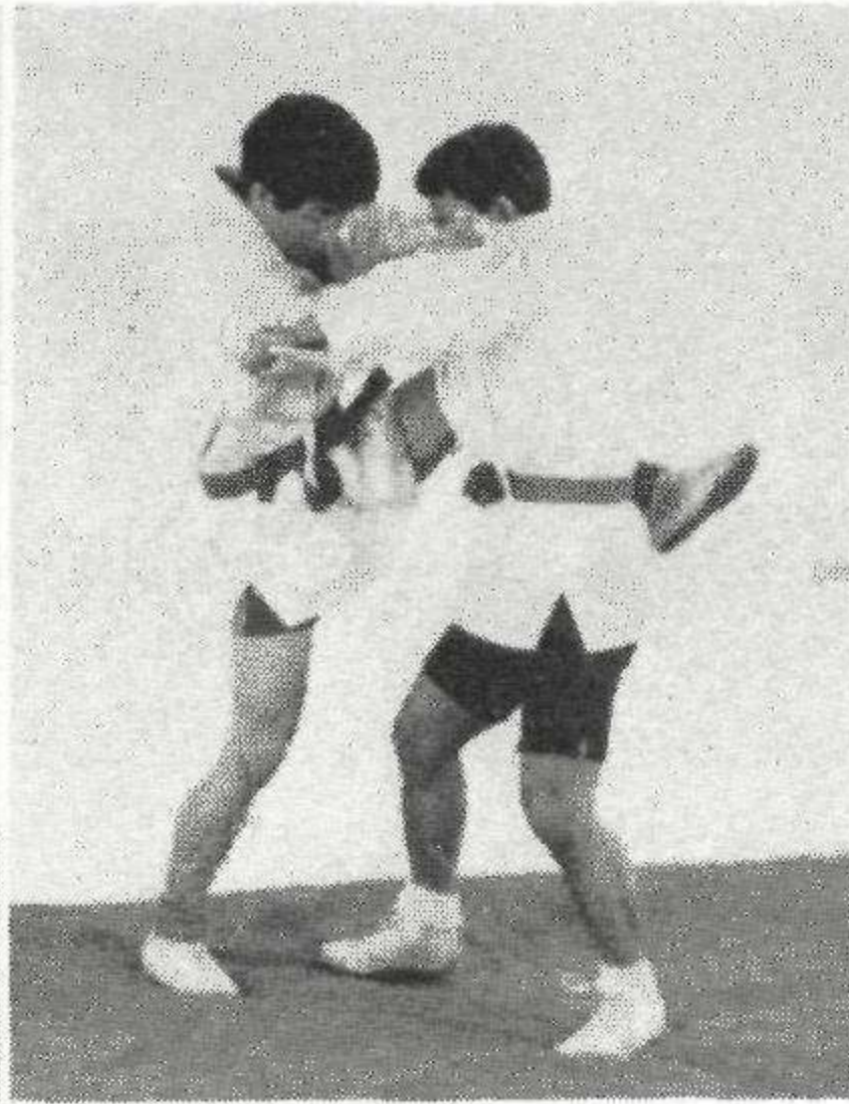
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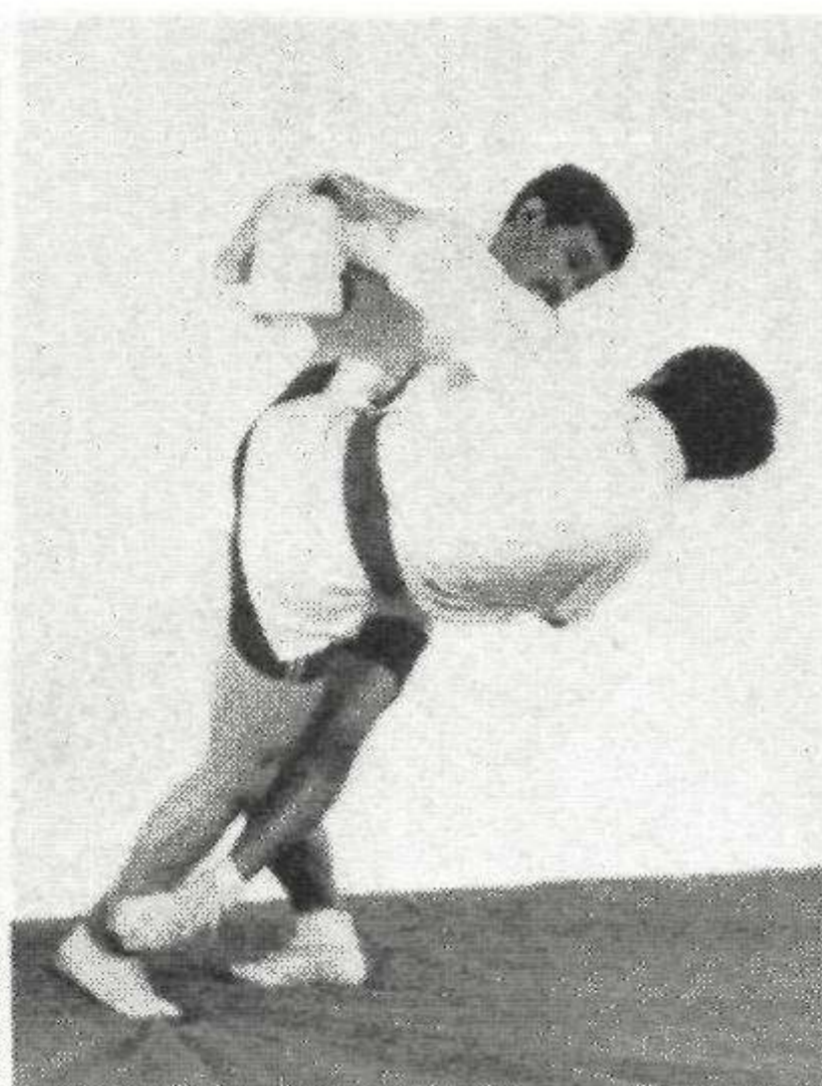
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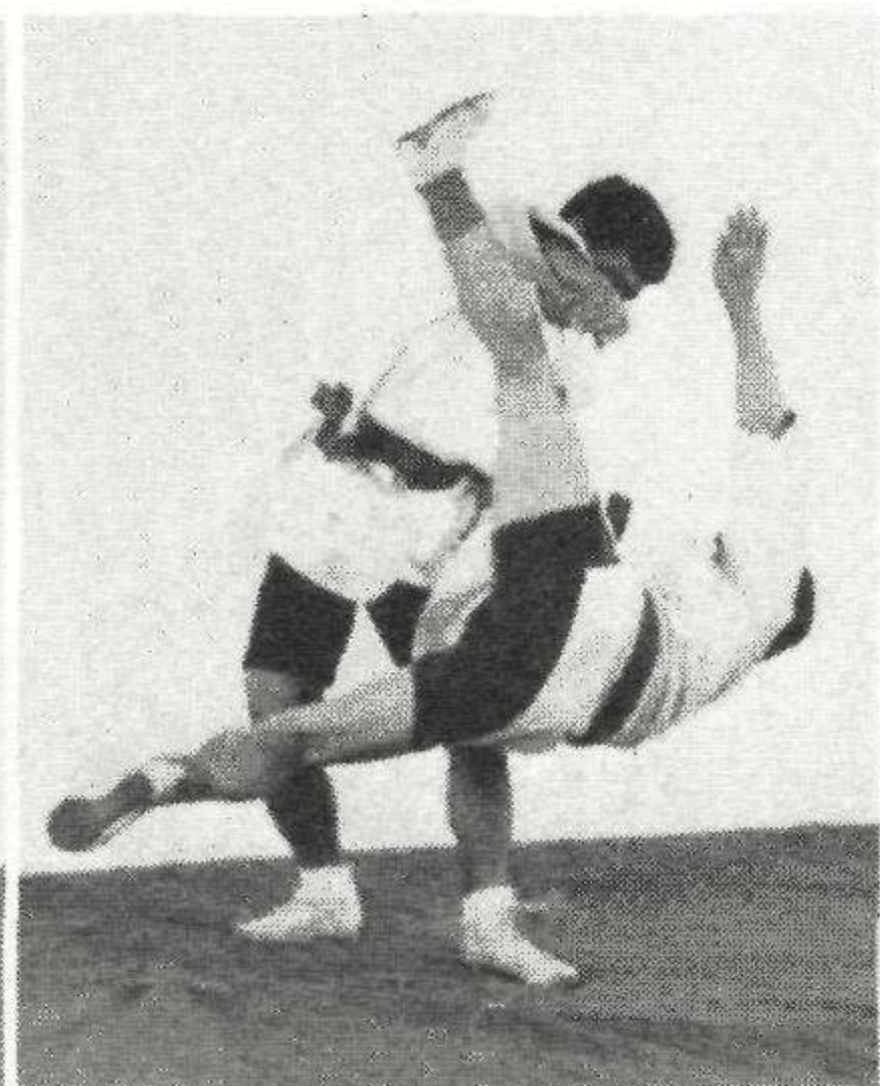
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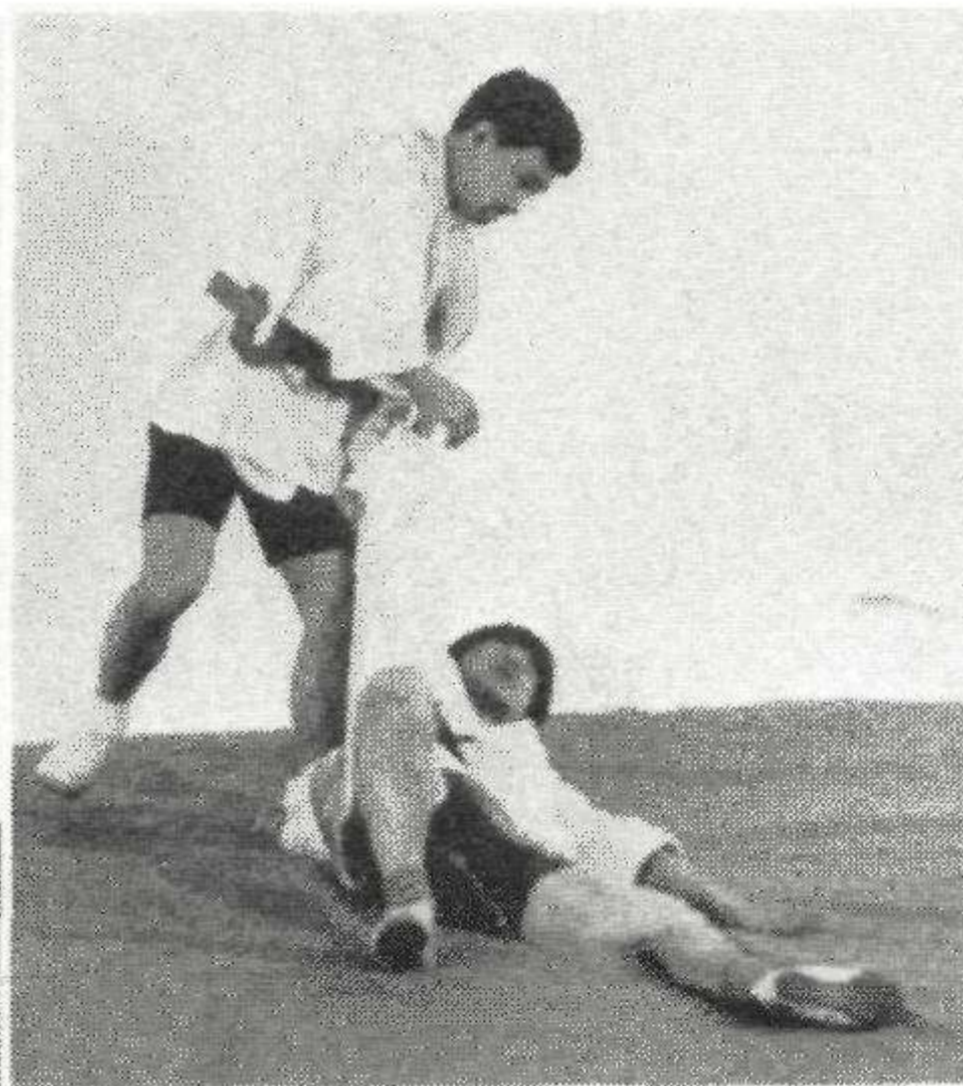
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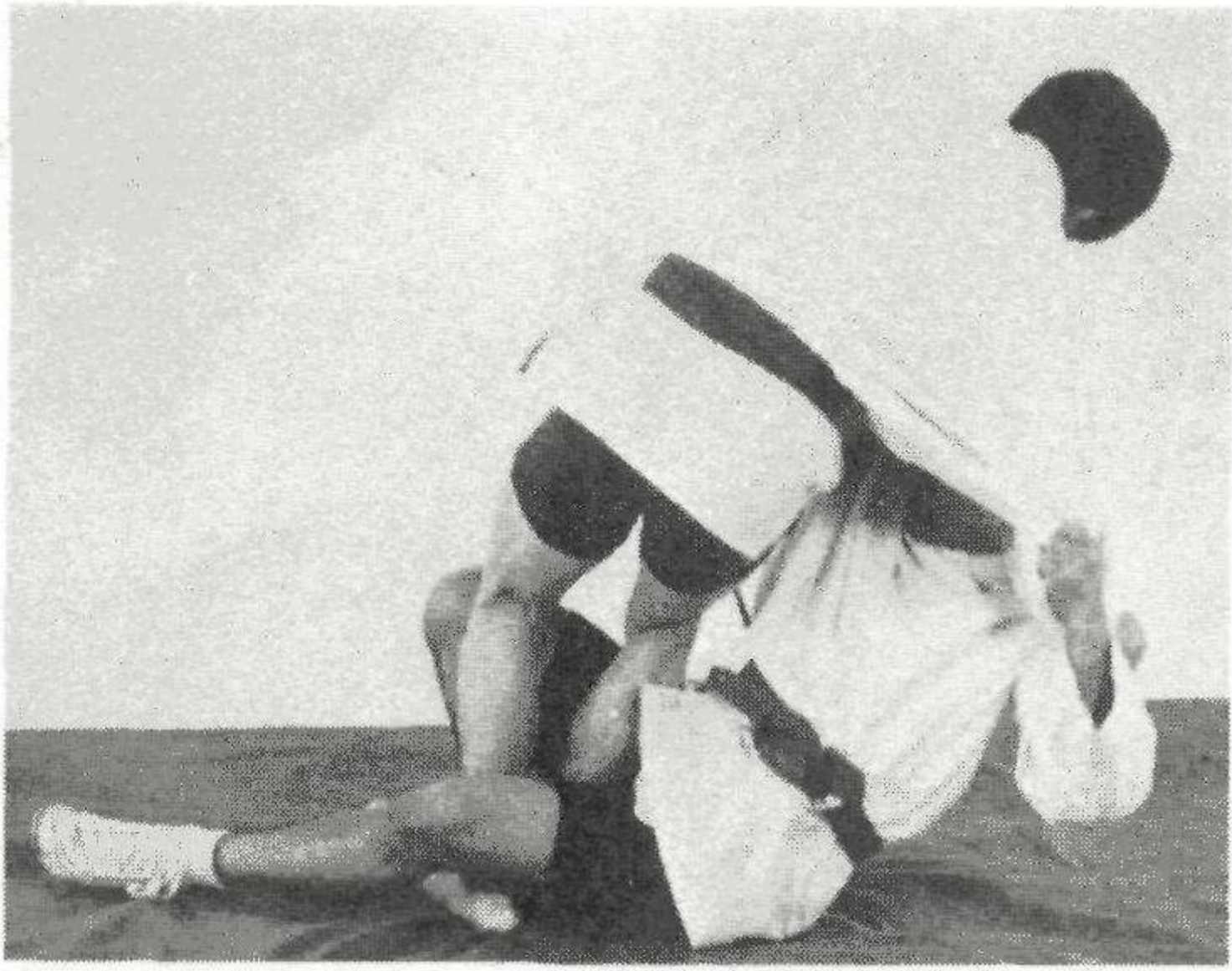
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(8)



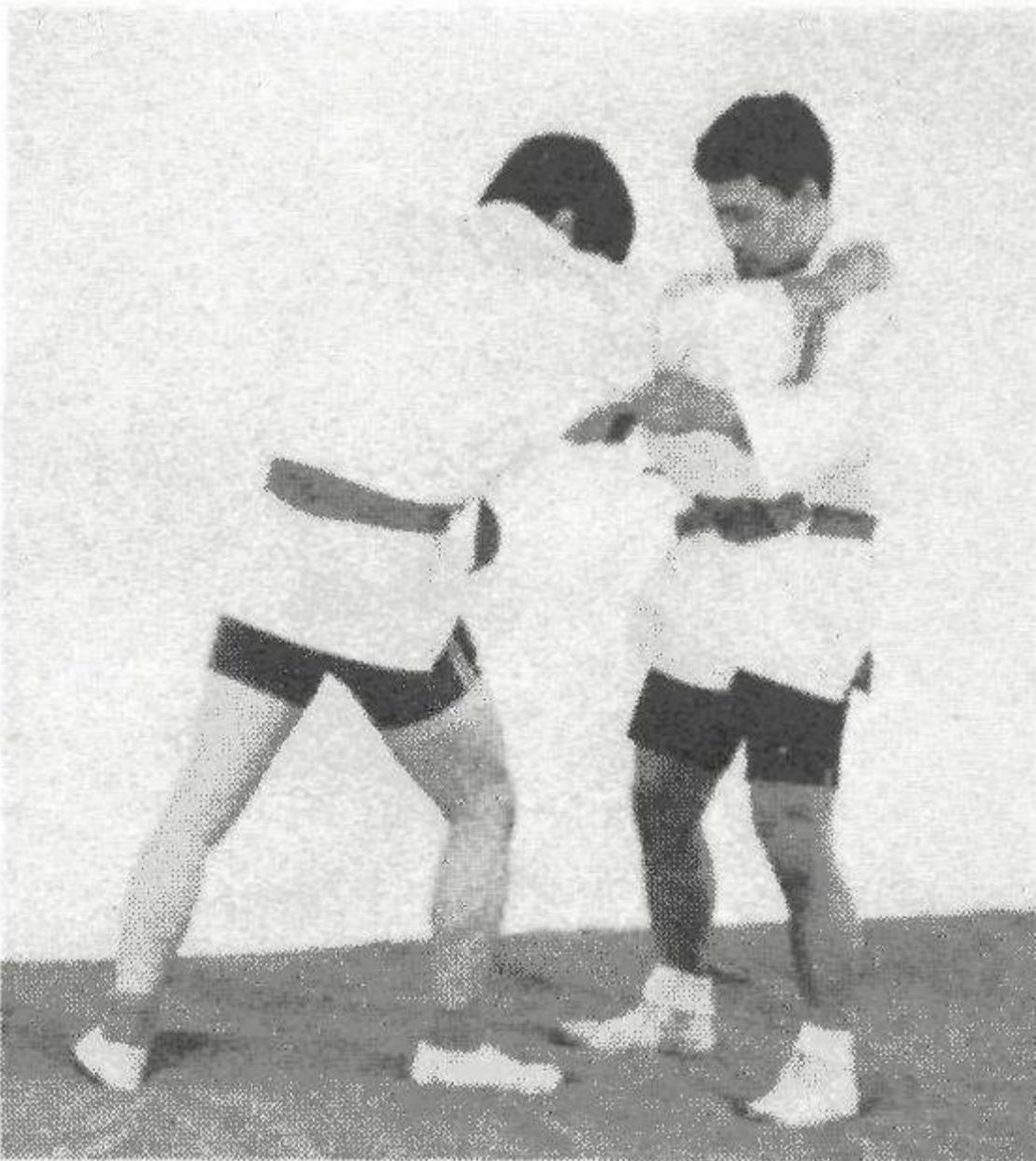
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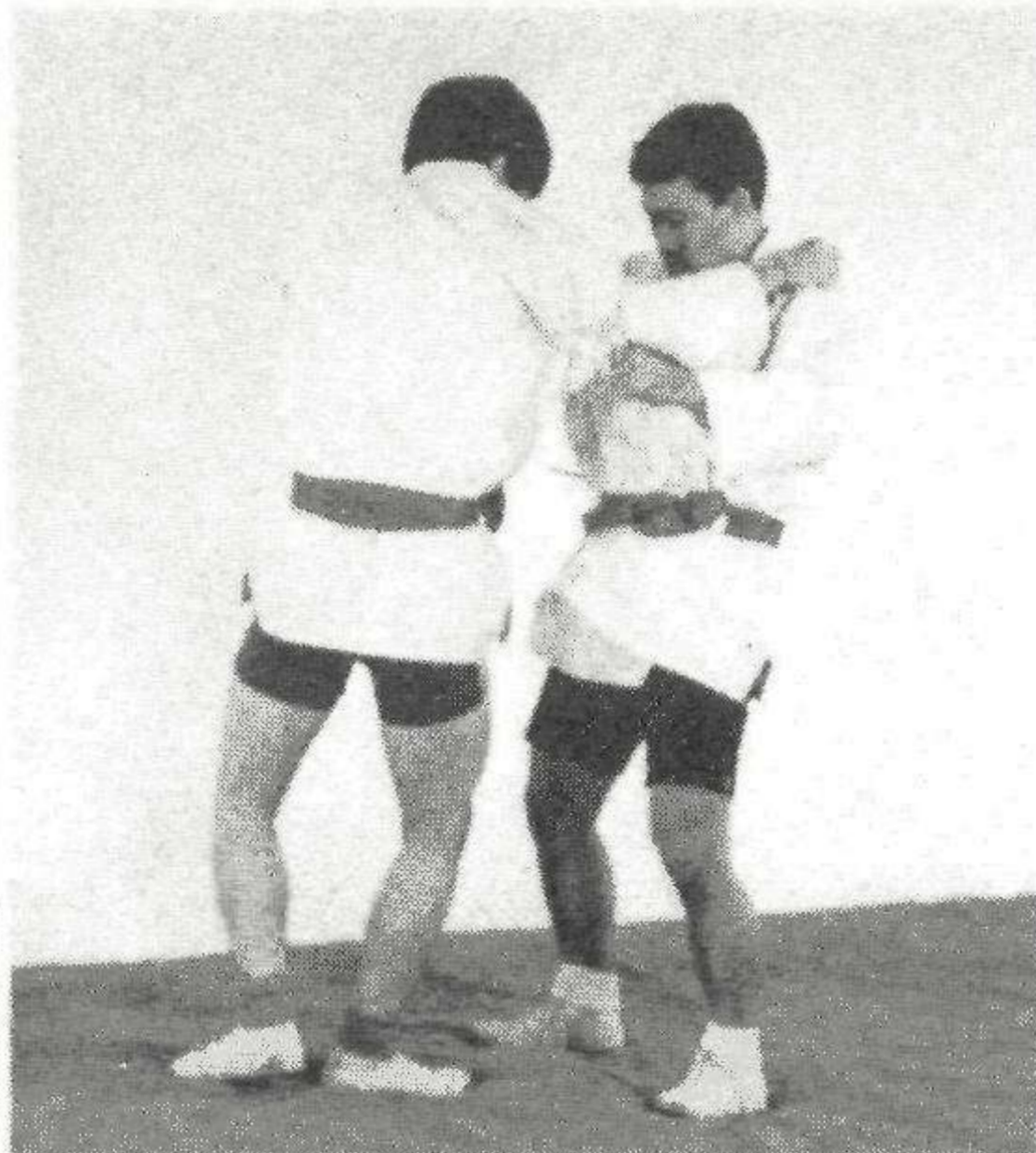
2 A. CROSSWISE LEG TWIST

Grasp the opponent under both elbows (1). Pulling down with the left hand, transfer opponent's body weight onto his right leg, then push him away with the right hand (2). As soon as the opponent has crossed the legs (3), sit down as close as possible to his right foot, putting your left leg back of his legs (4).

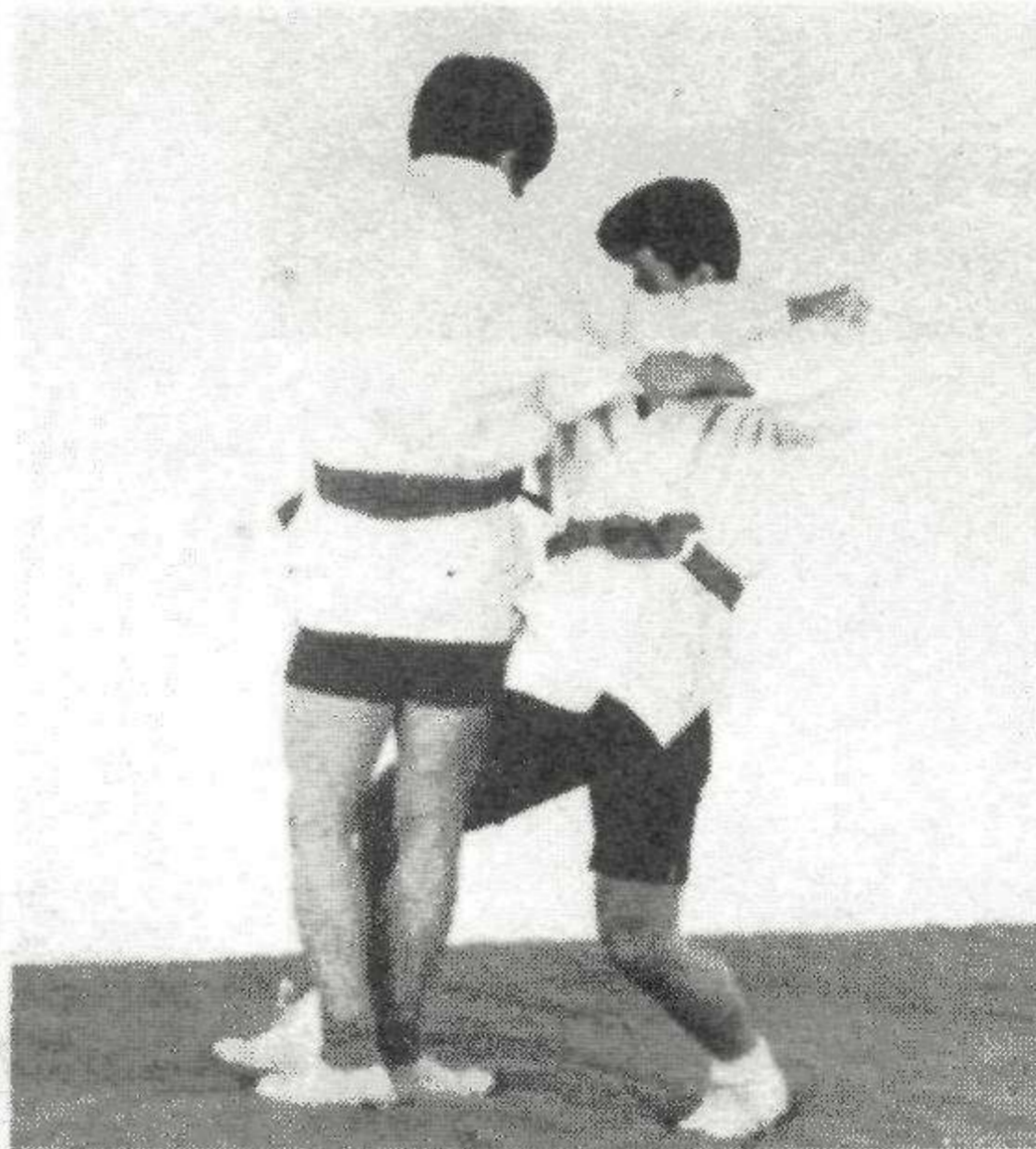
Pull the opponent down and to the left and tripple him on the mat over the left leg (5) on the back (6).



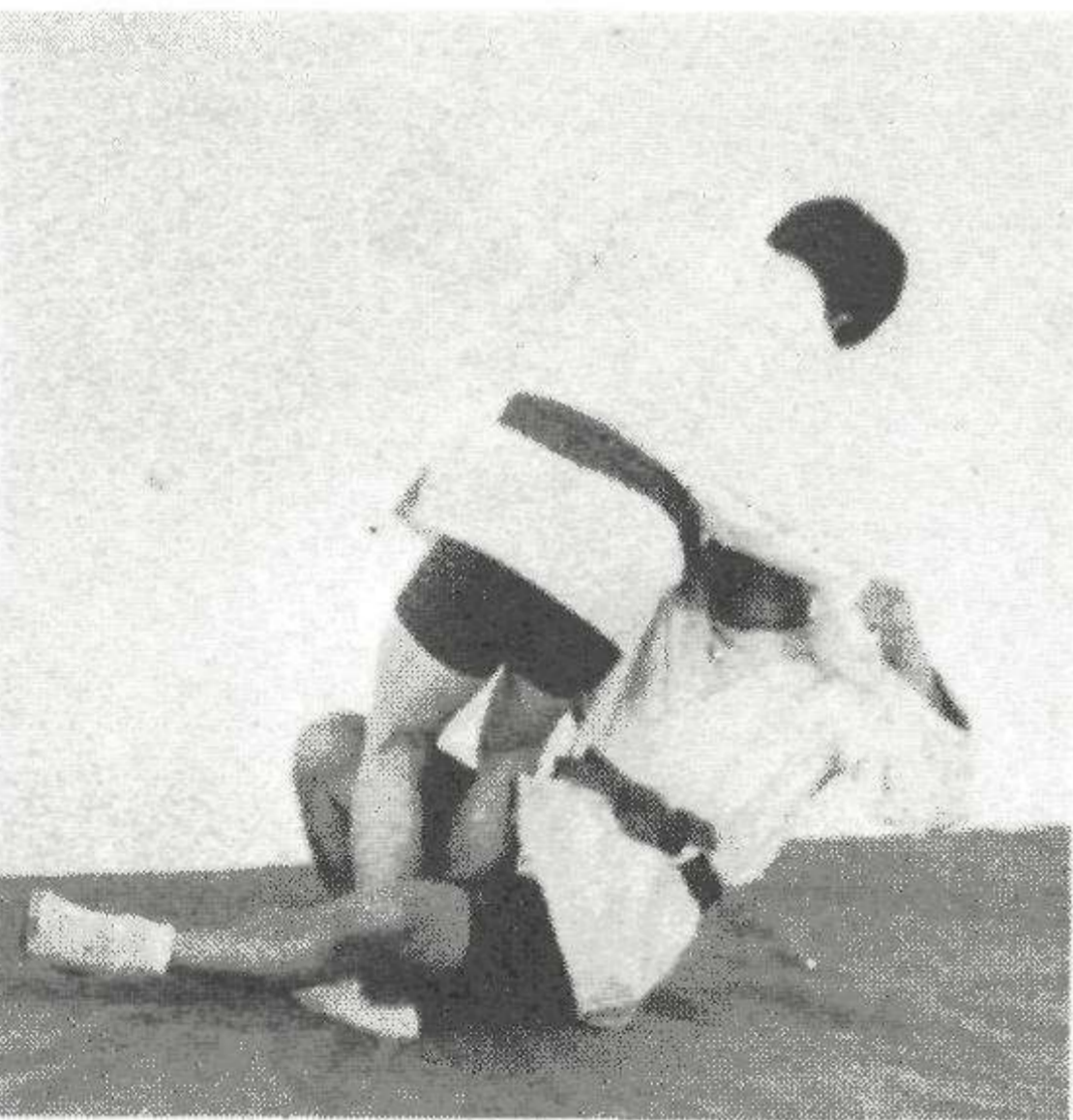
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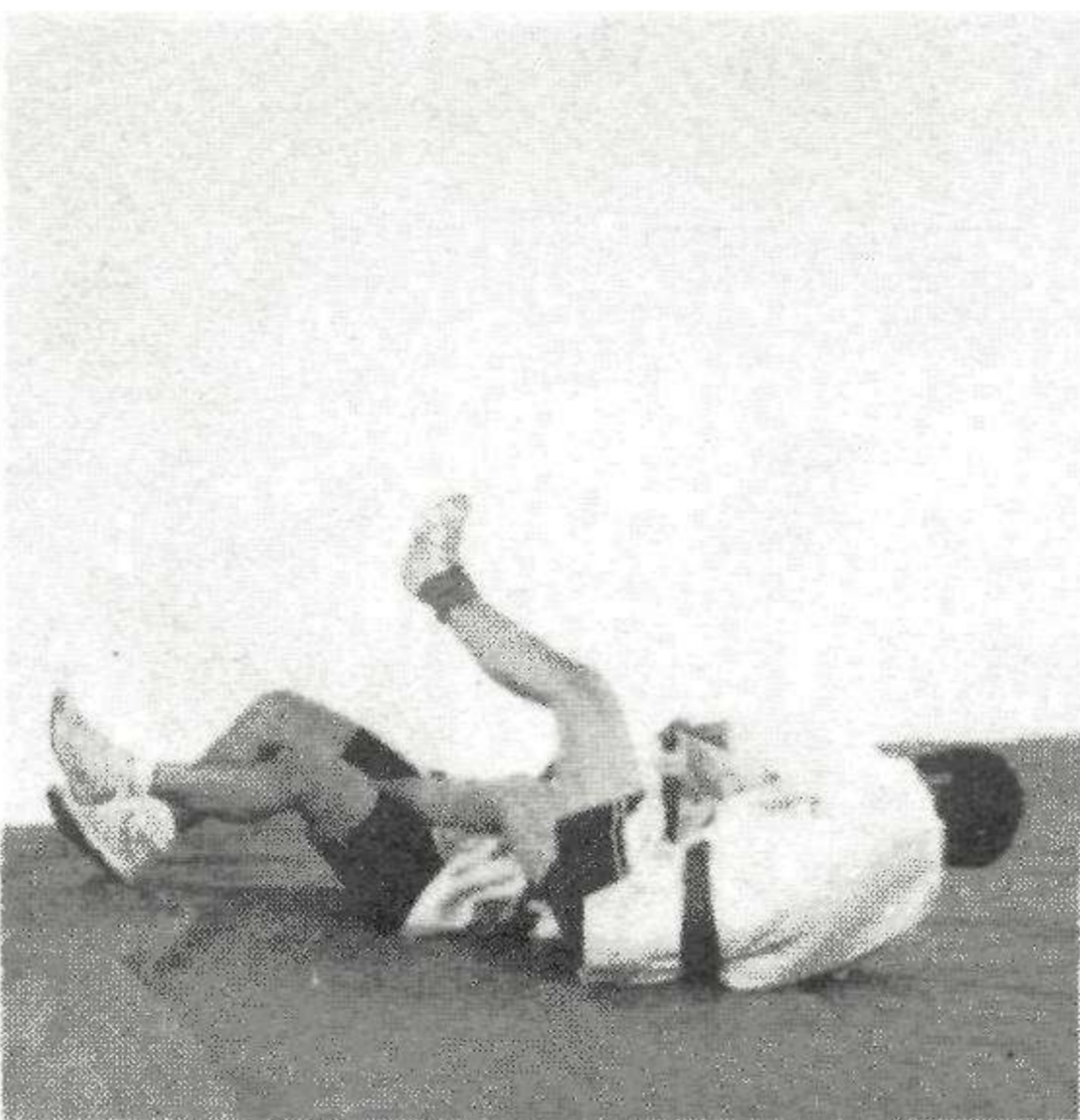
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(4)



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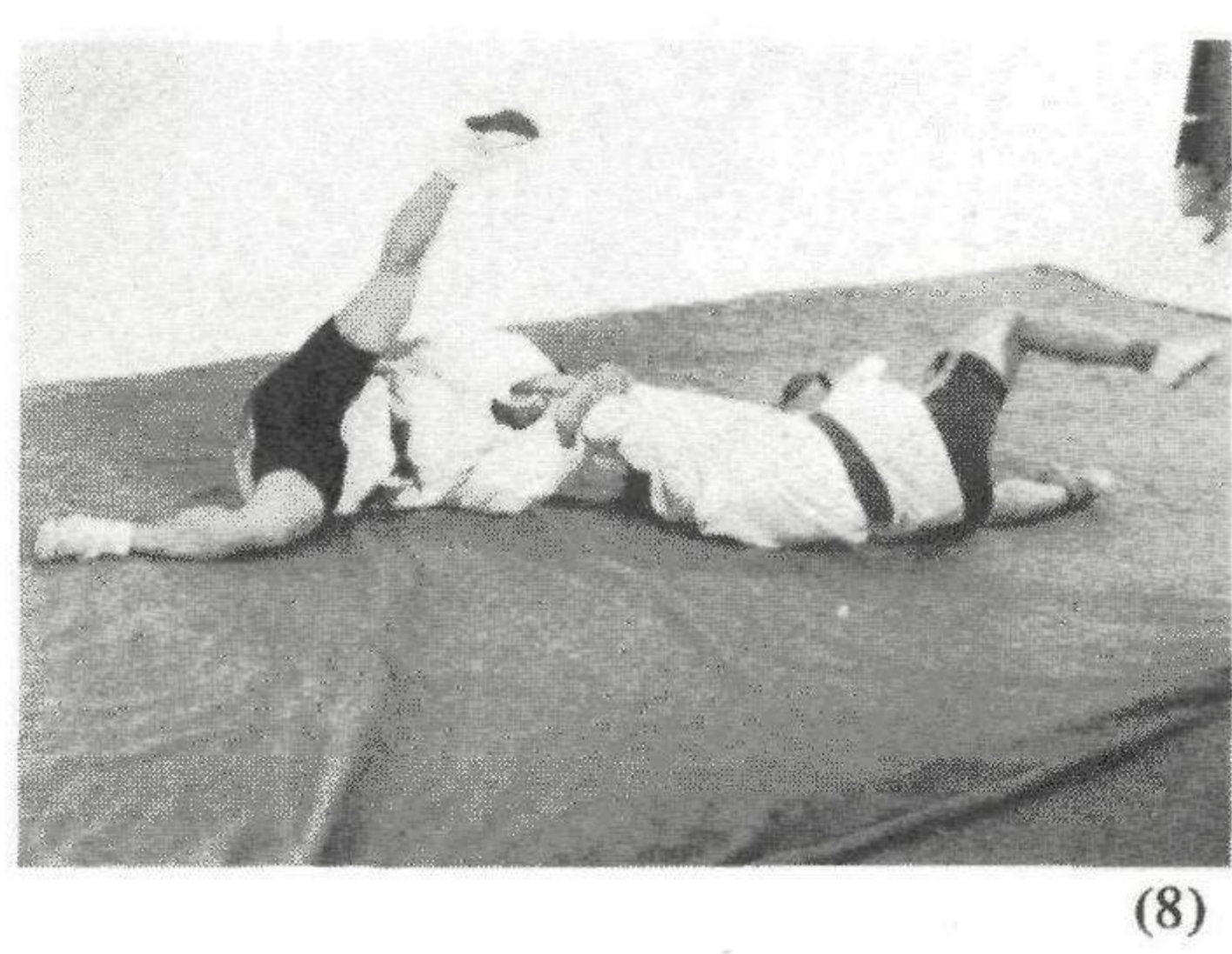
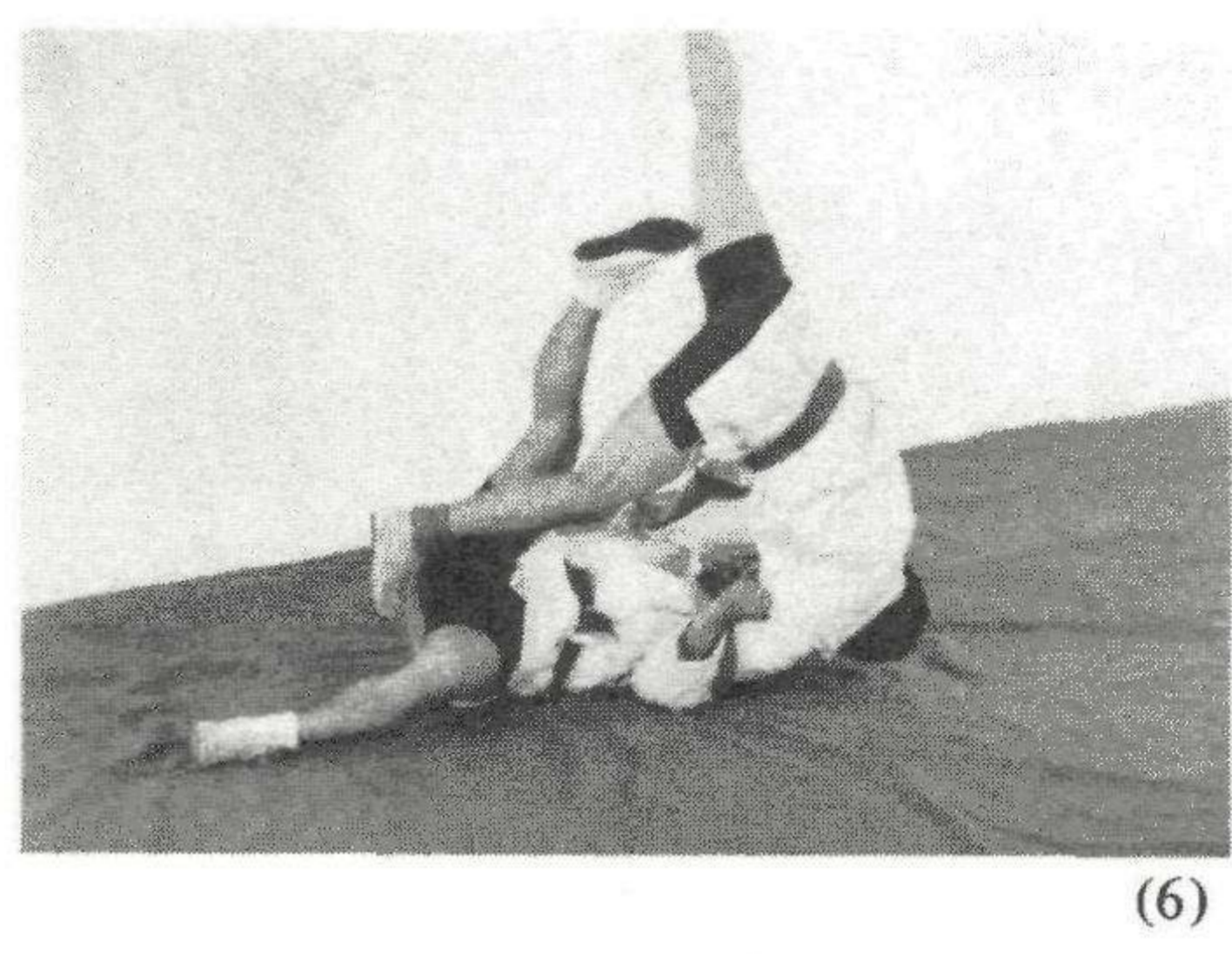
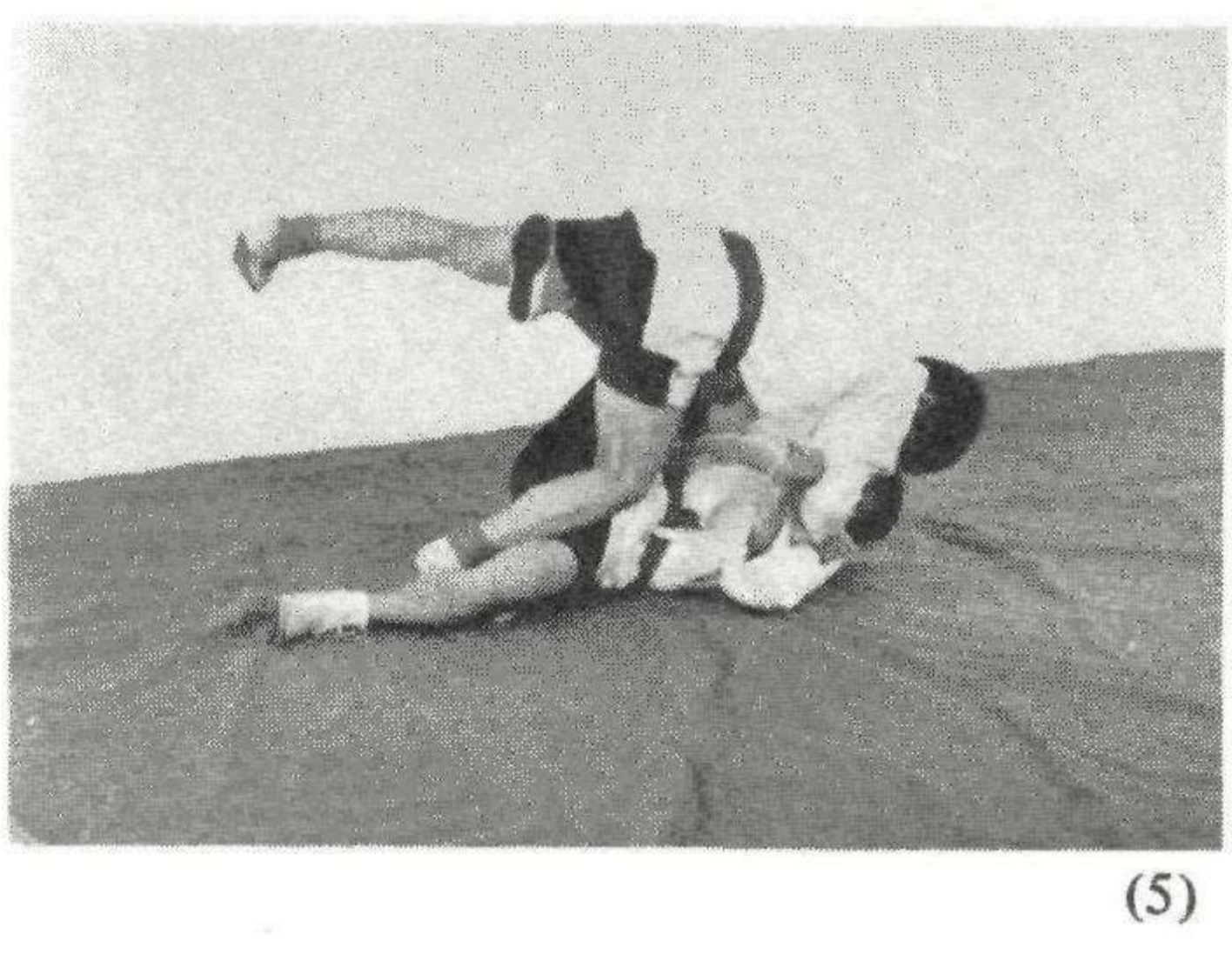
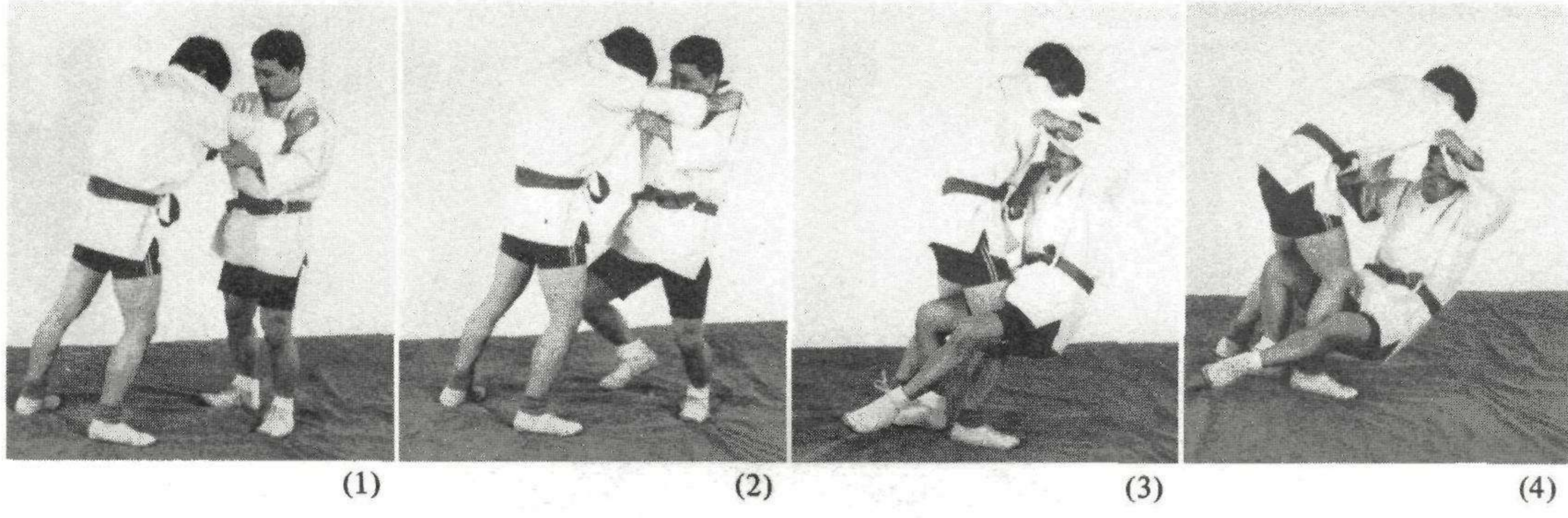
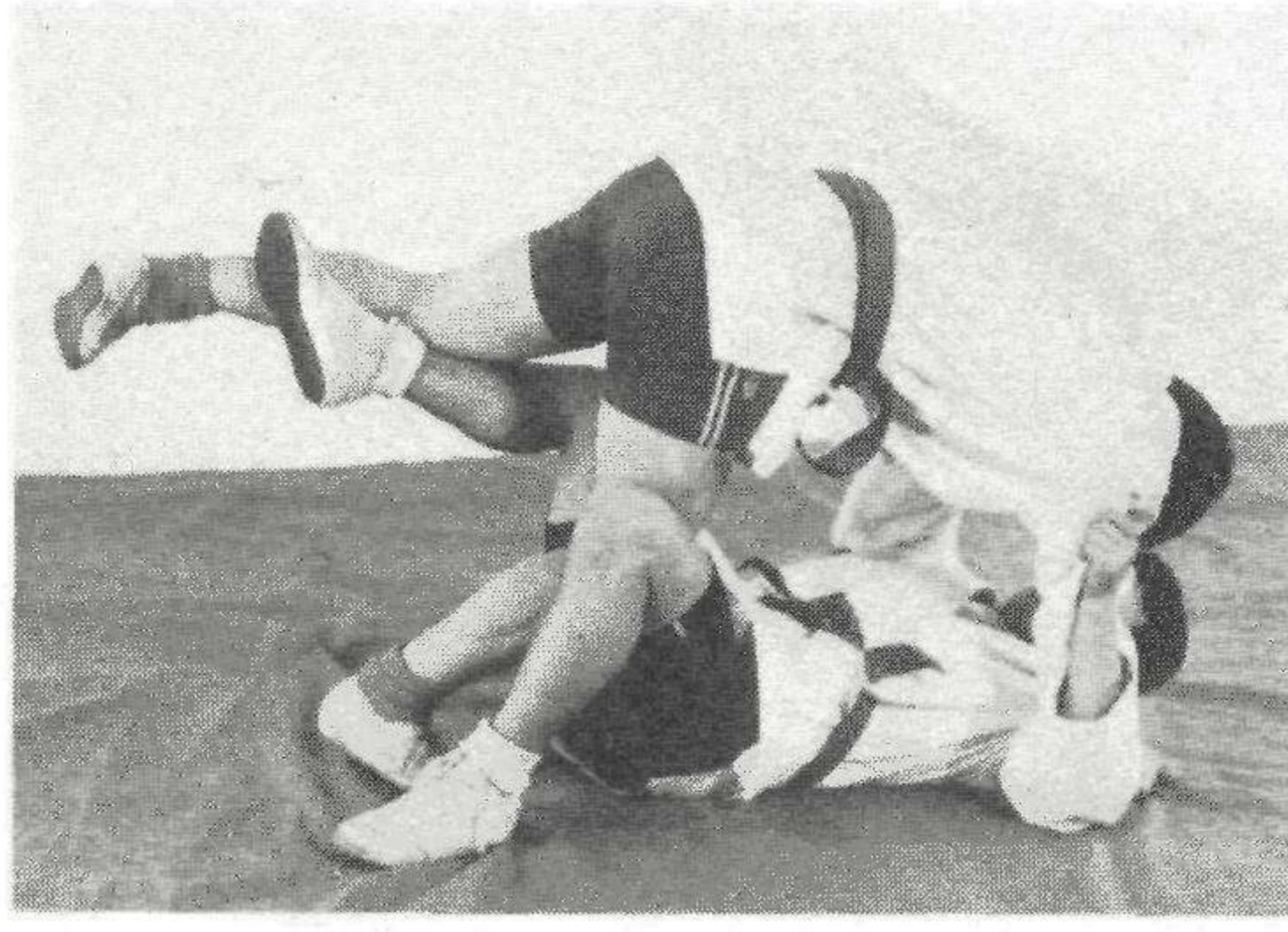


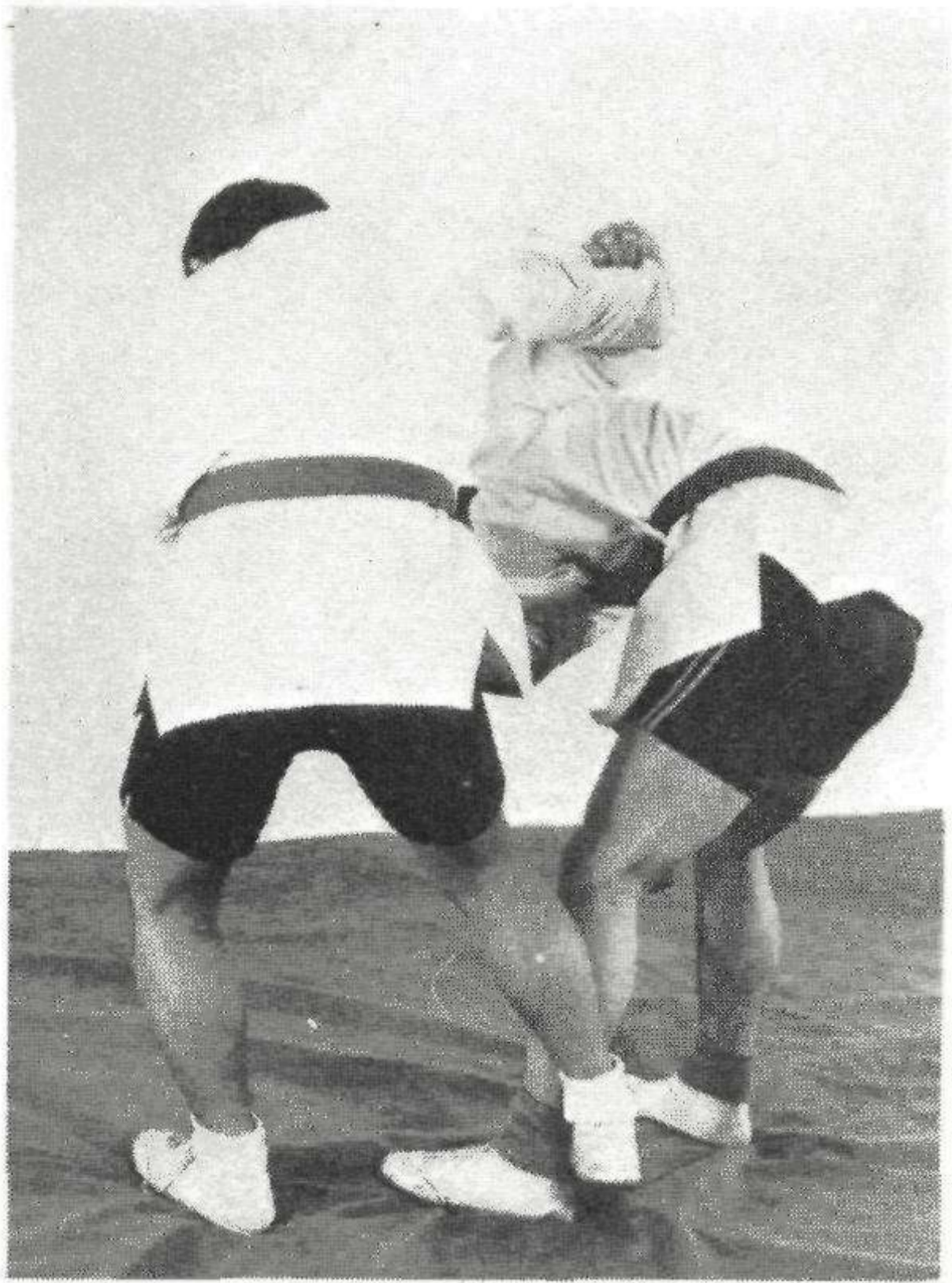
(6)

2 B. ANKLE TWIST

Grasp the opponent under both elbows (1). Do a step forward with the right foot (2). Put the left foot aside opponent's right leg (3), then sit down as close as possible to his toe (4). Pull the opponent to the left and downwards and execute inside left thigh throw with the right ankle (5). Guiding with the ankle (6), throw the opponent nearby own left shoulder on the mat (7).

Safeguarding - roll shoulder throw. Self safeguarding - left side fall (8).



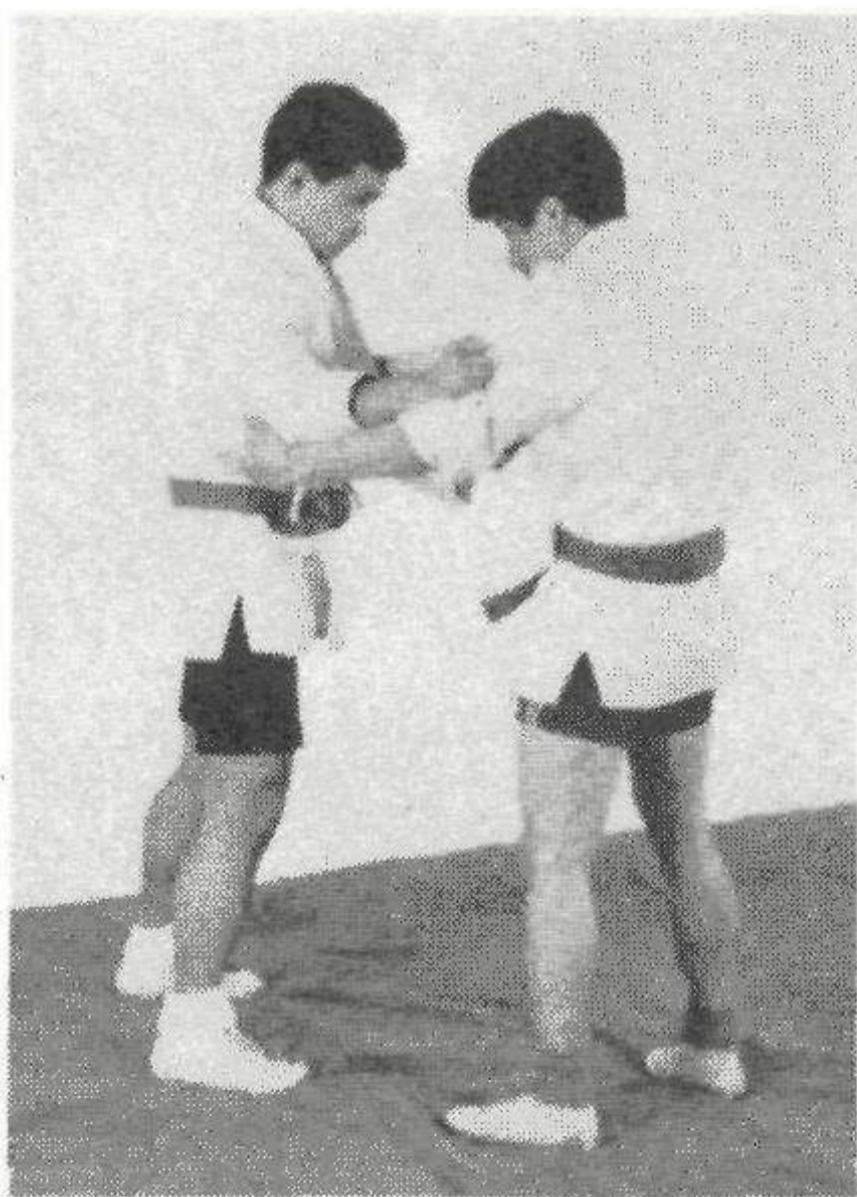


3 A. MINOR OUTSIDE HOOK

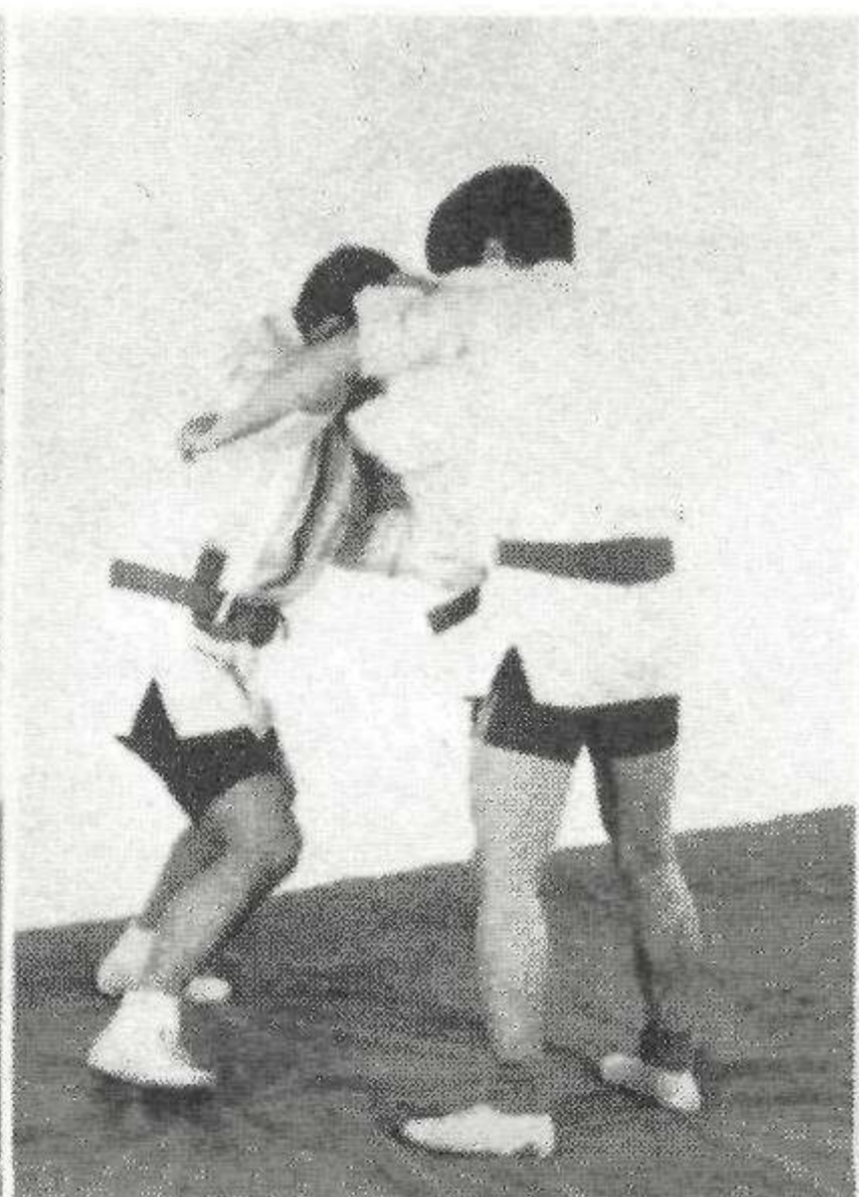
Grasp the opponent under both elbows (1). Do a step to the left with the left foot, then turn the supporting leg toe to the left (2-3). Hook opponent's left heel with the right foot (4). Bending the right leg (5), pull at the left leg of the opponent in the direction of his toe.

Raising the right foot to the left and upwards, pull the opponent to the right (6), then throw him on the mat (7). At the moment of the fall shove the right foot to the left (8).

Safeguarding - by the left sleeve. Self safeguarding - right side fall.



(1)



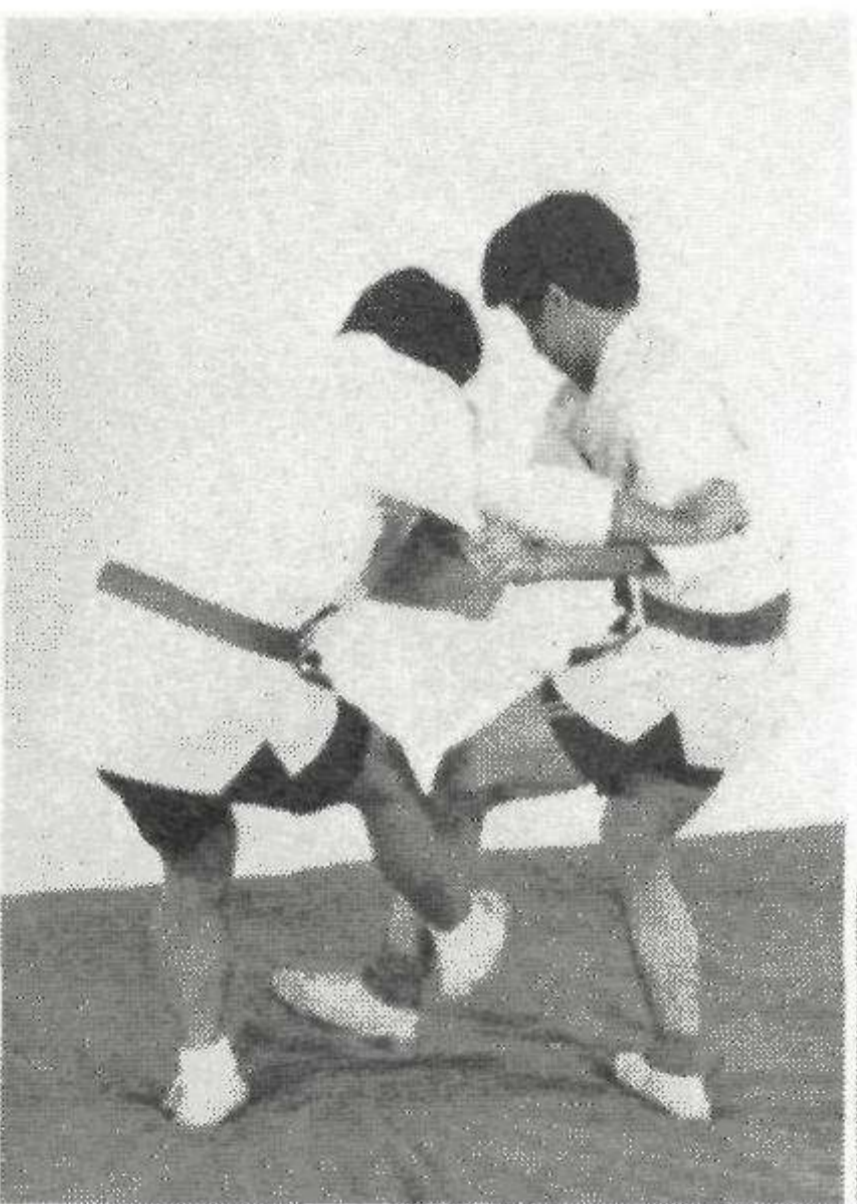
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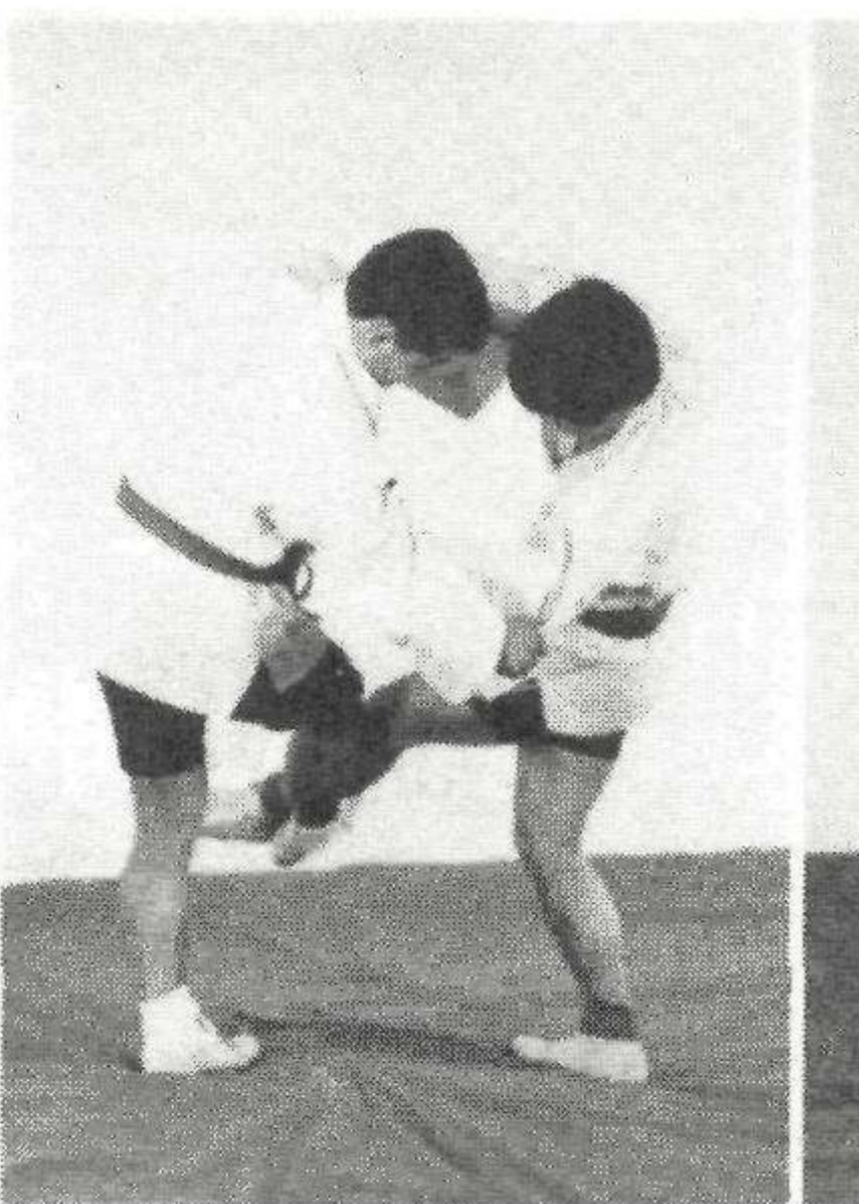
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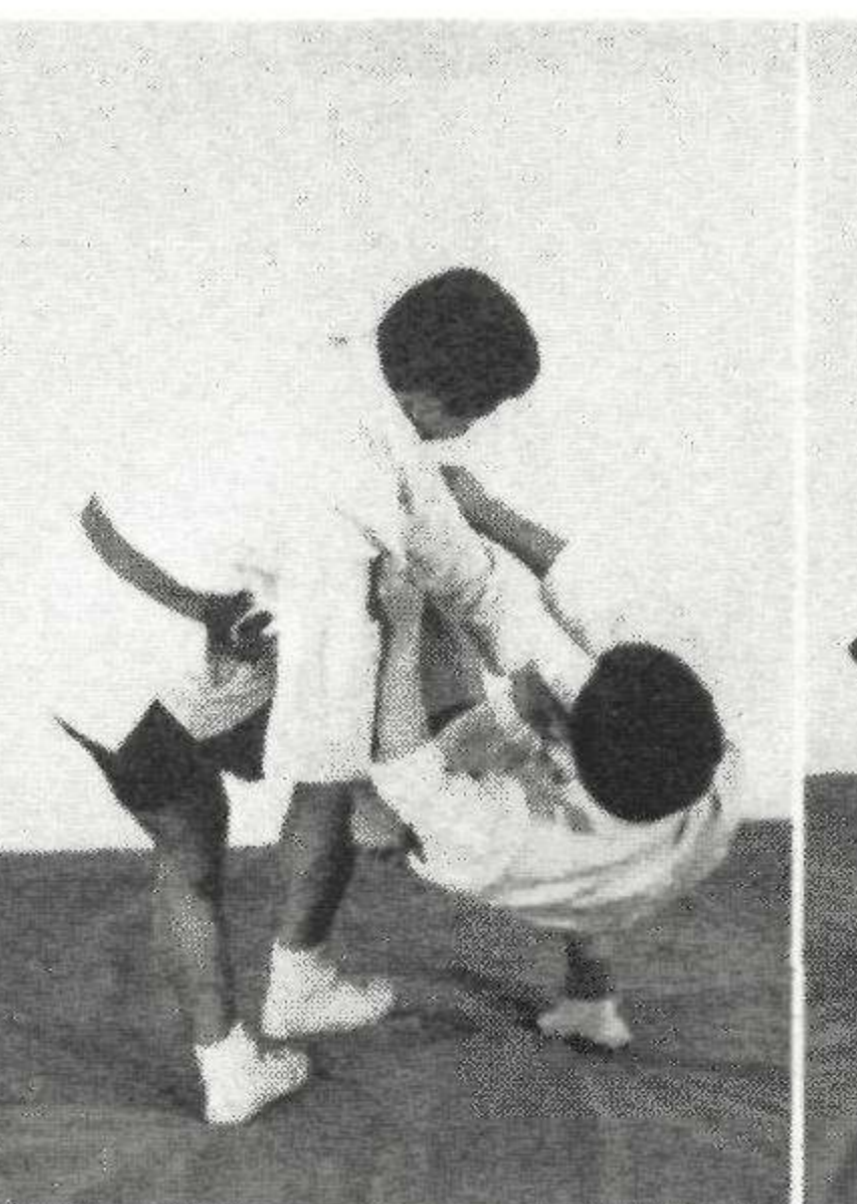
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(7)

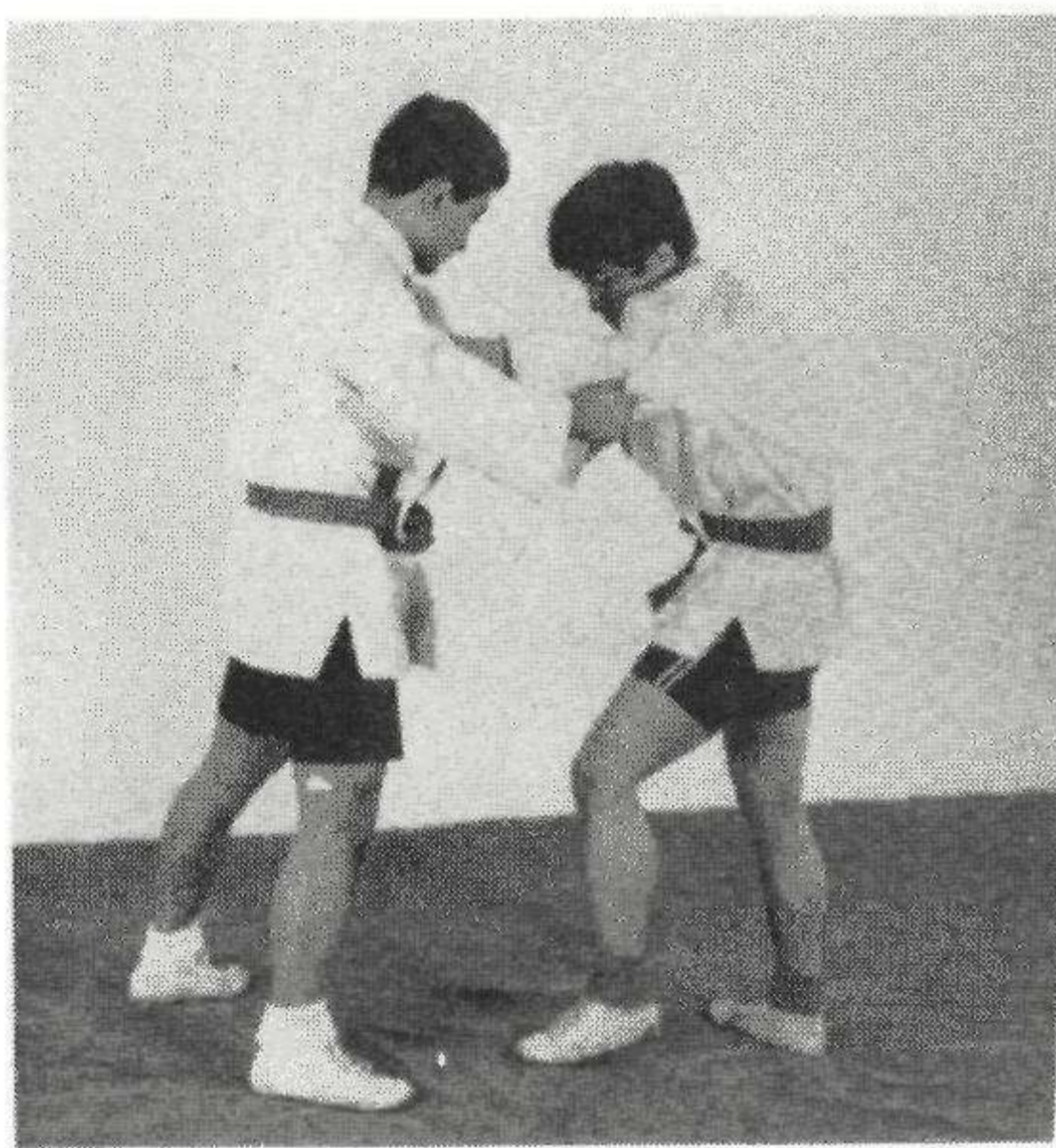
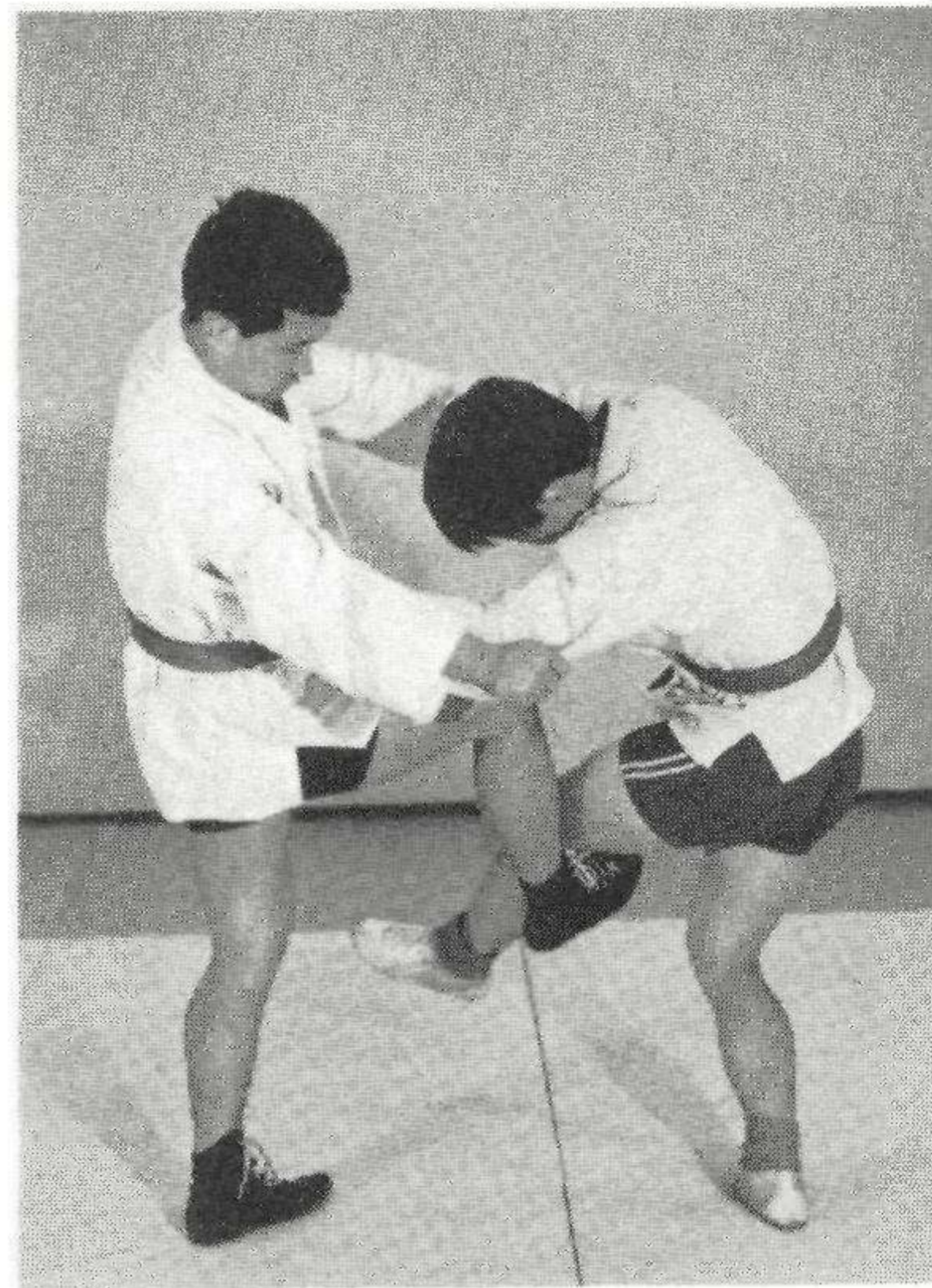


(8)

3 B. OUTER KNEE SOCKET HOOK

The opponent having put his left leg forward must be grasped under both elbows (1). Do a step with the left foot forward to opponent's left toe (2), hook his left knee socket from outside with the right foot (3). Bending the right leg, lift opponent's left leg to the left and upwards, simultaneously pulling him to the right and downwards (4) and throw him on the mat (5). At the moment of the fall execute a right leg lunge to the right.

Safeguarding — by the left sleeve. Self safeguarding — left side fall, (6).



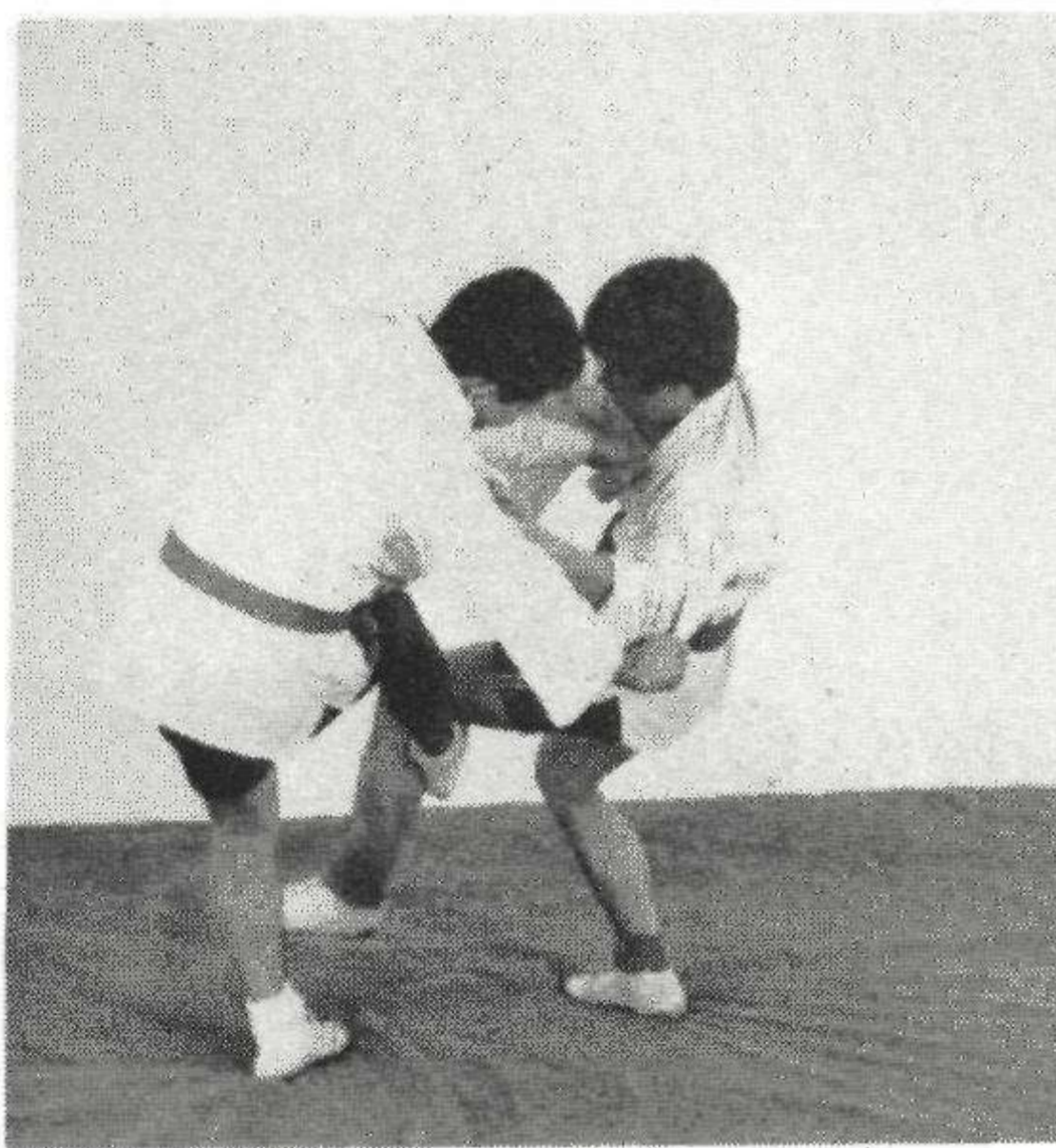
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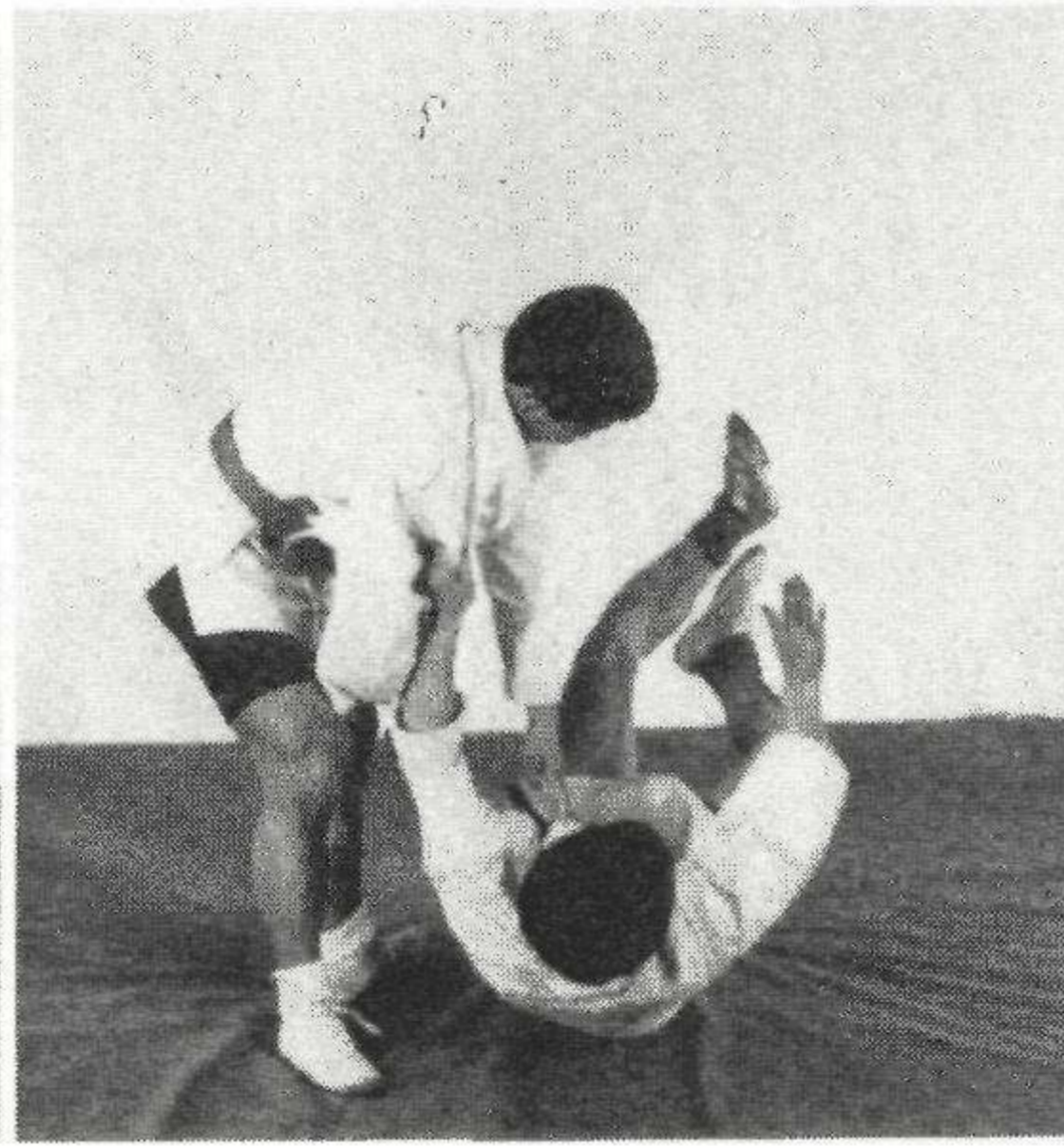
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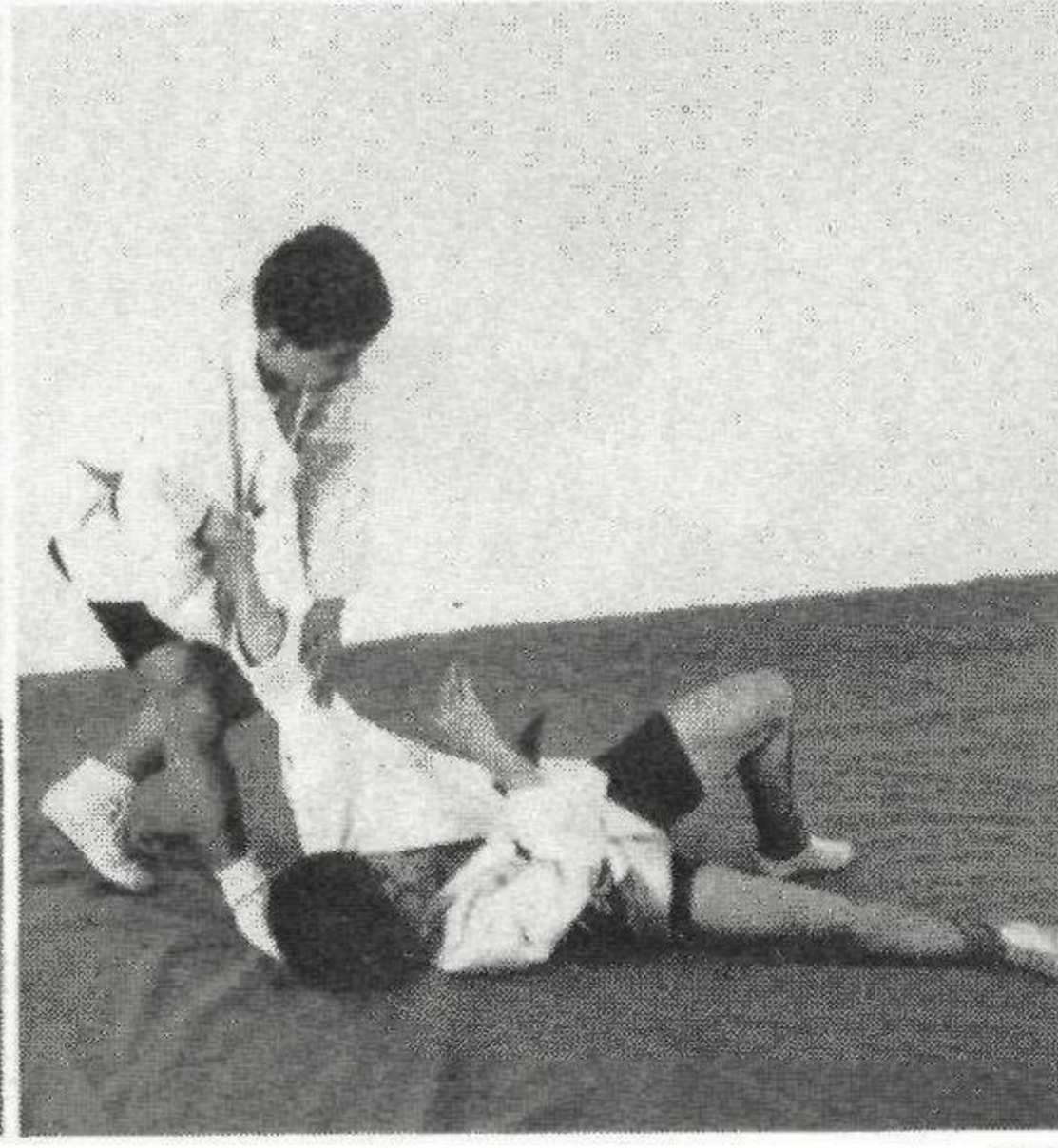
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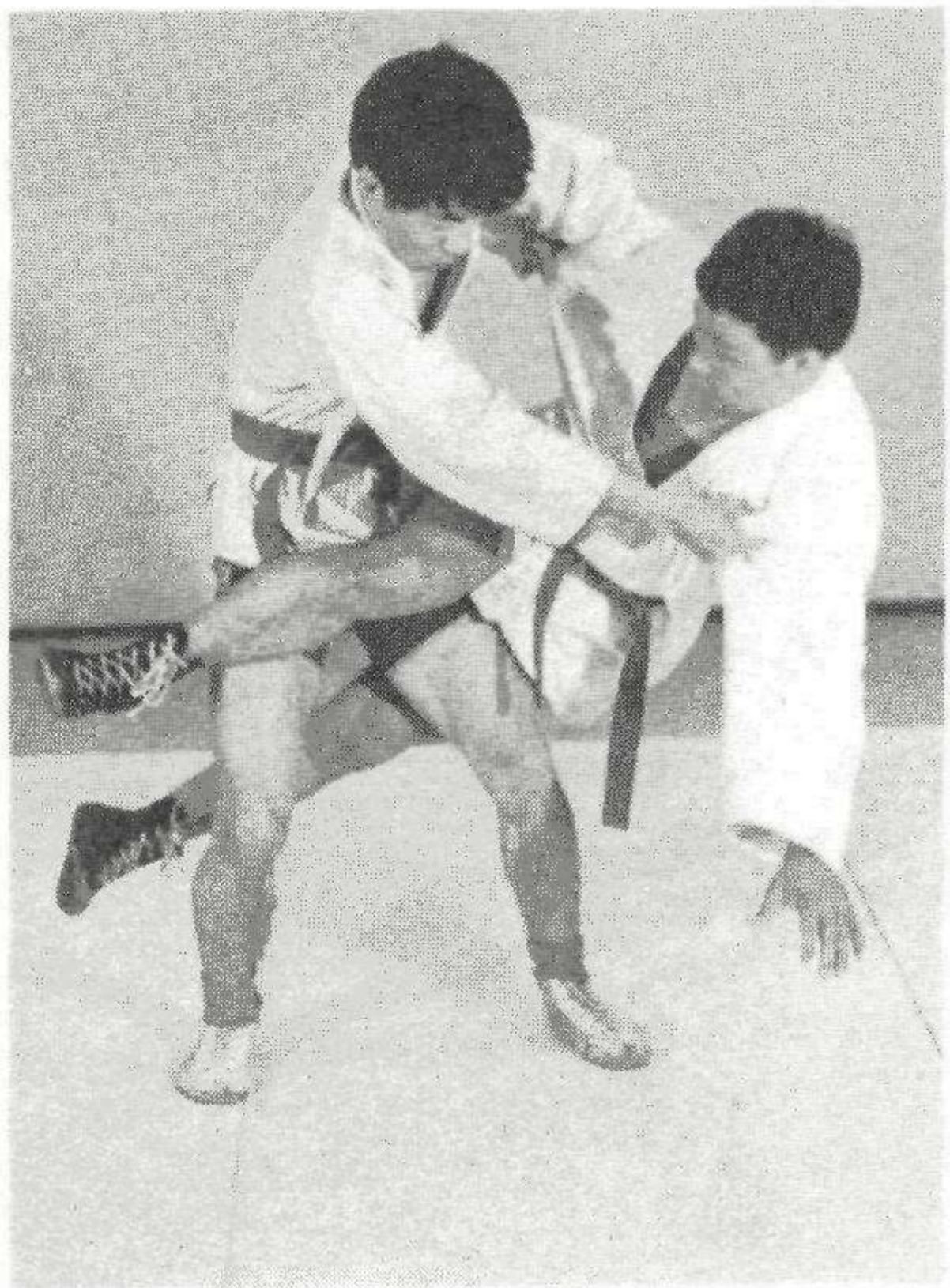
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(5)



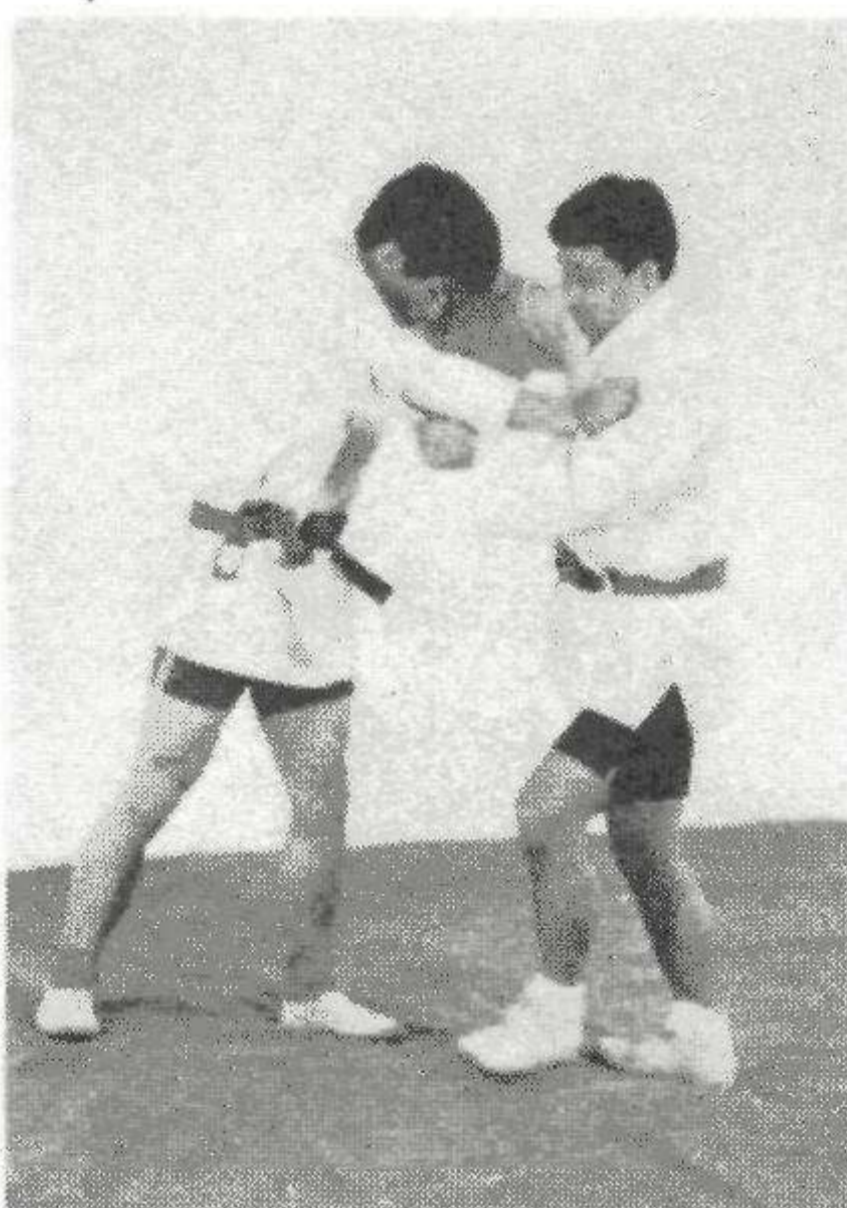
(6)



4 A. BOTH FEET DOUBLE REAP

The opponent having put his left foot forward must be grasped at the collar by the right hand and under the right elbow with the left (1), Squatting (2), jump high (3) and put the extended right leg on opponent's hip from the front (4) and the left on the loin (5). Sitting down (6), hit opponents both legs with the left leg (7), then throw the opponent on the mat (8).

Self safeguarding - back fall.



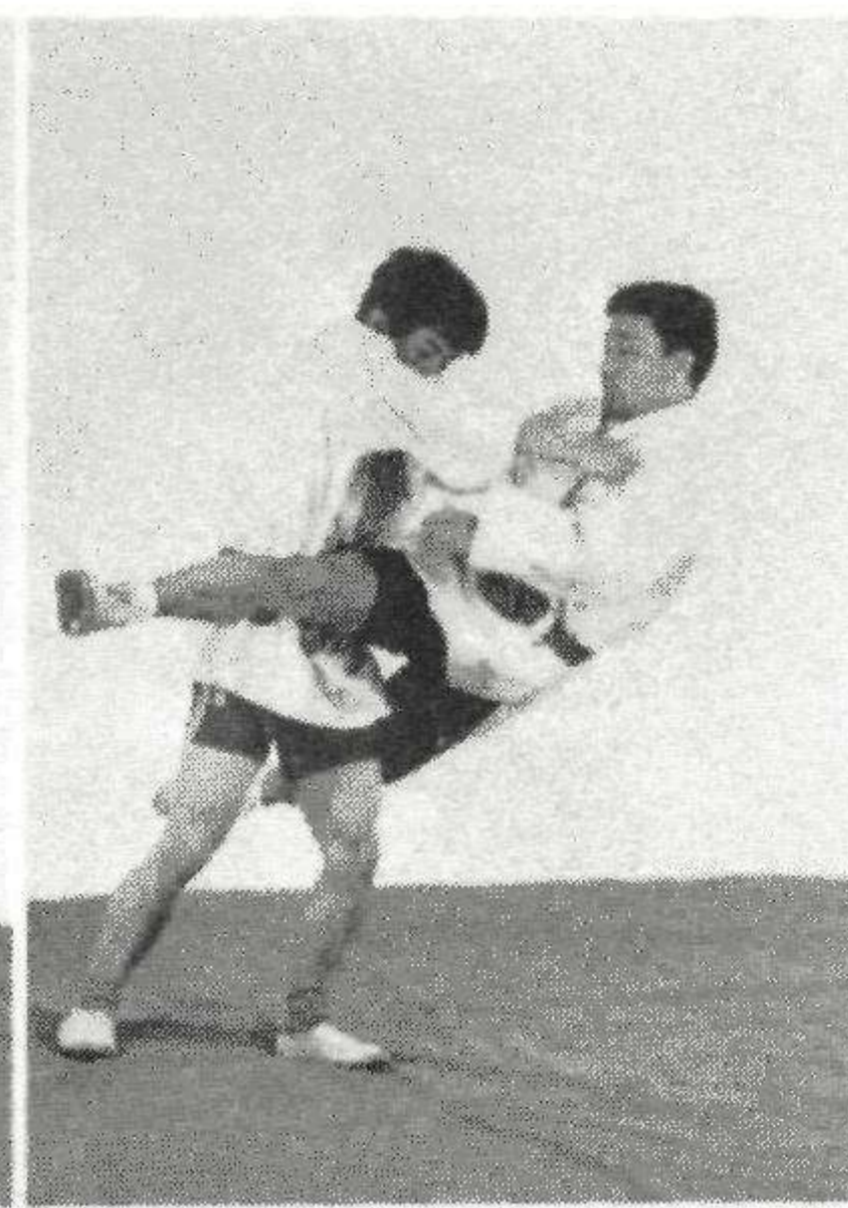
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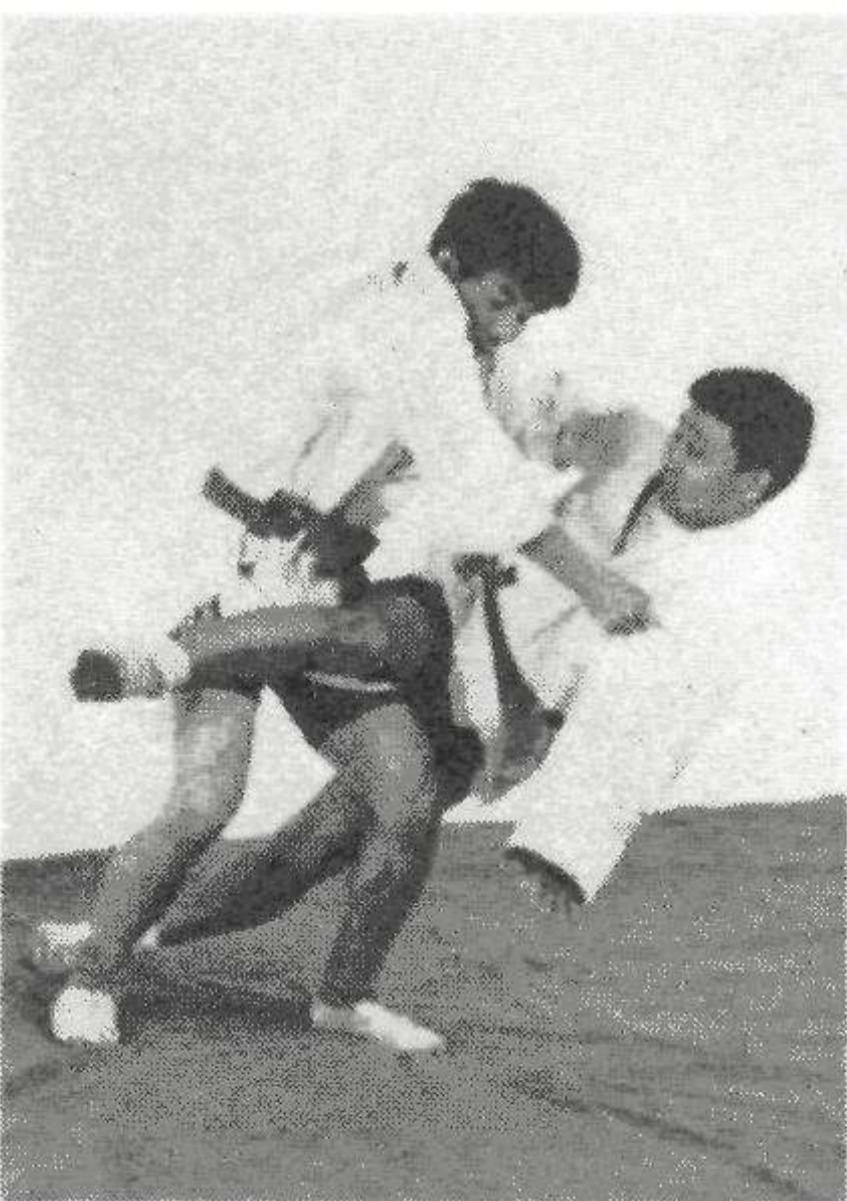
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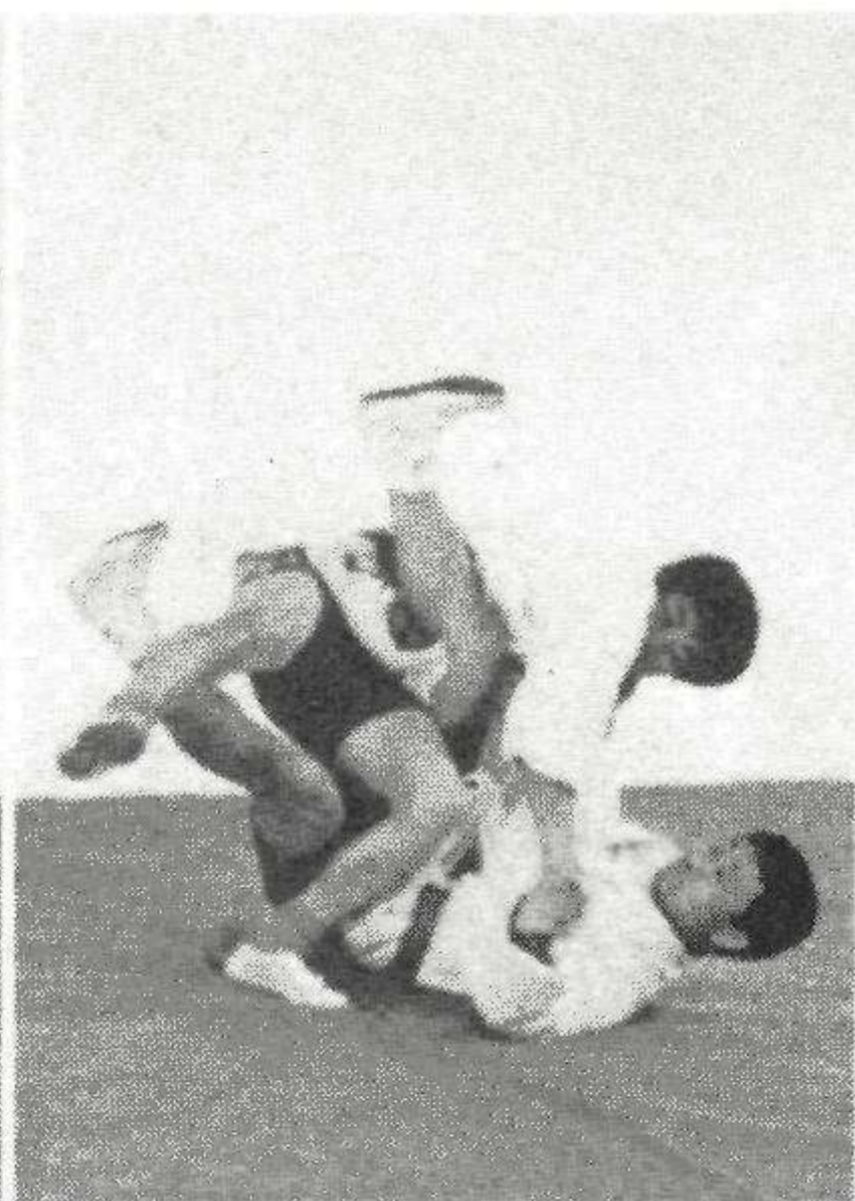
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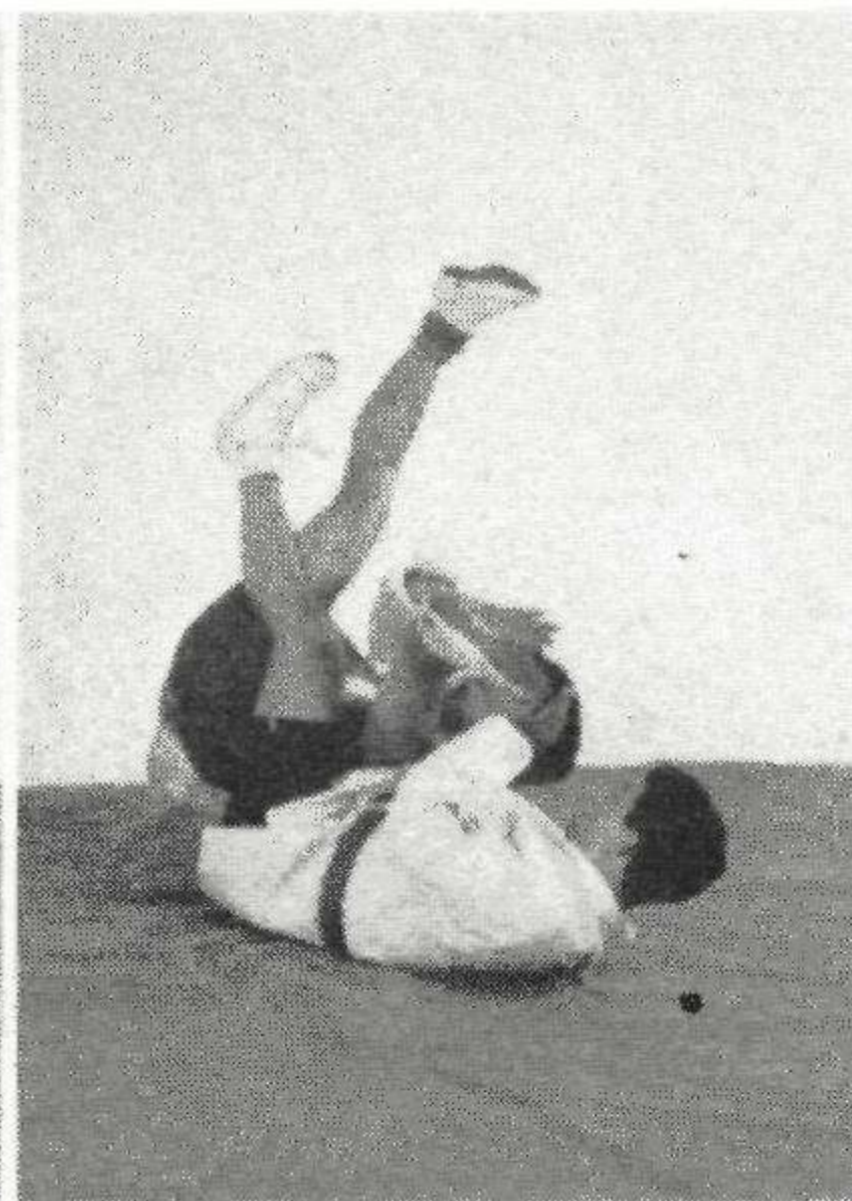
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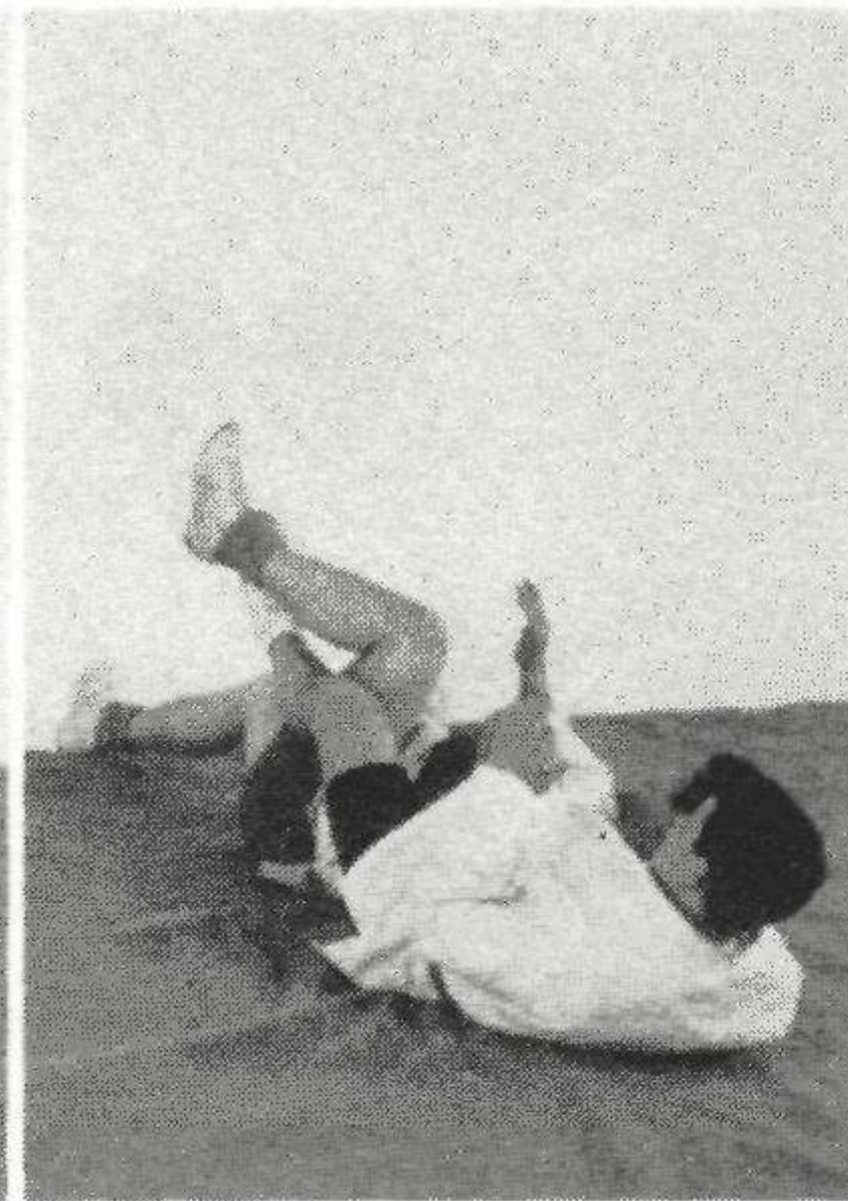
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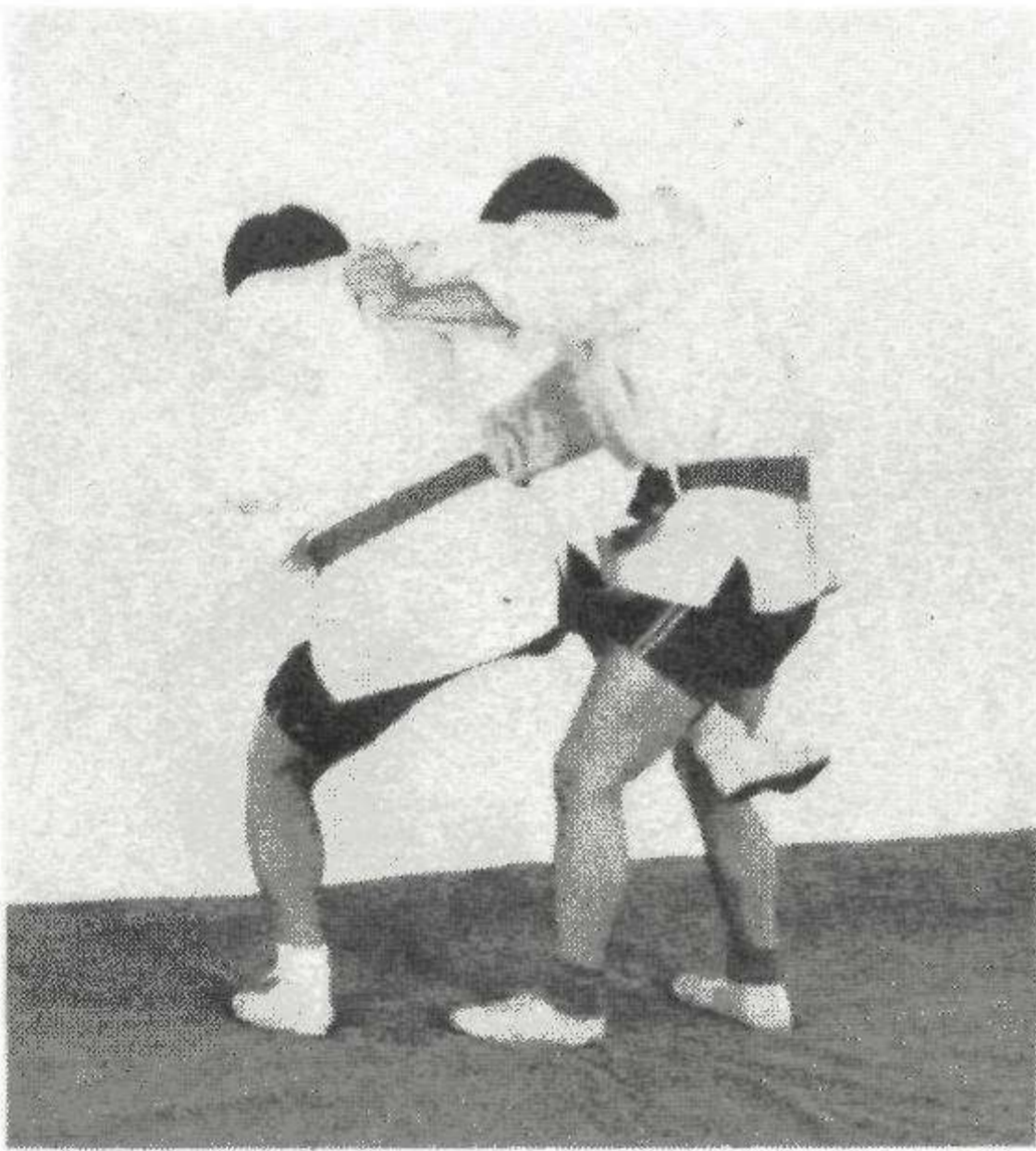
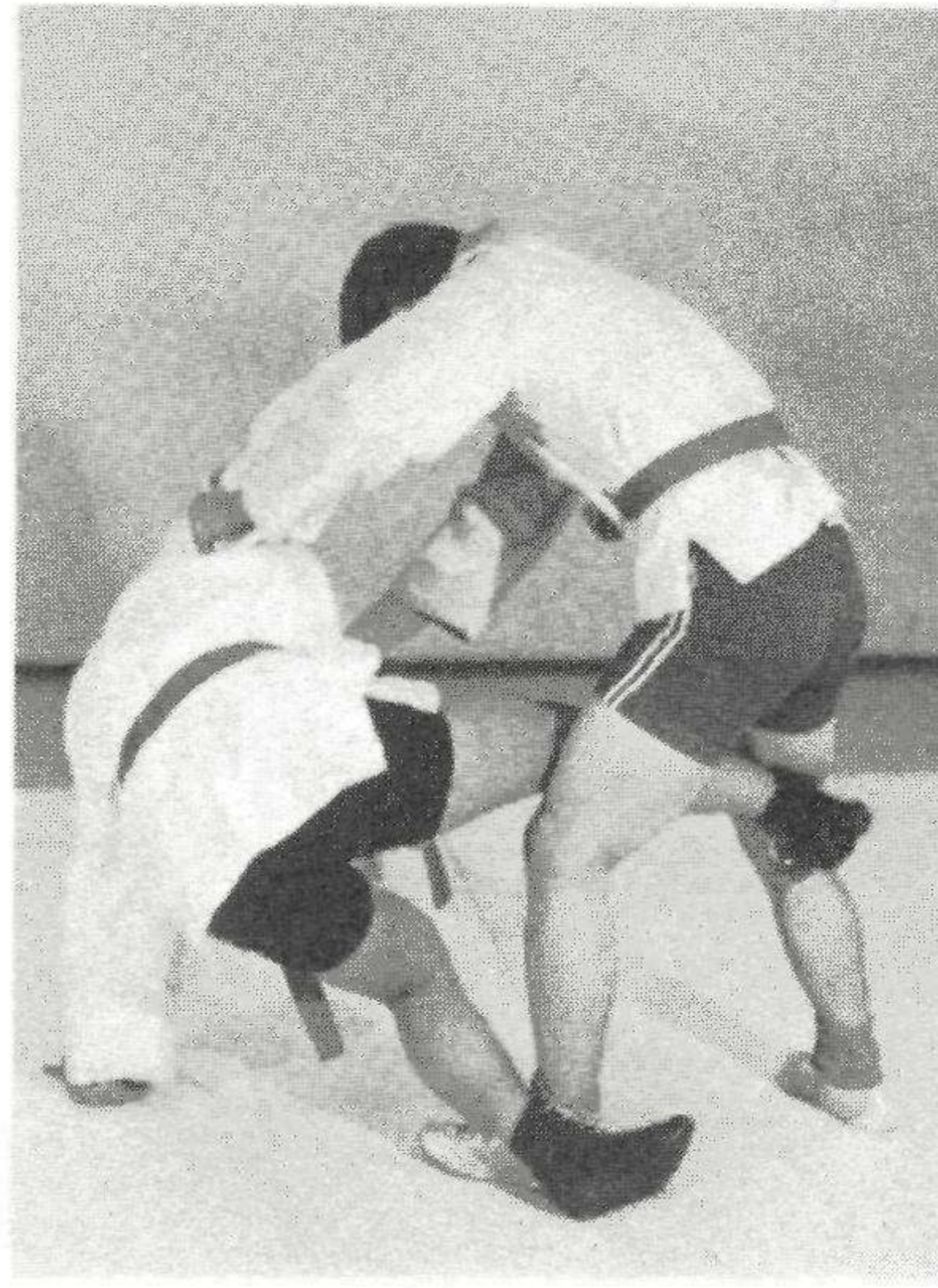


(8)

4 B. ONE LEG DOUBLE REAP

Grasp the opponent in the left stance with the right hand by the collar and with the left under the right elbow (1). Jump, turning to the left (2), and hook opponent's right knee socket with the right foot, reaping his left foot with your left (3). At the moment of the fall turn (4) the opponent on the back with the legs (5) and throw him on the mat (6).

Safeguarding - back fall.



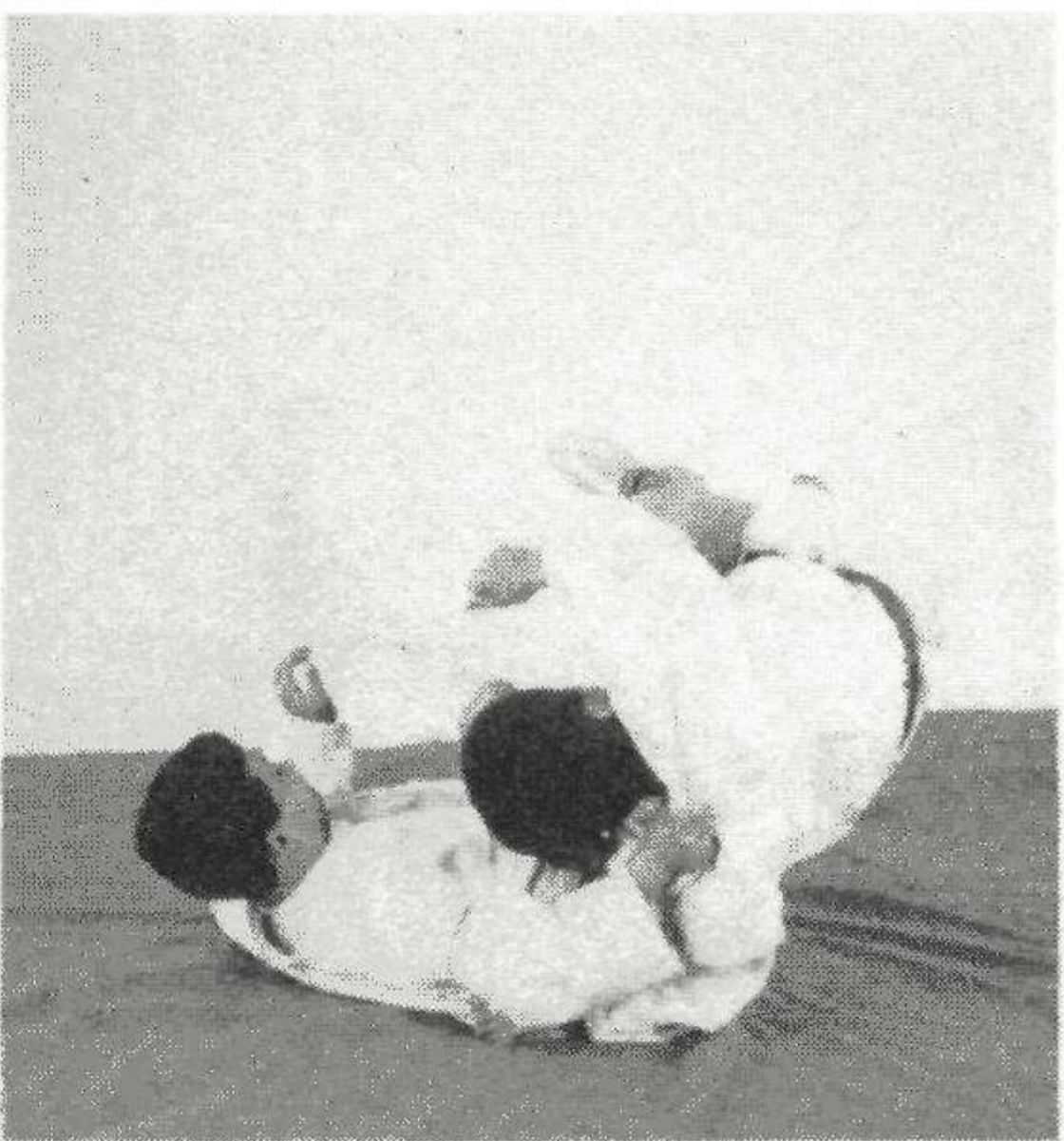
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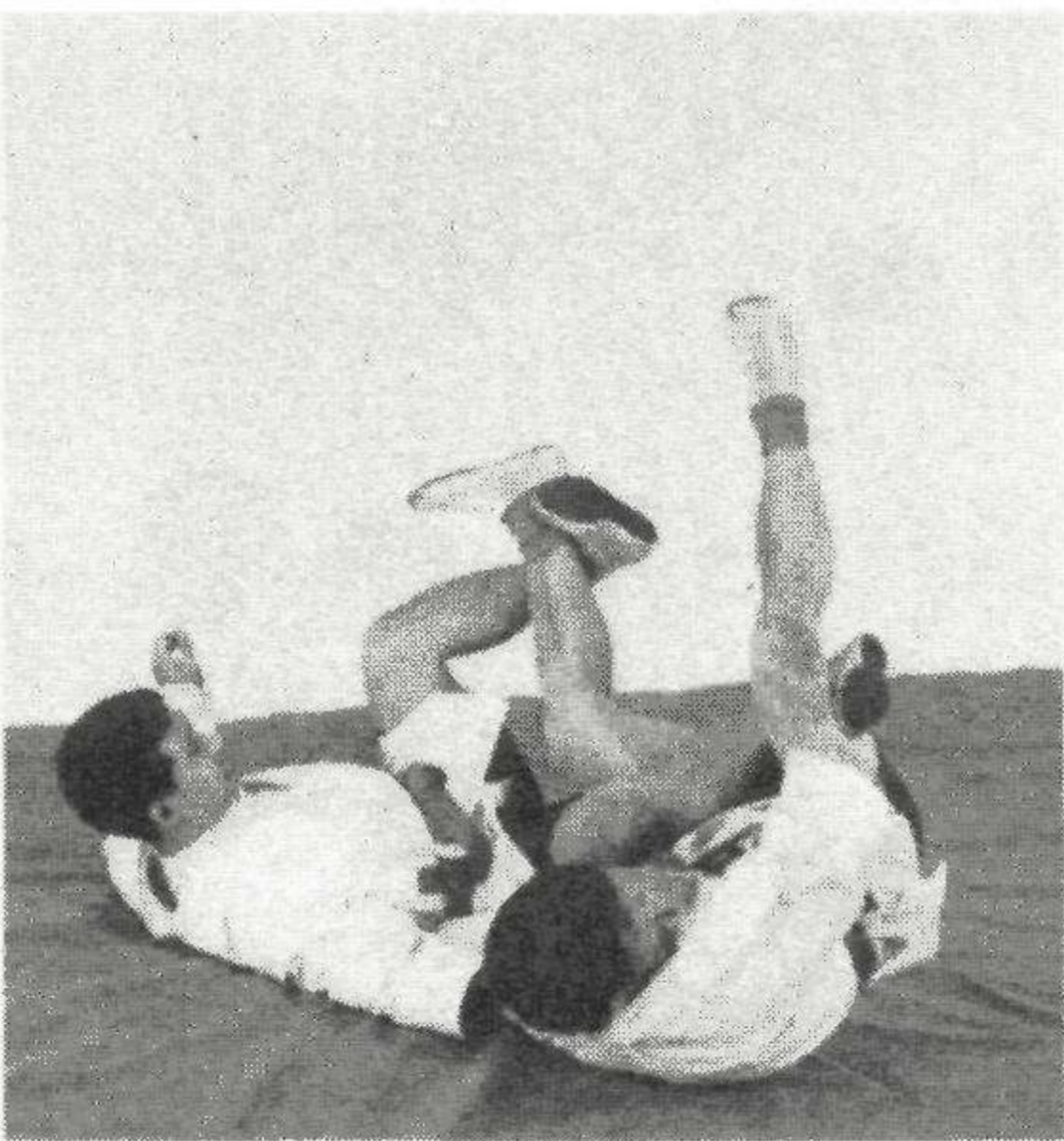
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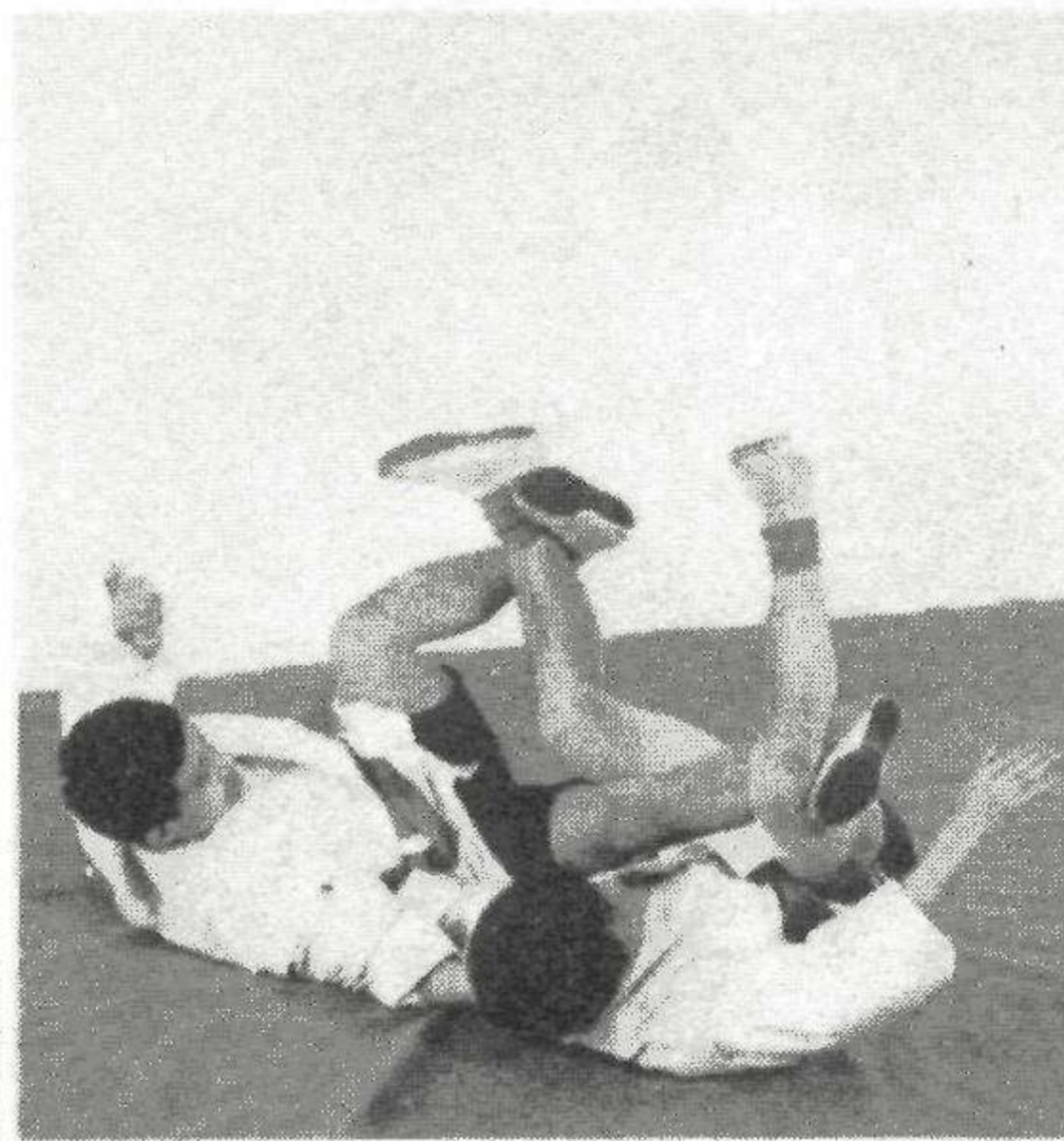
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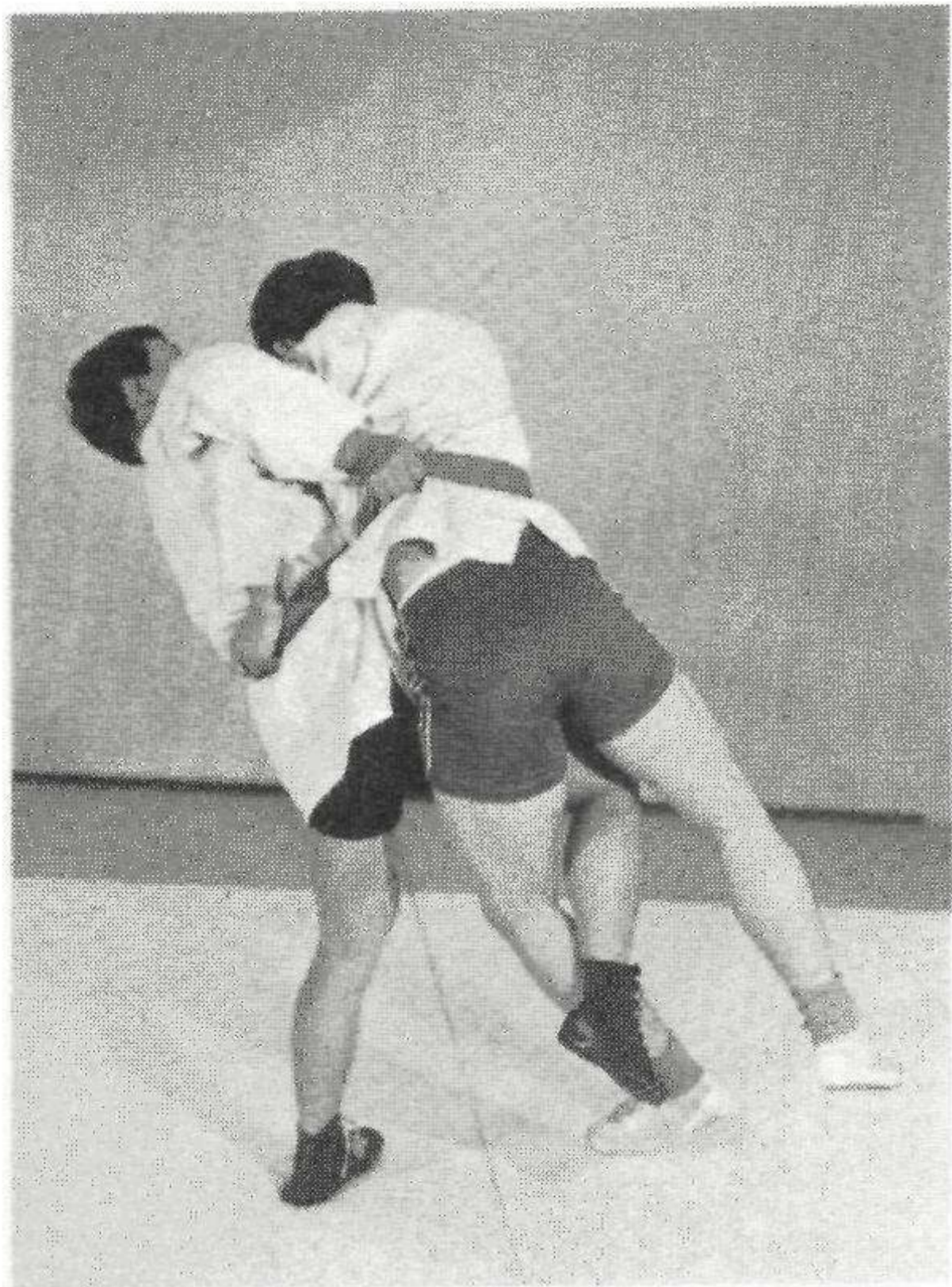
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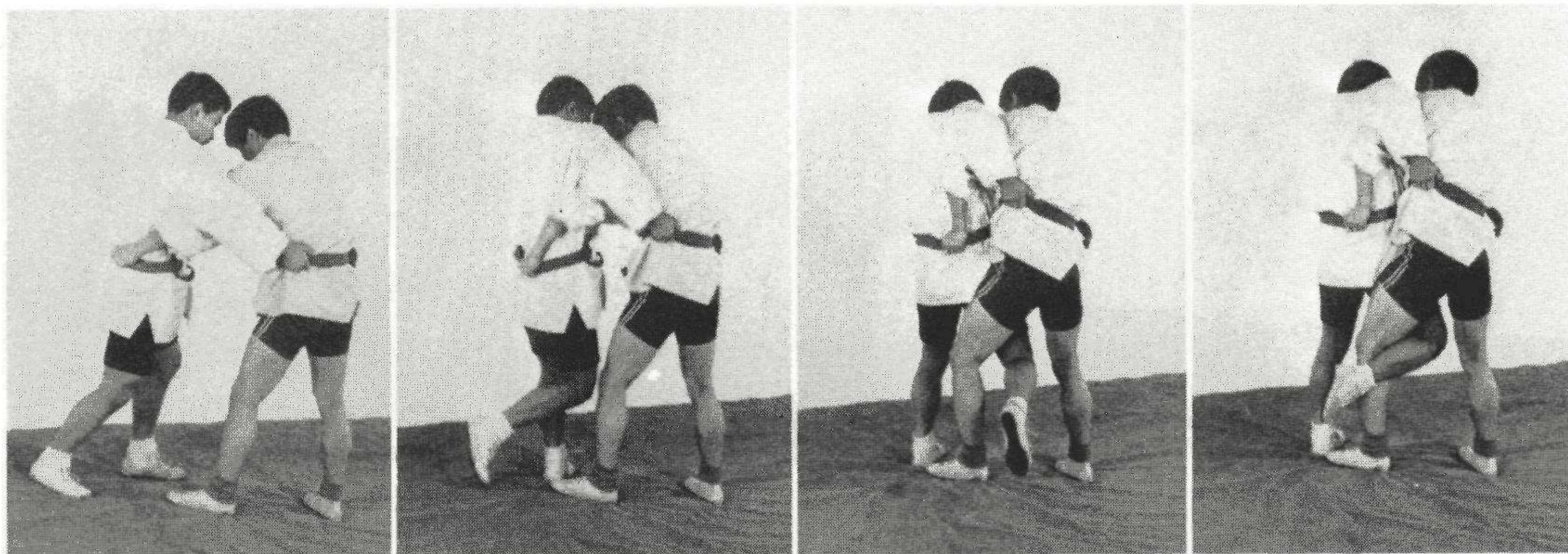
(6)



5 A. MAJOR ANKLE AND FOOT HOOK WITH BELT HOLD AND FALL

Grasp the opponent with the right hand at the belt over his arm, and with the left under the right elbow (1). Do a step forward with the left foot (2), put the right leg between opponent's legs (3) and coil it wround his left leg (4). Bending backwards (5), lift opponent's left leg with the right leg, then pulling to the right and upwards (6), throw the opponent on the mat.

Safeguarding – back fall (8).

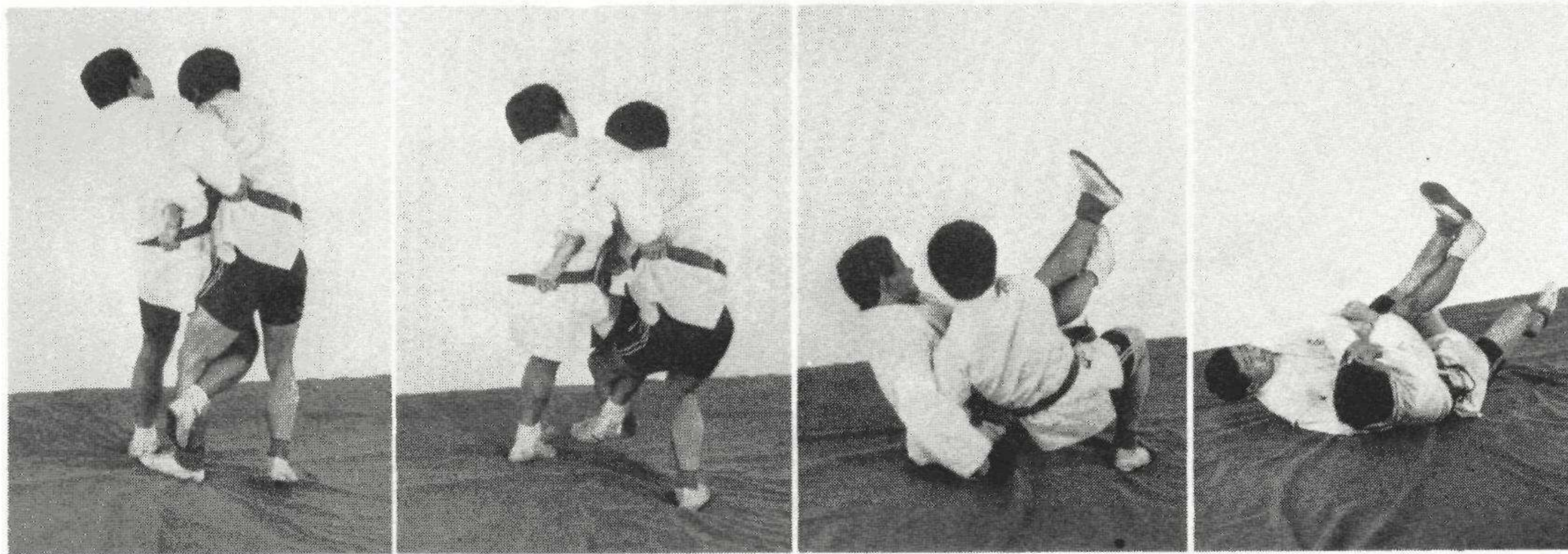


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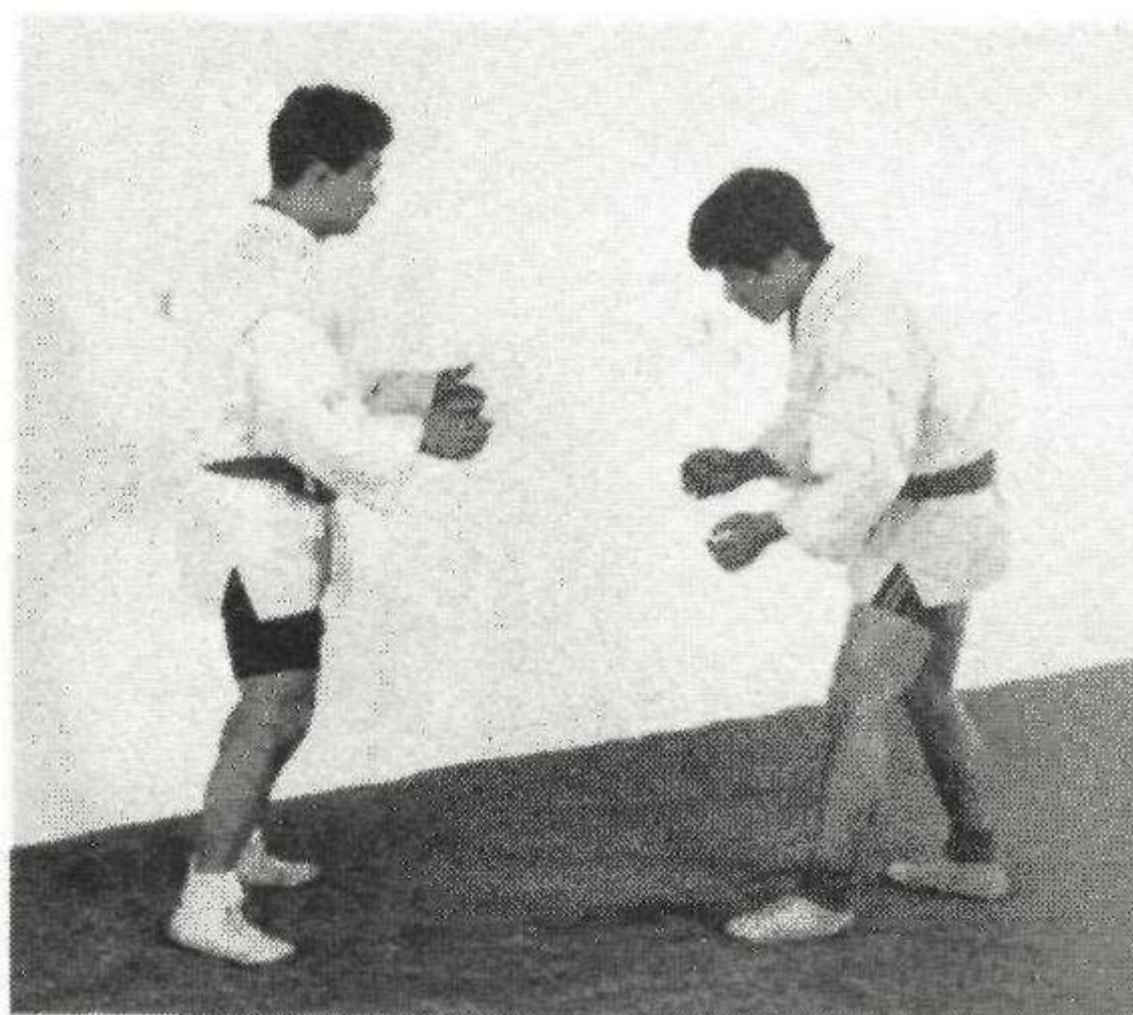
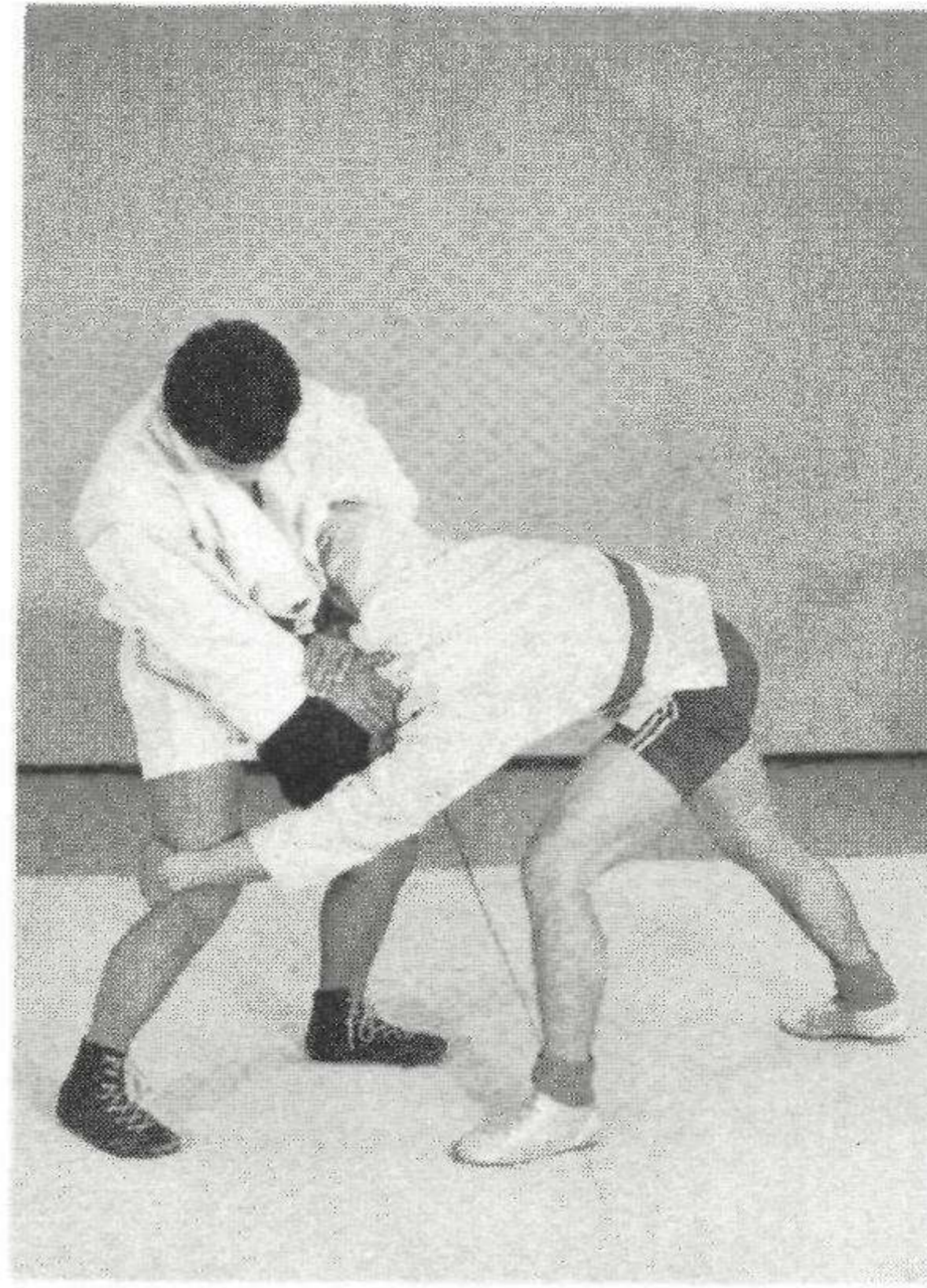
THROW VARIATIONS

THE OPPONENT PRESSES

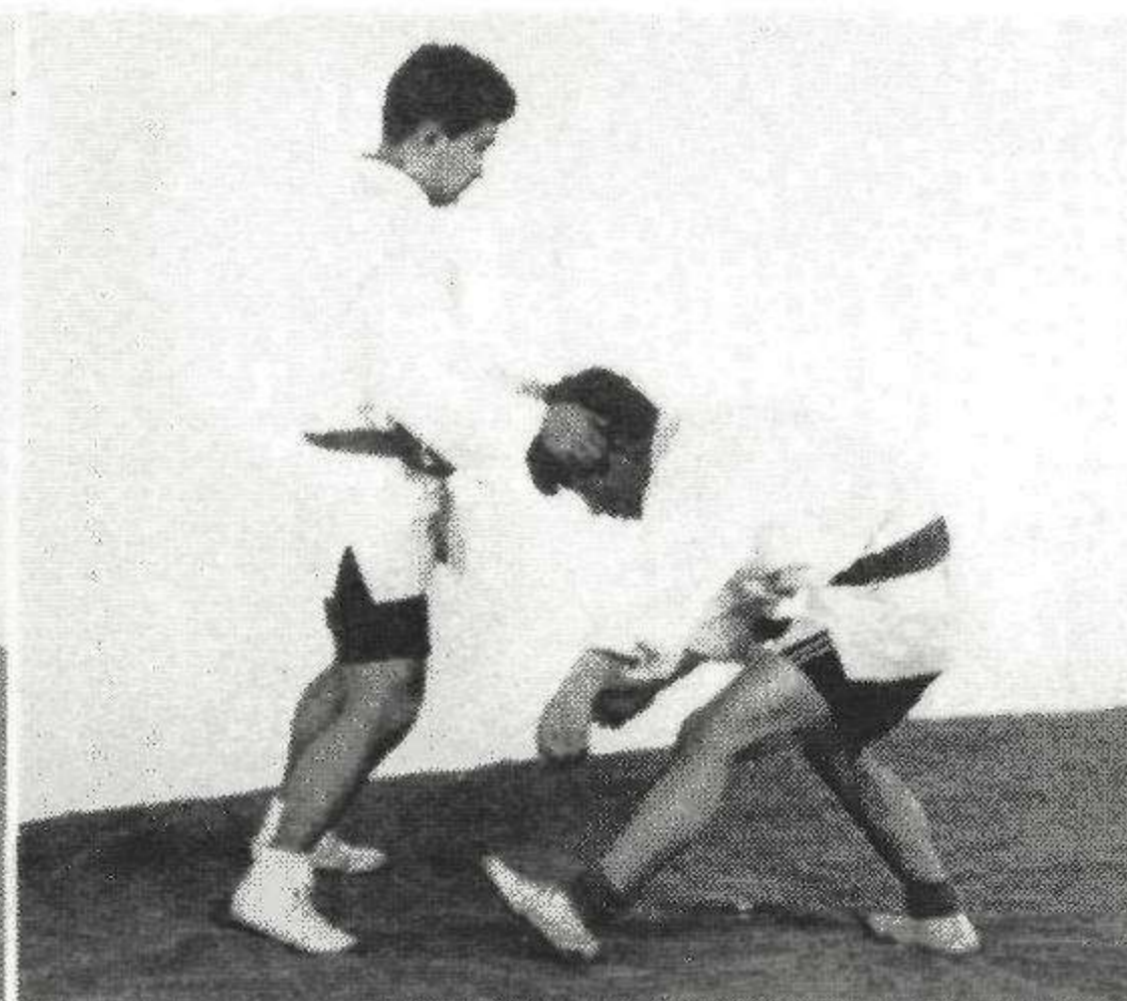
1 A. WRENCH BALANCE BREAKING WITH HEAD GRIP AND HAND REMOVAL FROM UNDER OPPONENT'S ARM

bending for foot grip (2), stop him with the right hand (3), pressing down the back of the head and removing with the left hand own right hand under opponent's right arm (4). Putting the right leg aside (5), execute a wrench (6) and throw the opponent to the right and downwards (7) on the mat (8).

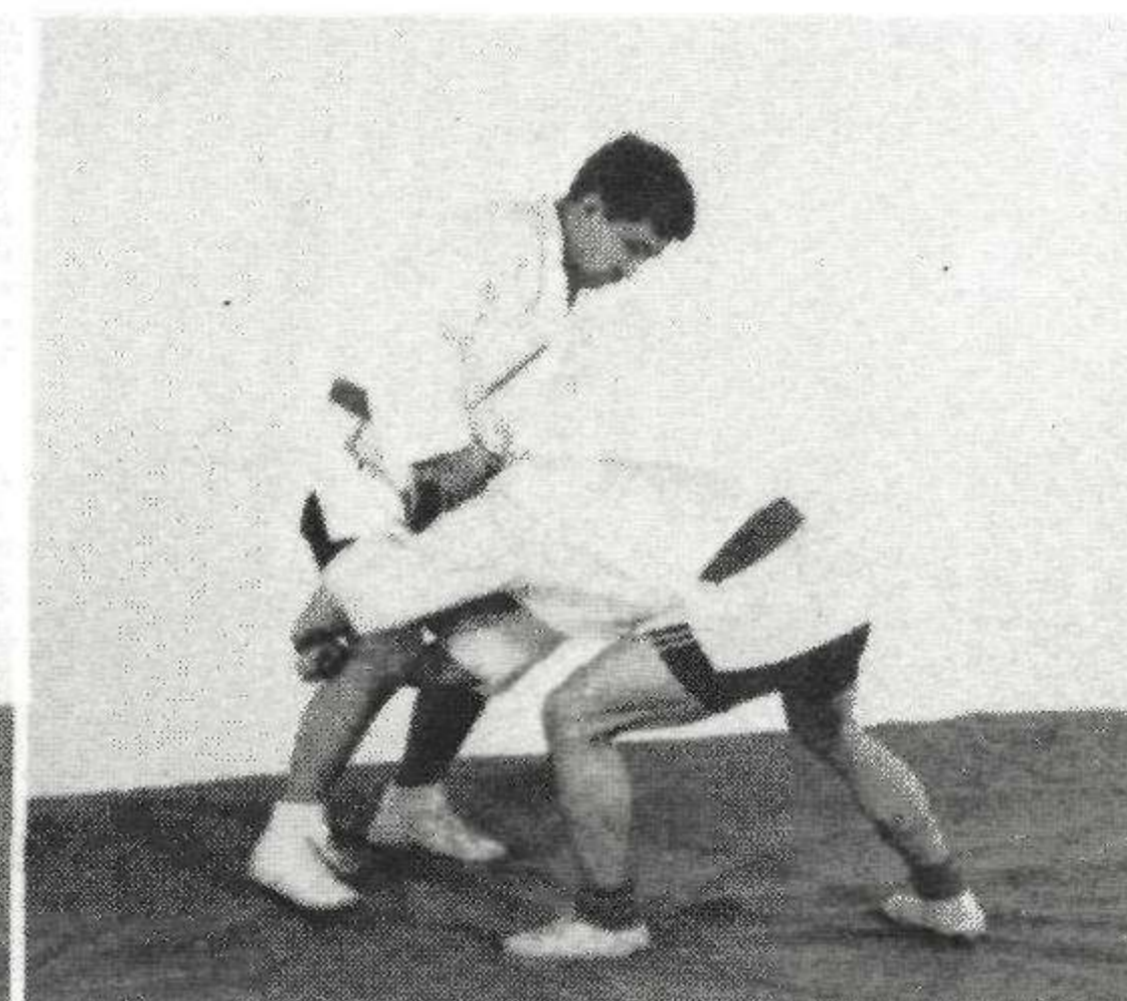
Safeguarding – shouldre roll. Self safeguarding – right side fall (9).



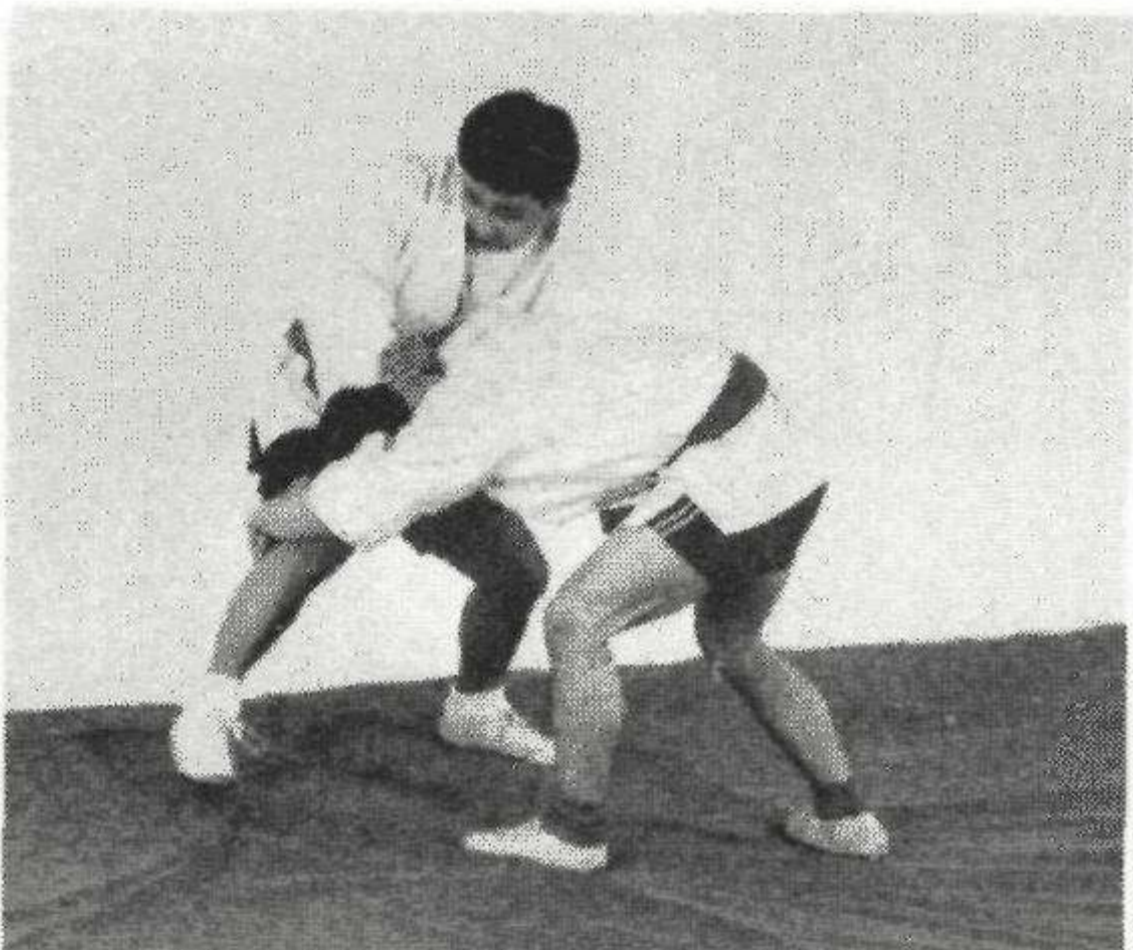
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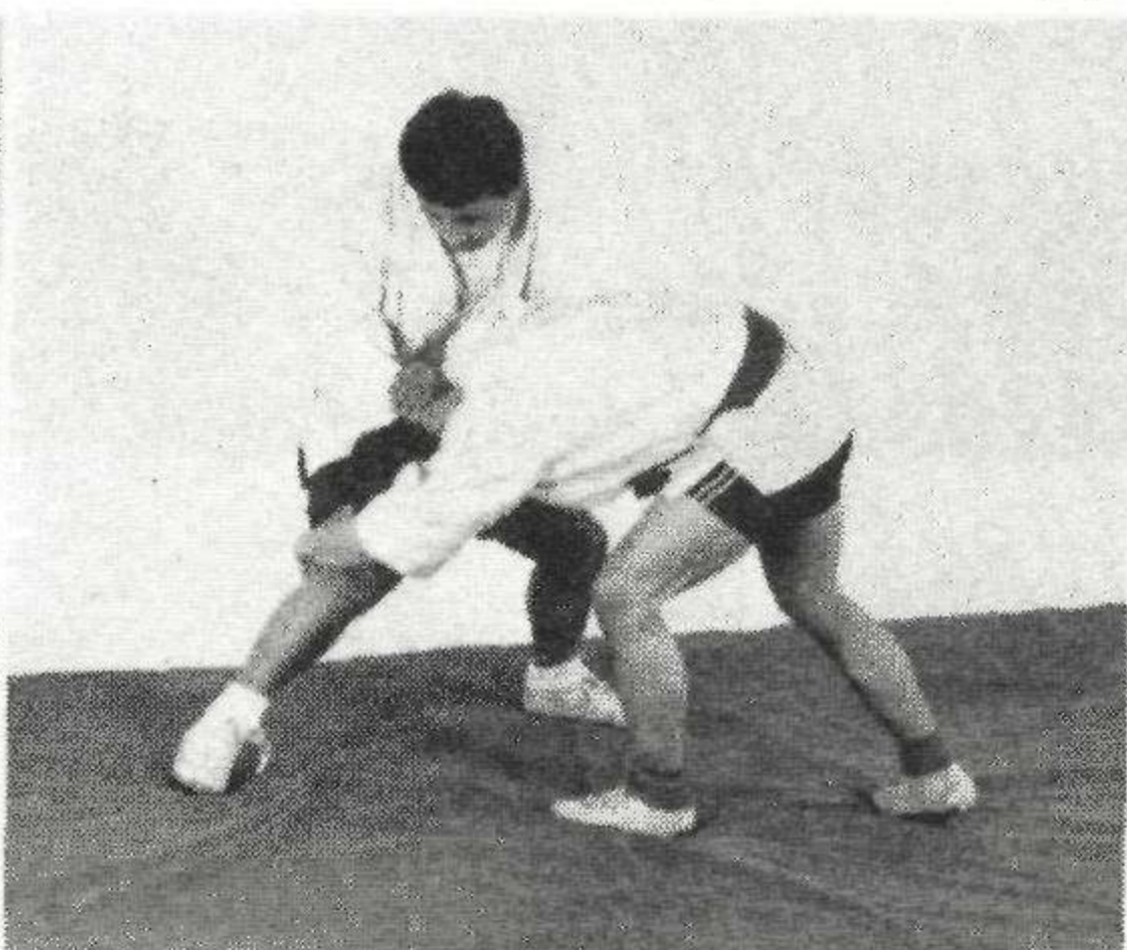
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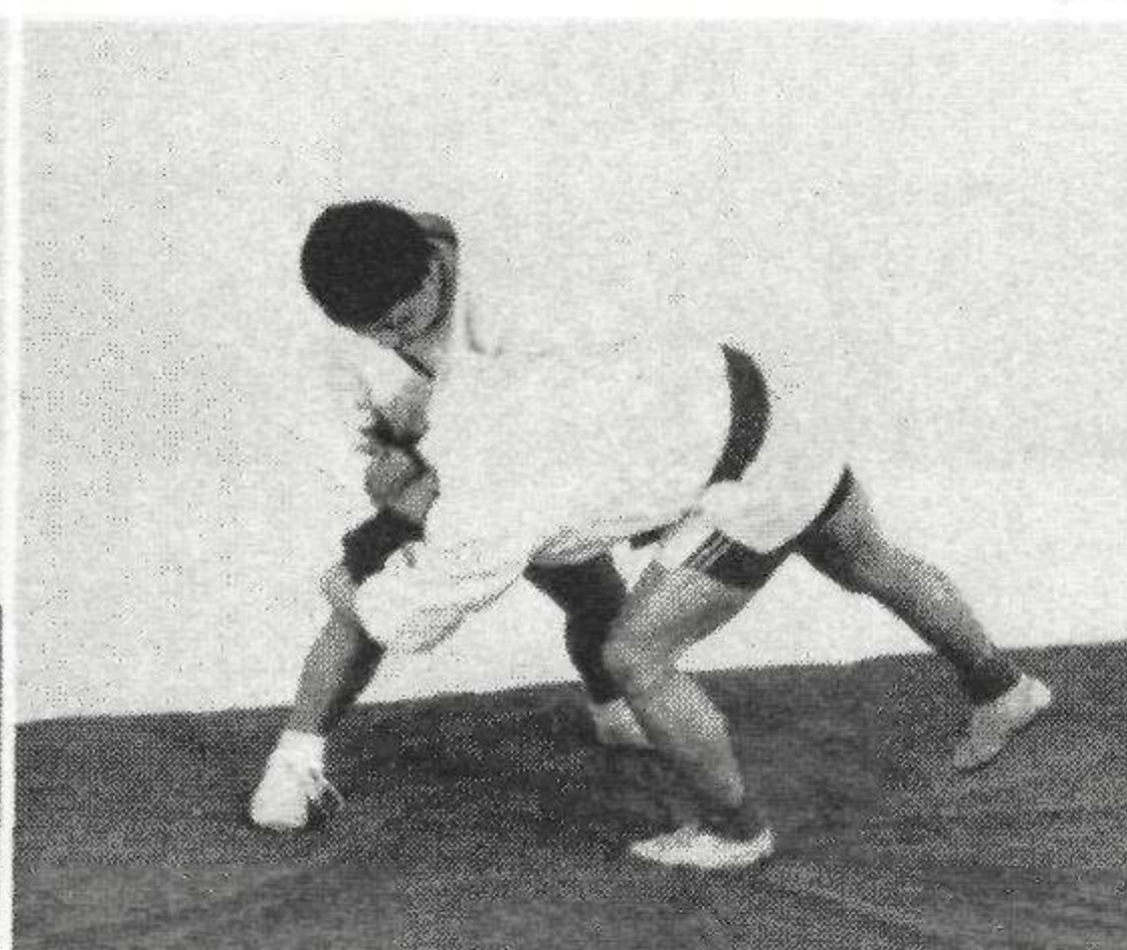
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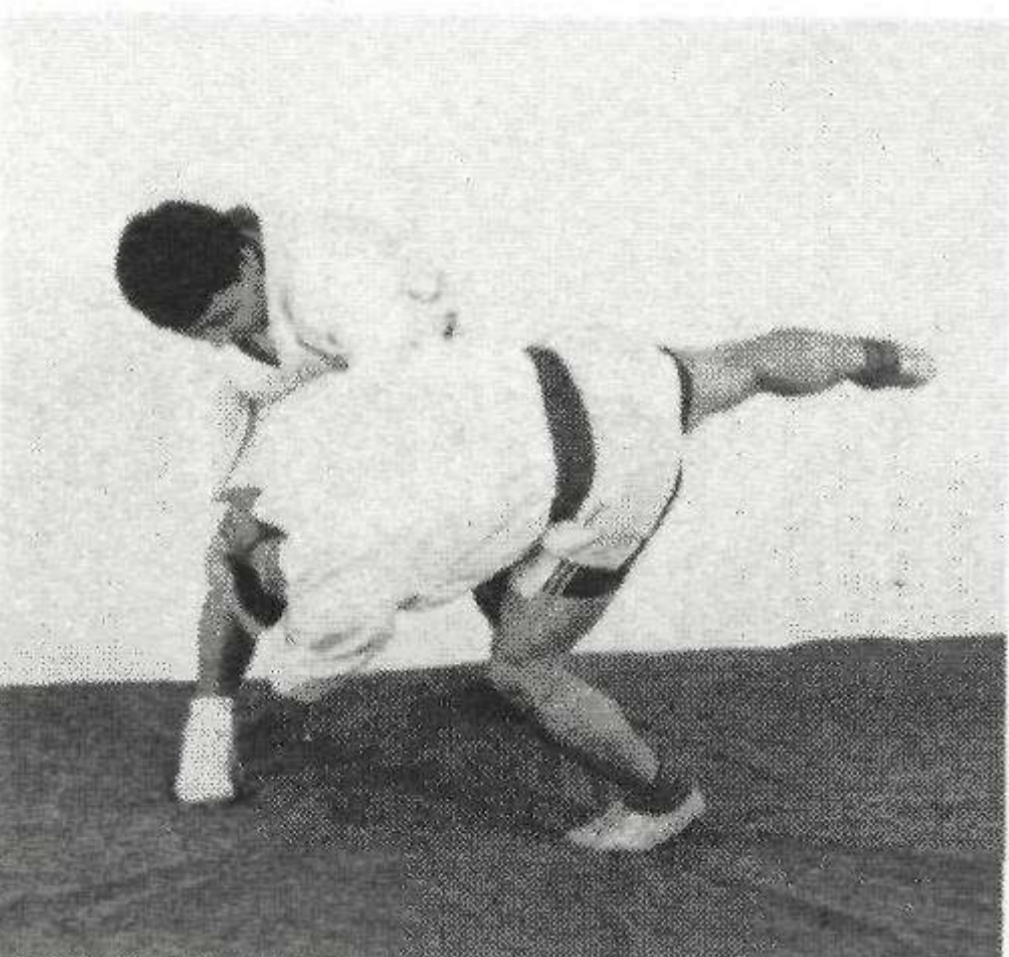
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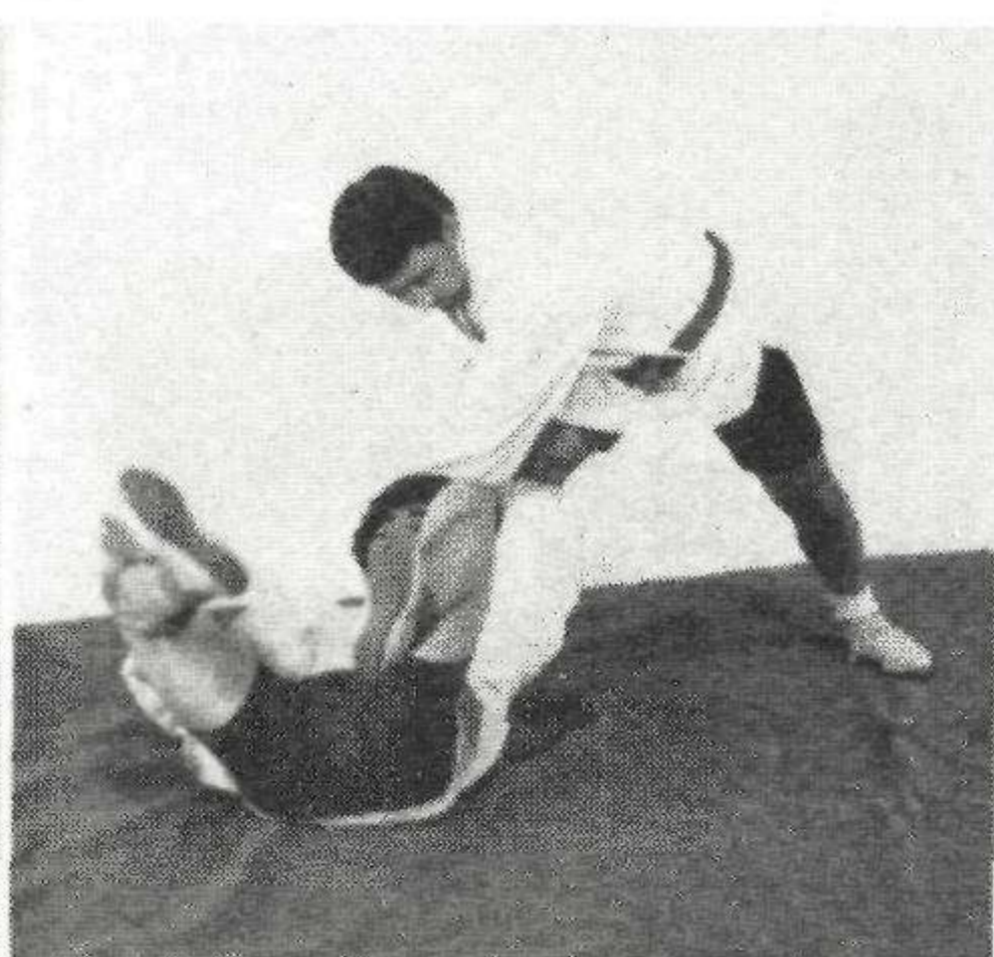
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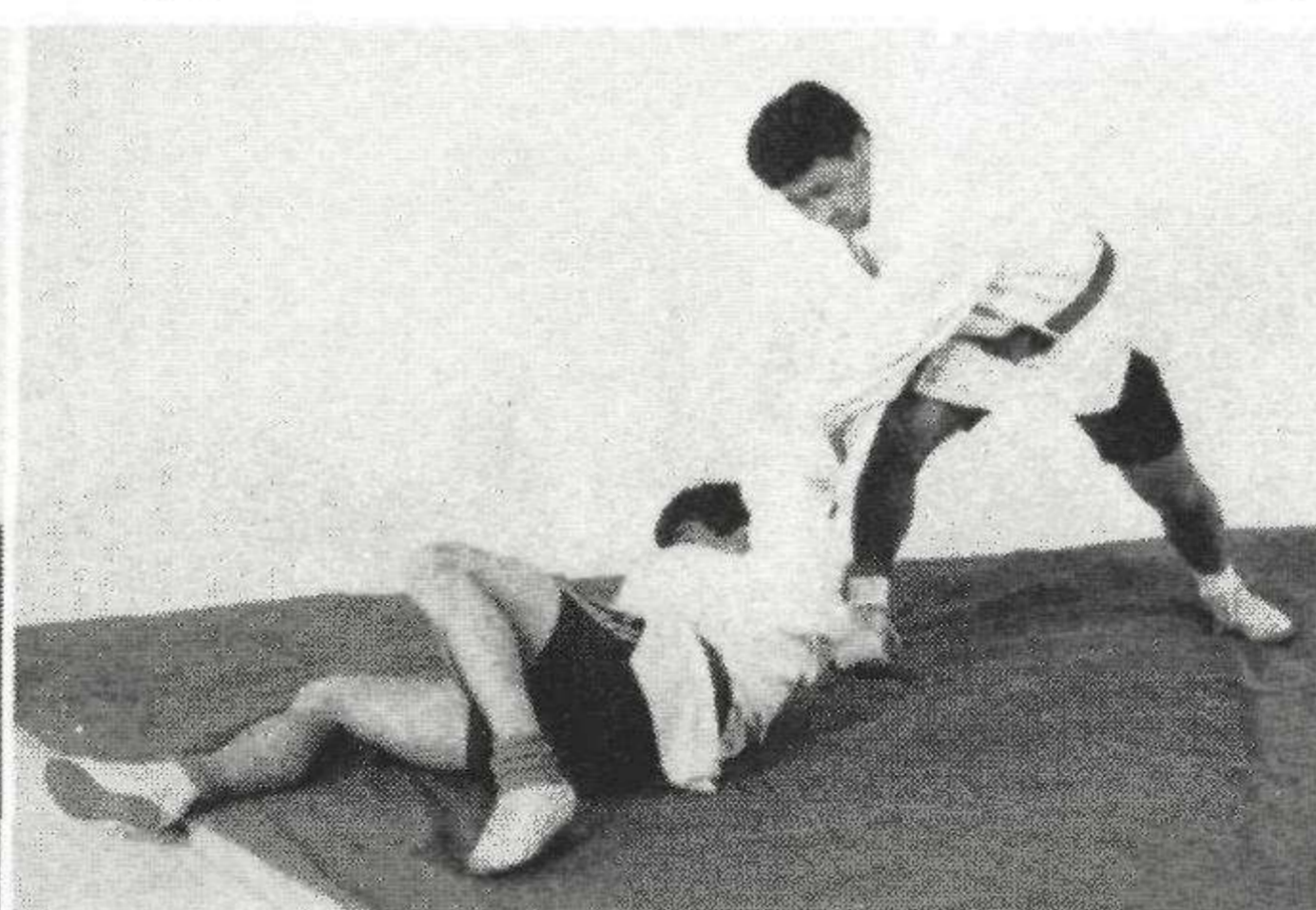
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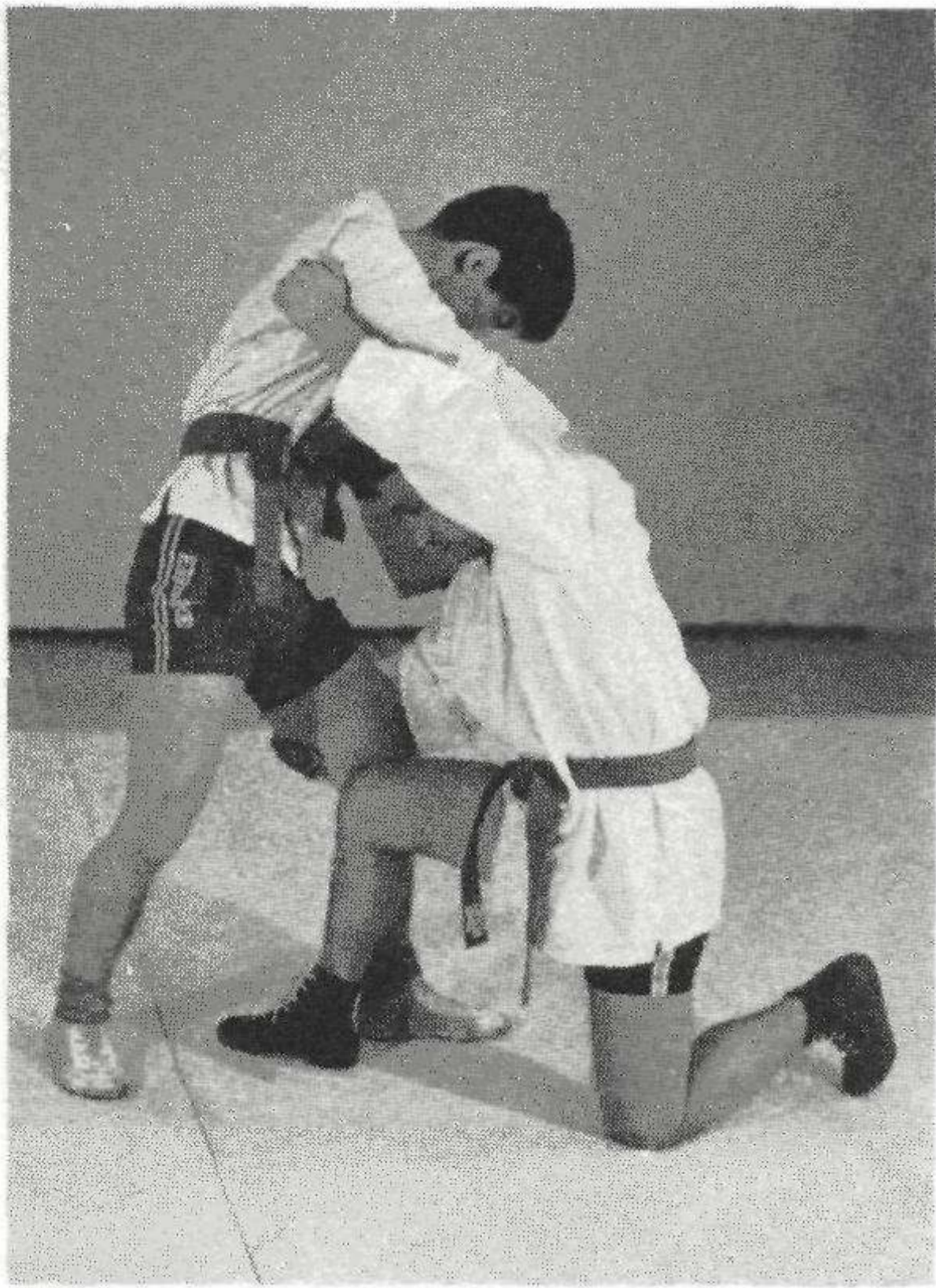
(7)



(8)



(9)



1 B. KNEELING WRENCH BALANCE BREAKING WITH OUTER LEG GRIP

Grasp the opponent under both elbows. Do a step forward with the right foot (1), kneel on the left knee and grip opponent's left leg from outside with the right hand (2). Heave with a left hand downward wrench the grasped leg up (4) and throw the opponent on the mat (5).

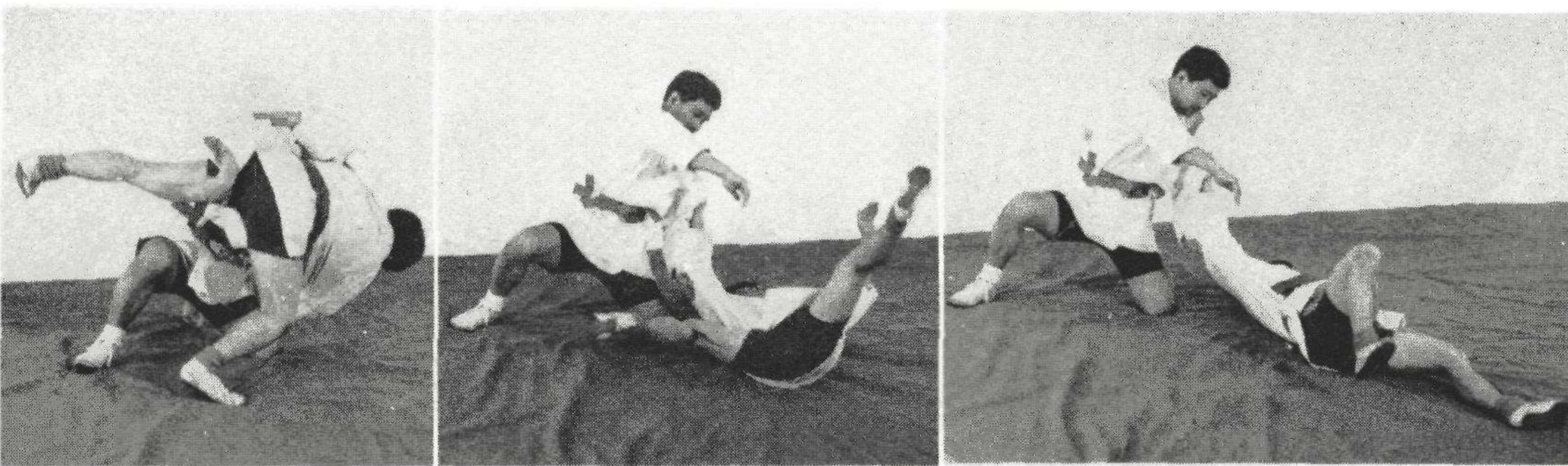
Safeguarding – right sleeve. Self safeguarding – left side fall (6).



(1)

(2)

(3)



(4)

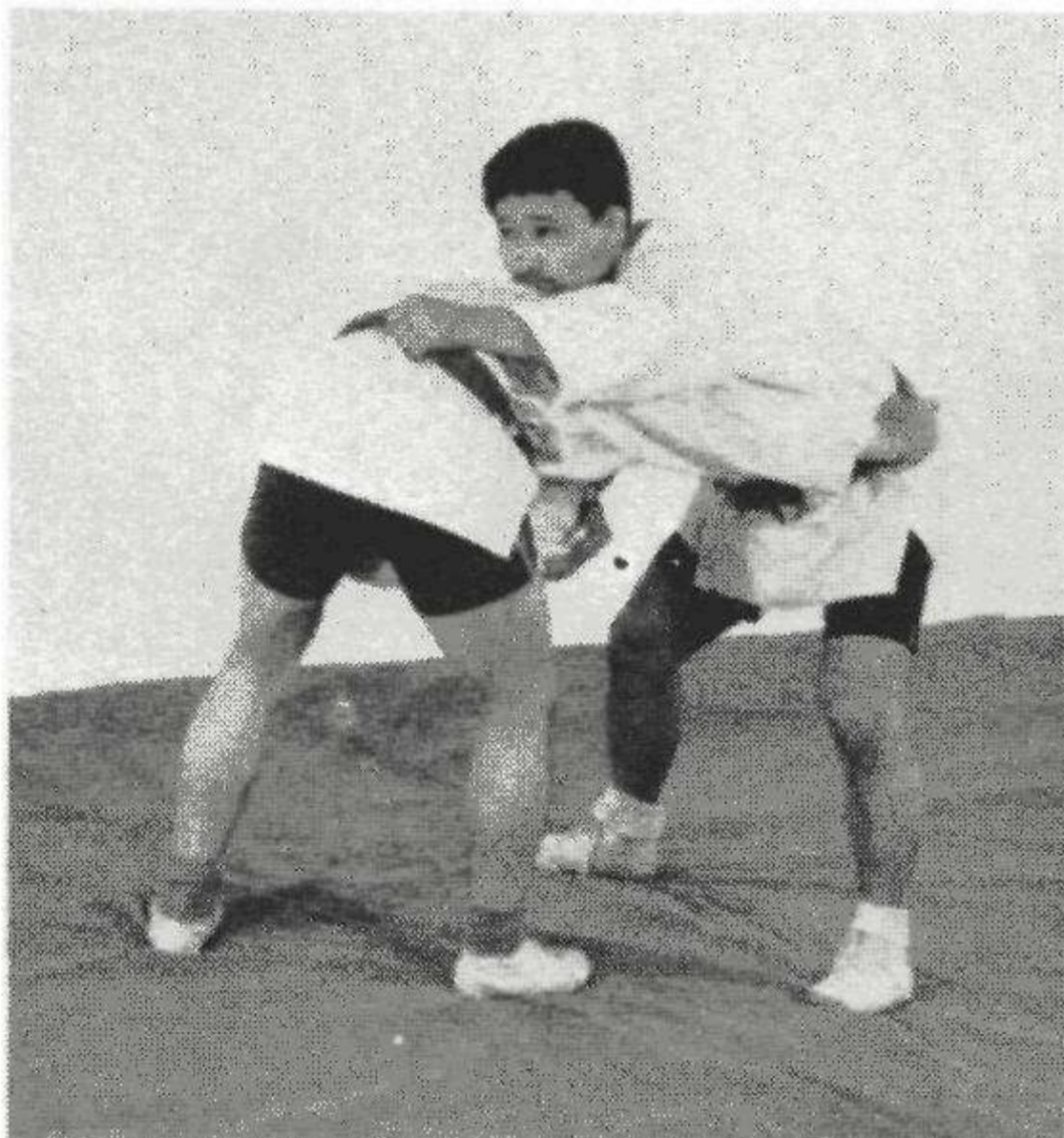
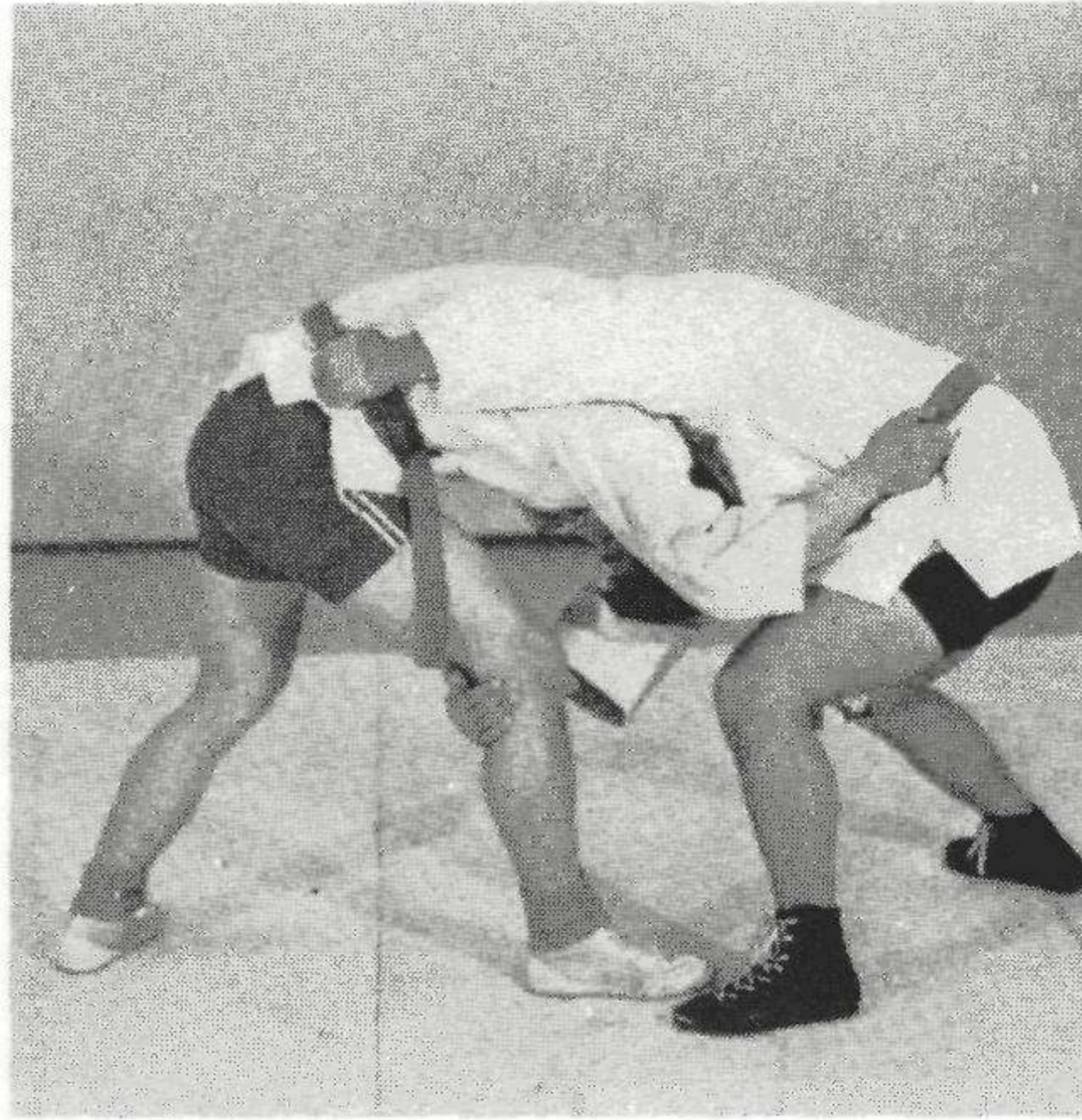
(5)

(6)

**1 C. WRENCH BALANCE BREAKING WITH
CROSS LEG GRIP FROM BELT GRIP**

Grasp the opponent with the left hand at the belt and with the right under the left elbow (1). Do a step forward with the left foot (2), then squatting grasp opponent's right leg from inside (3). Standing up, execute a right - upward wrench with the right hand (4) and throw the opponent on the mat (5).

Safeguarding - by the left sleeve and the right leg.
Self safeguarding - left side fall (6).



(1)



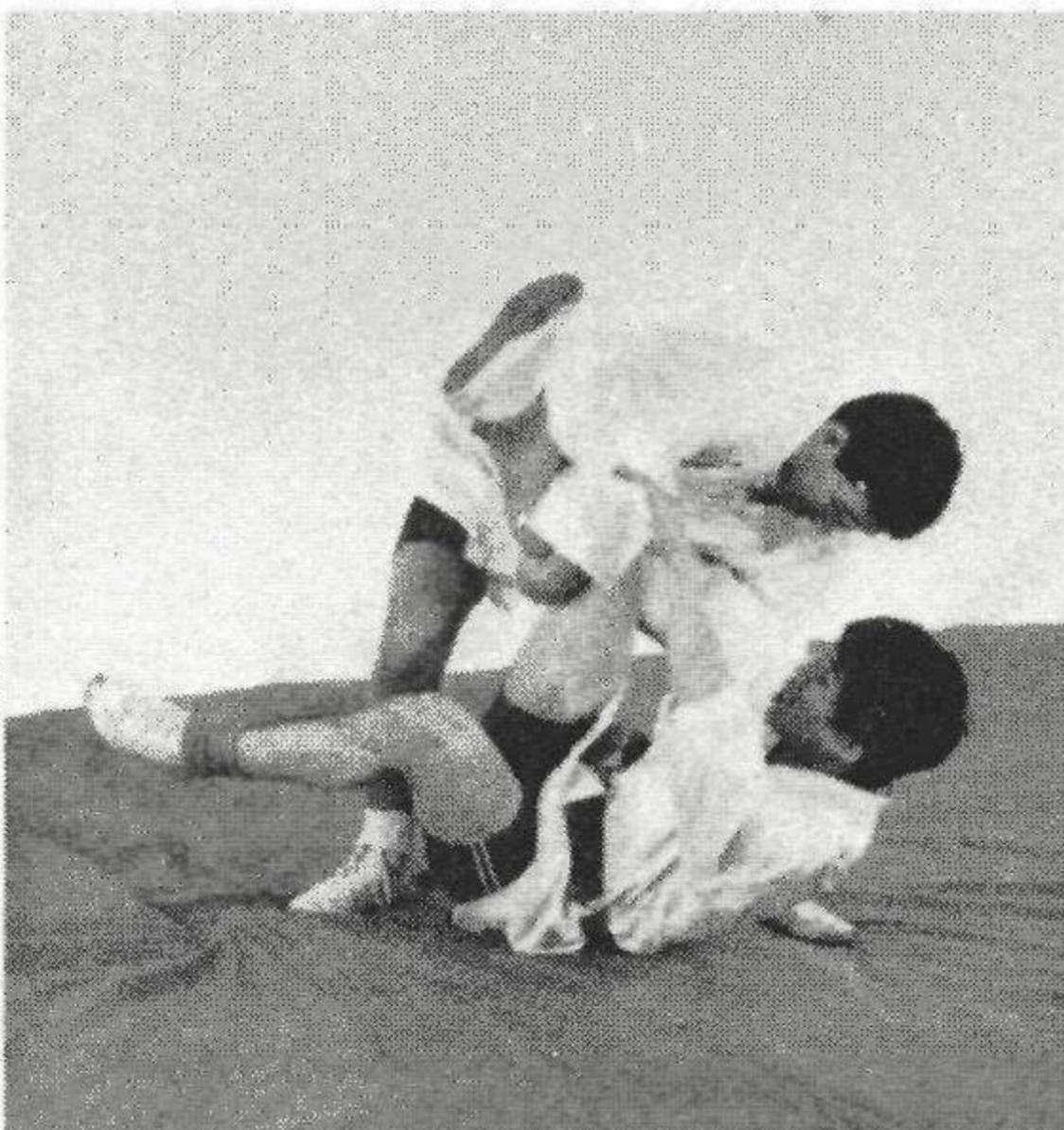
(2)



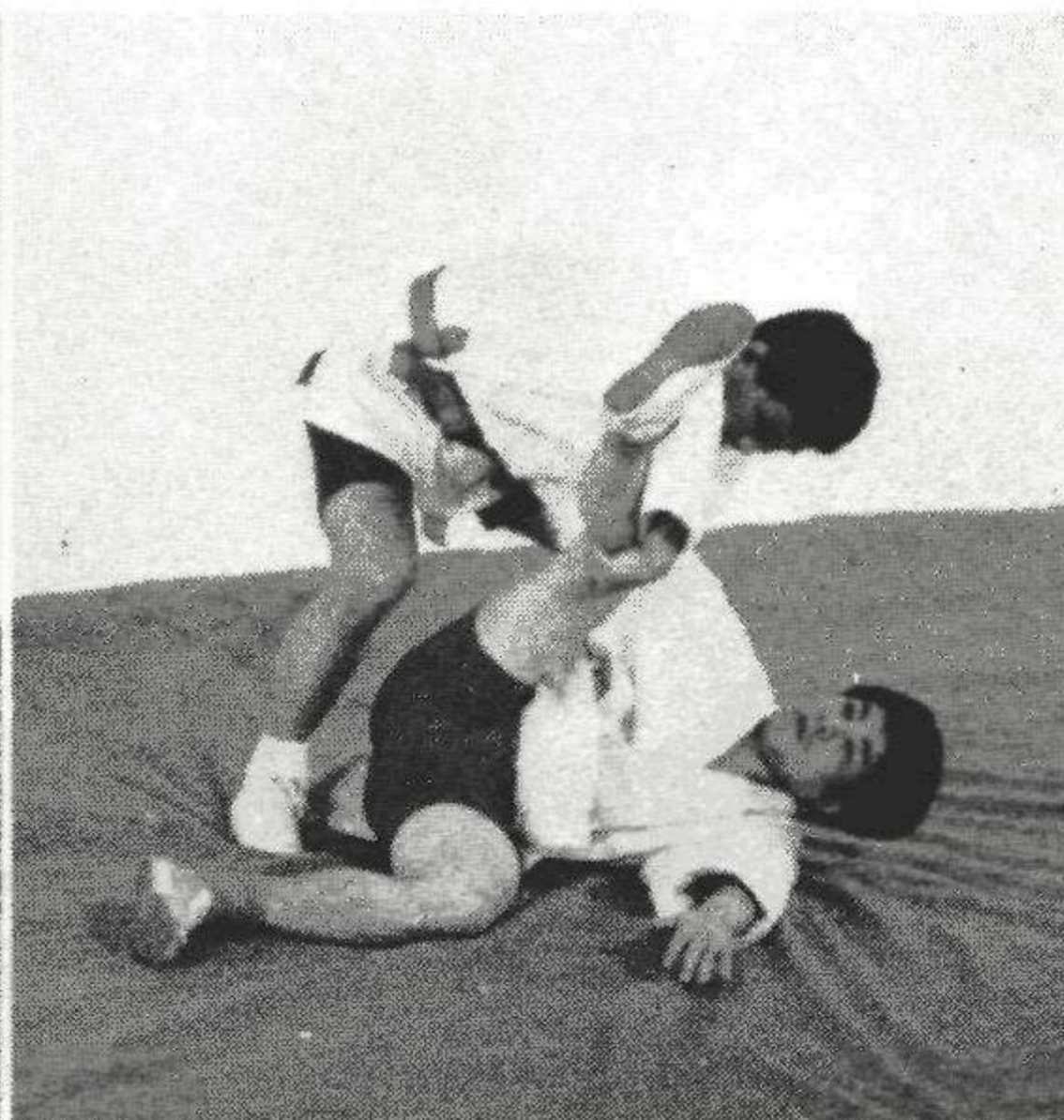
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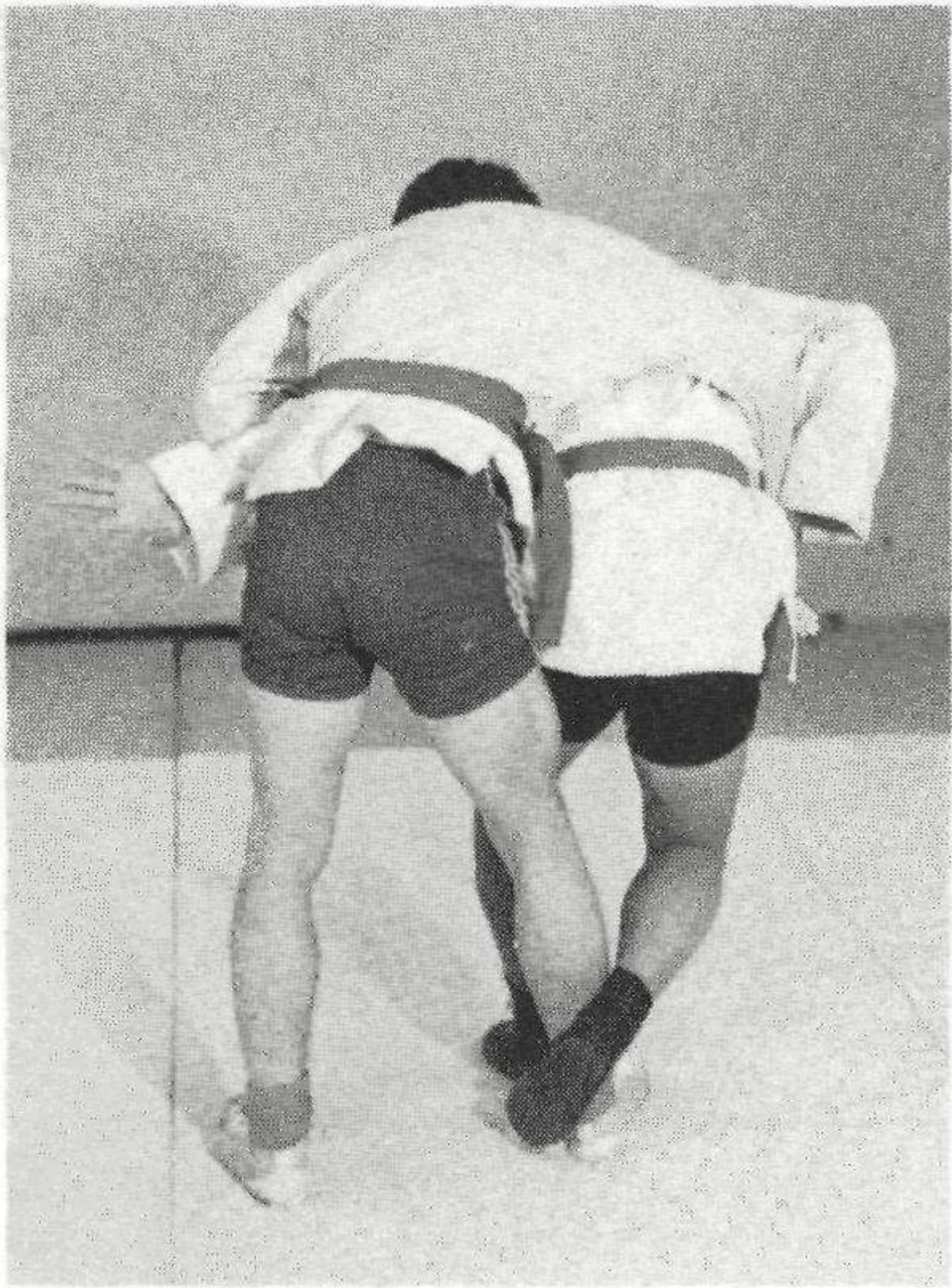
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(5)



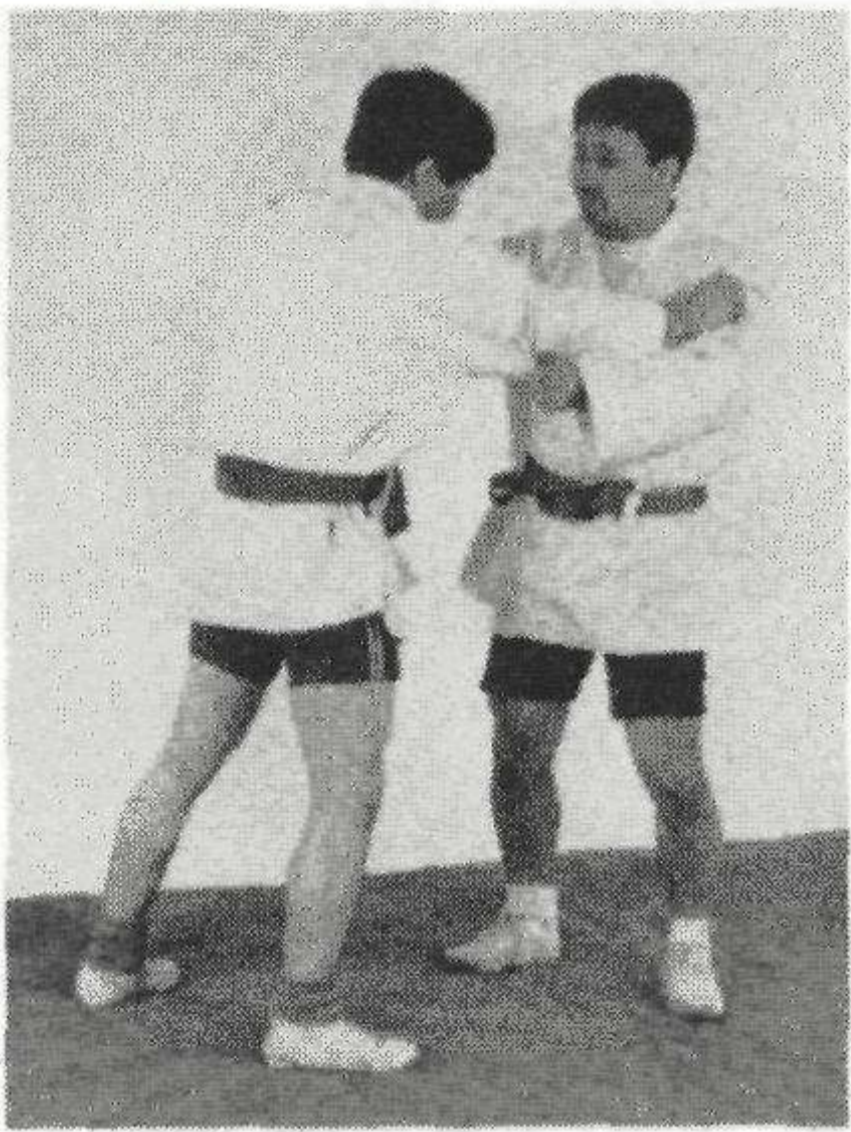
(6)



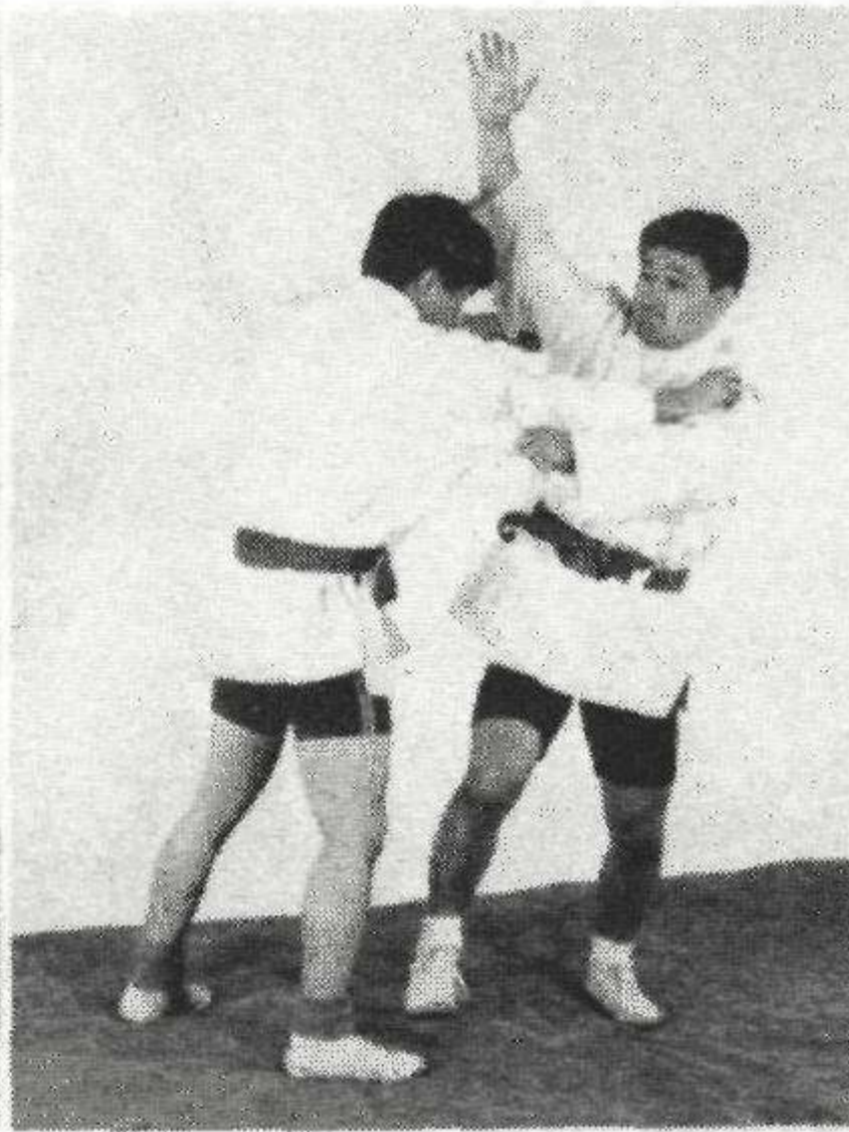
2 A. ARMPIT GRIT MINOR OUTER HOOK

Grasp the opponent with the left hand under the right elbow and with the right hand at the right jacket shoulder (1), Do a step forward with the left foot (2), turn to the right, gripping opponent's left hand under the right armpit (3). Grasp opponent's right arm (4). Hook opponent's right foot with the right ankle (5), then sitting down and backwards (6), press the opponent at the chest with the extended left arm (7) and throw him on the mat.

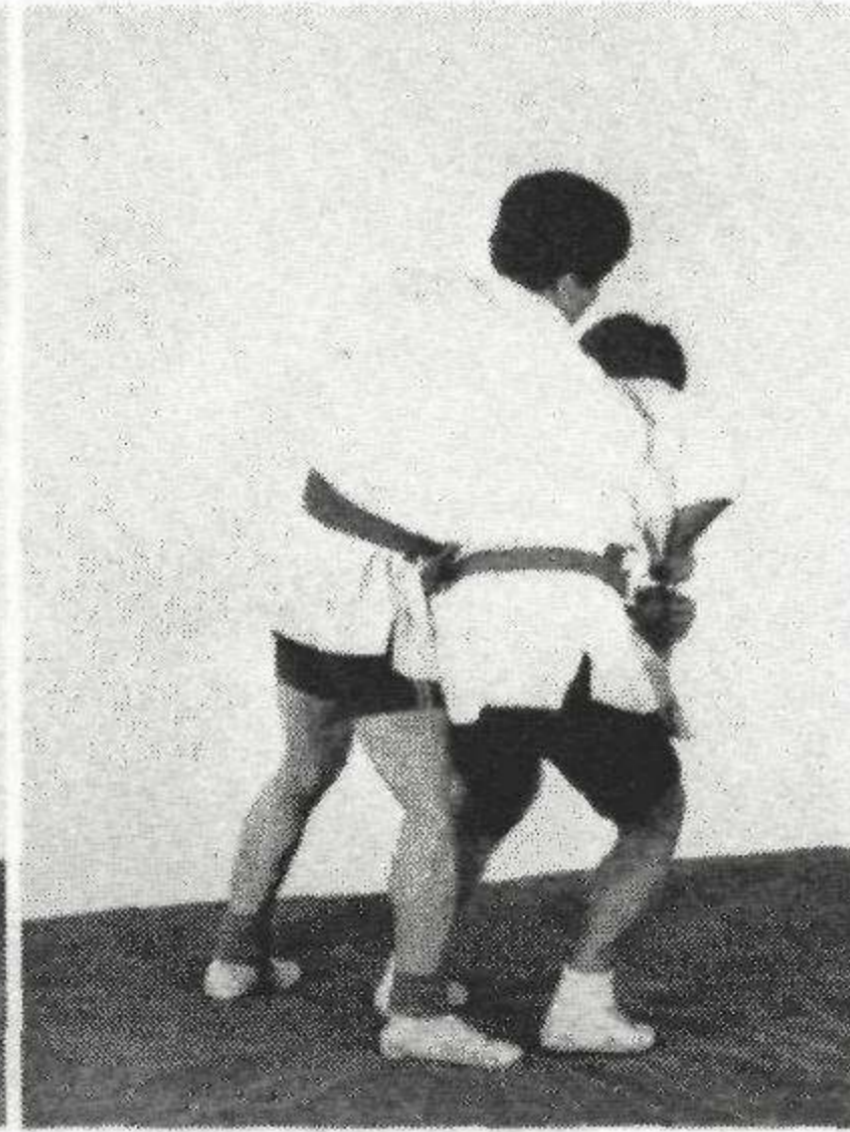
Safeguarding - back fall.



(1)



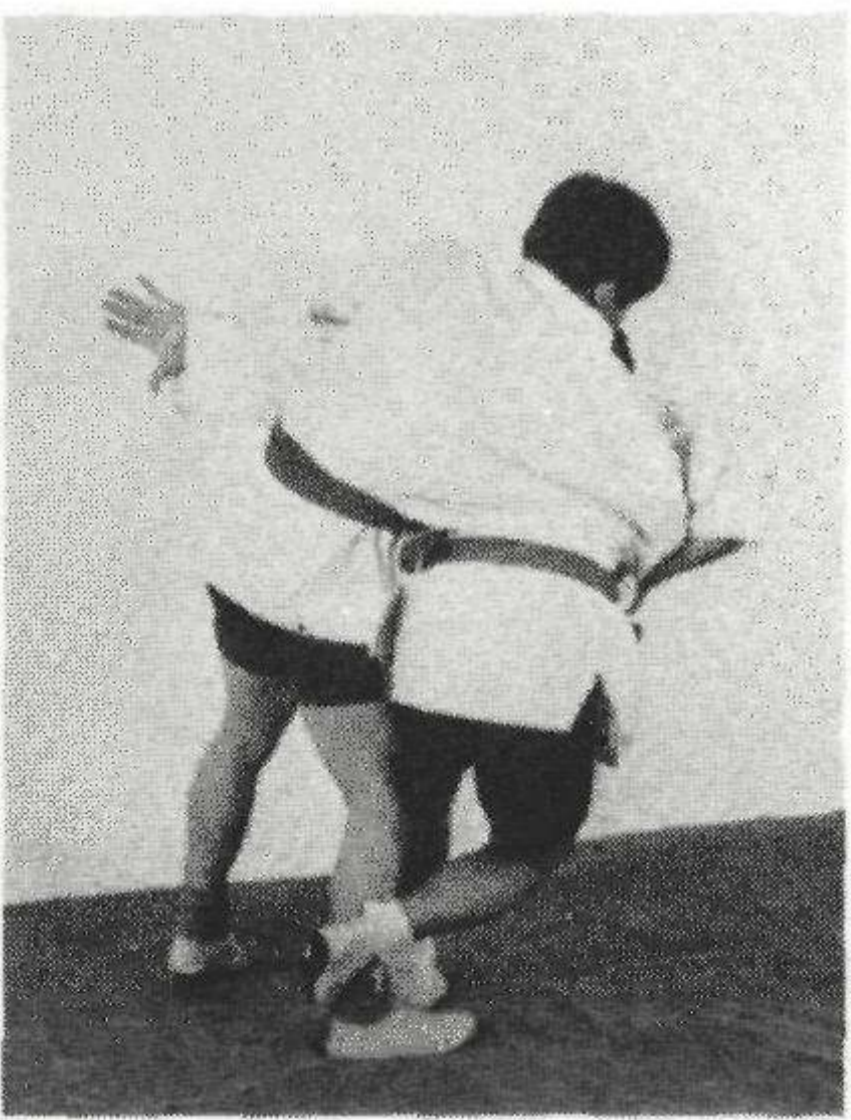
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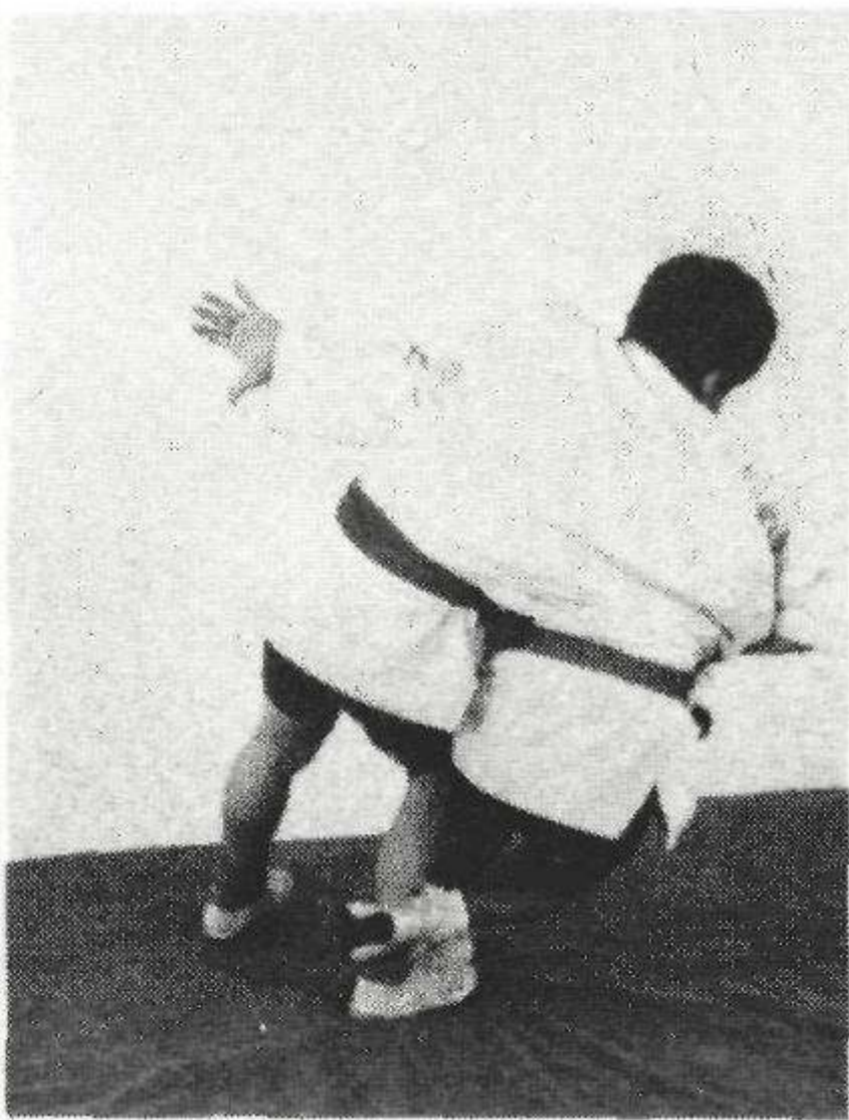
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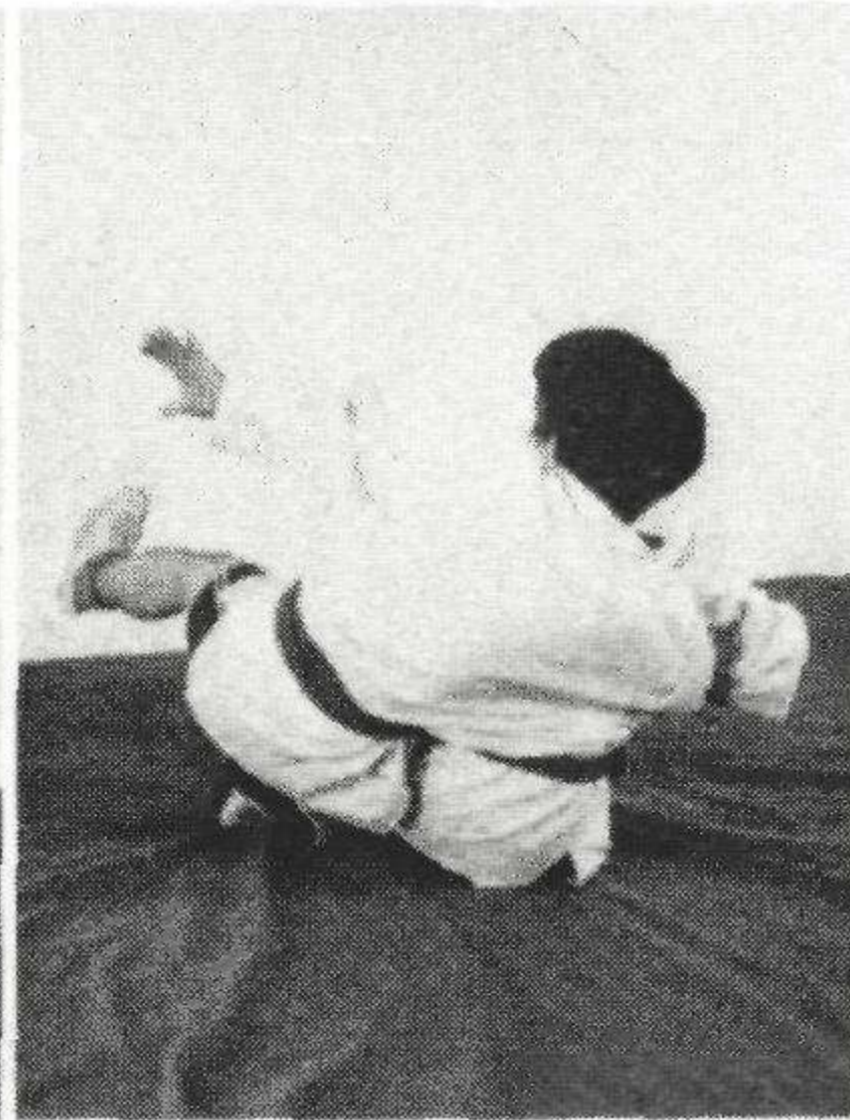
(4)



(5)



(6)



(7)

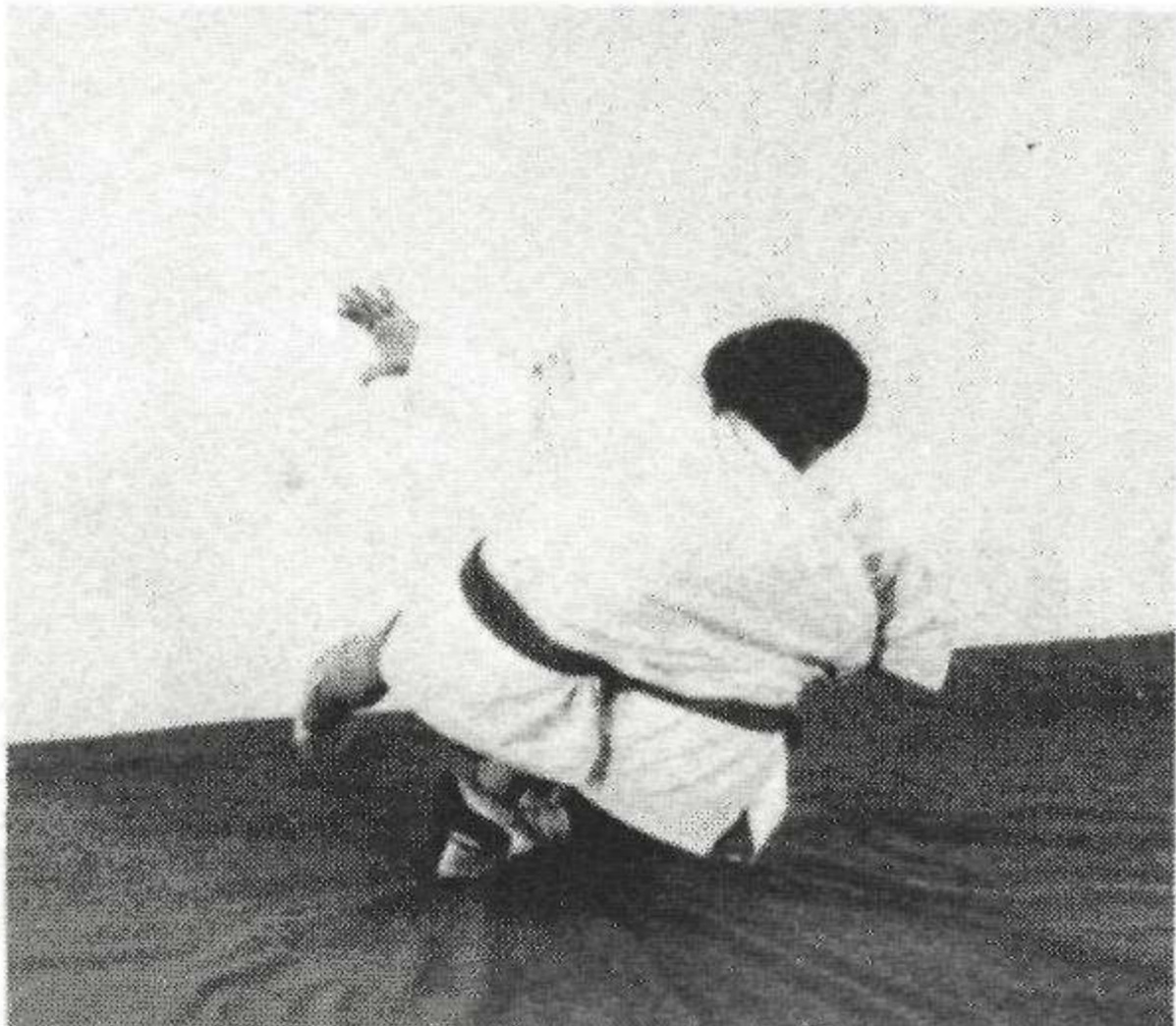
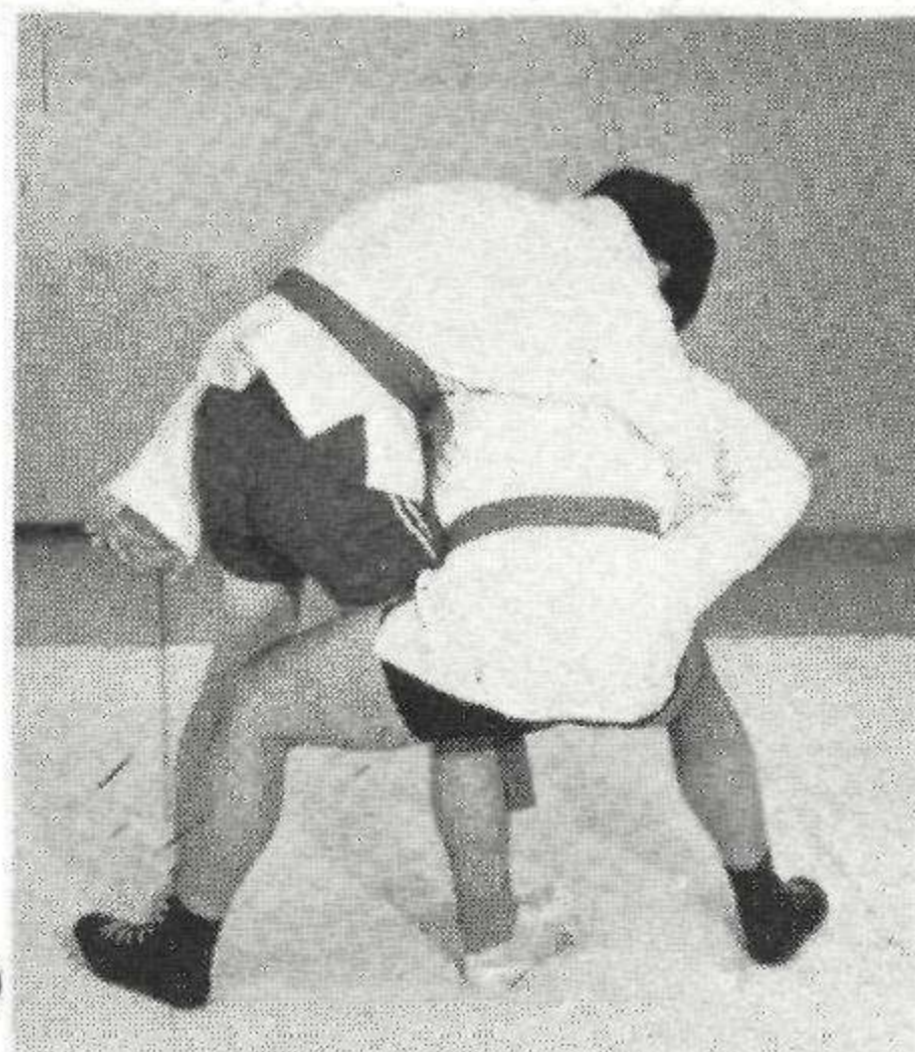
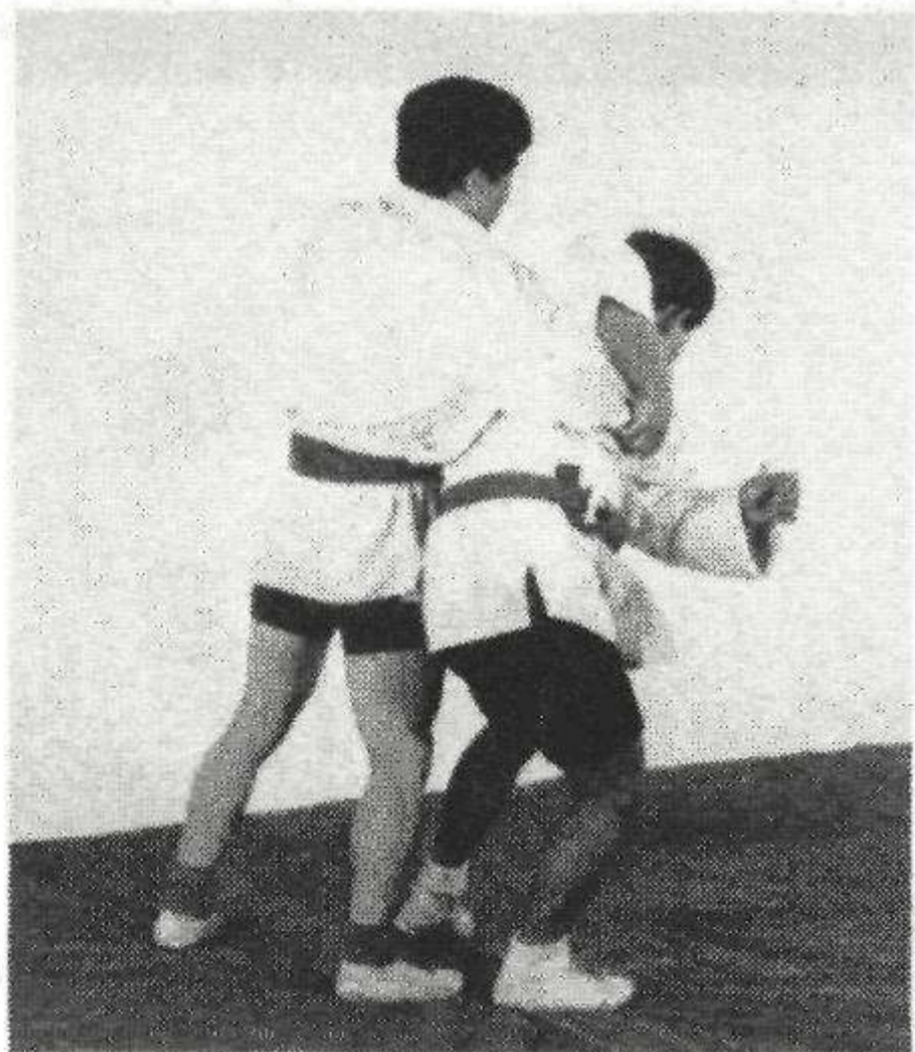
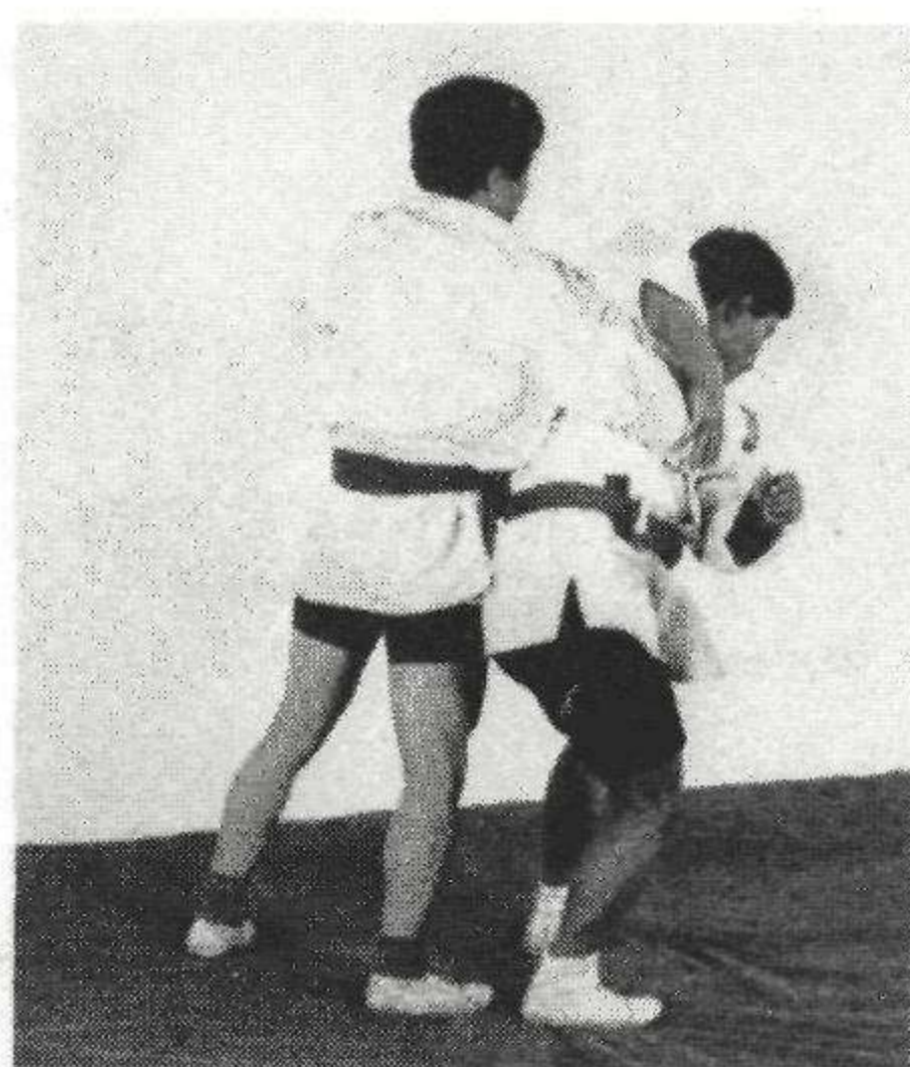
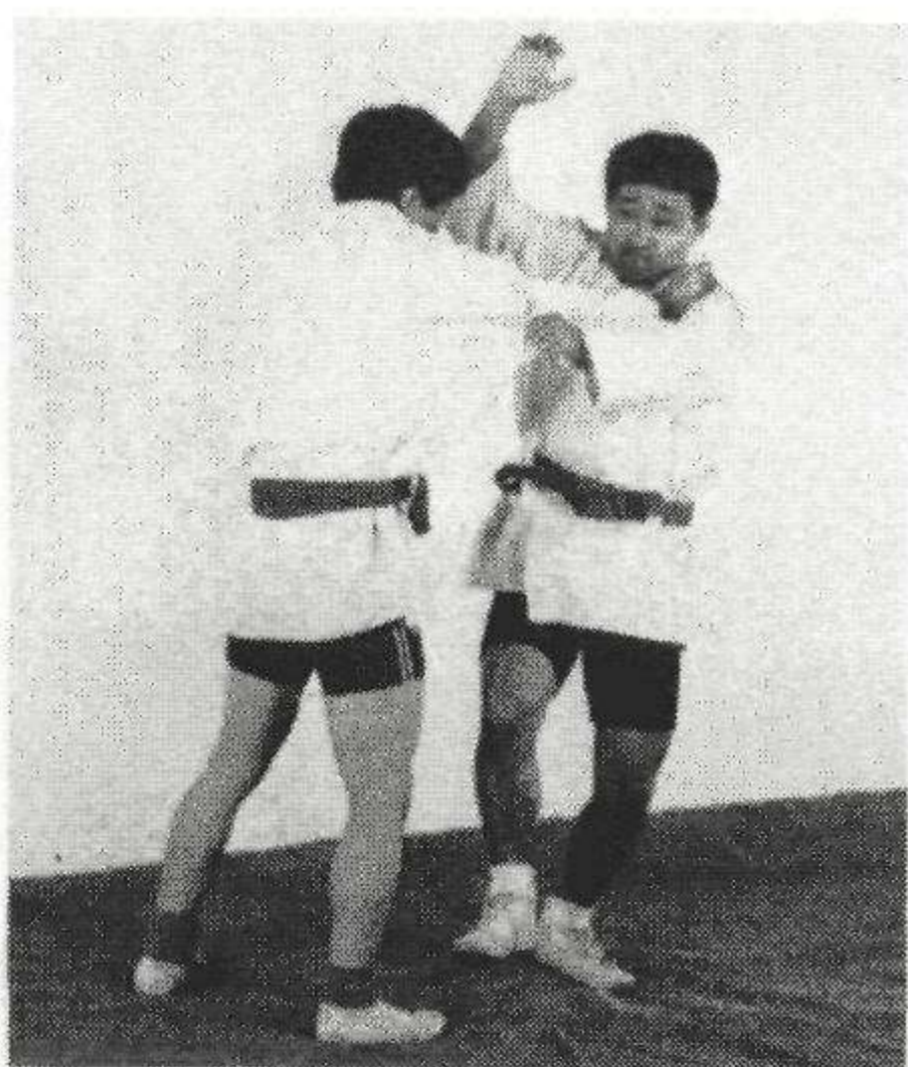
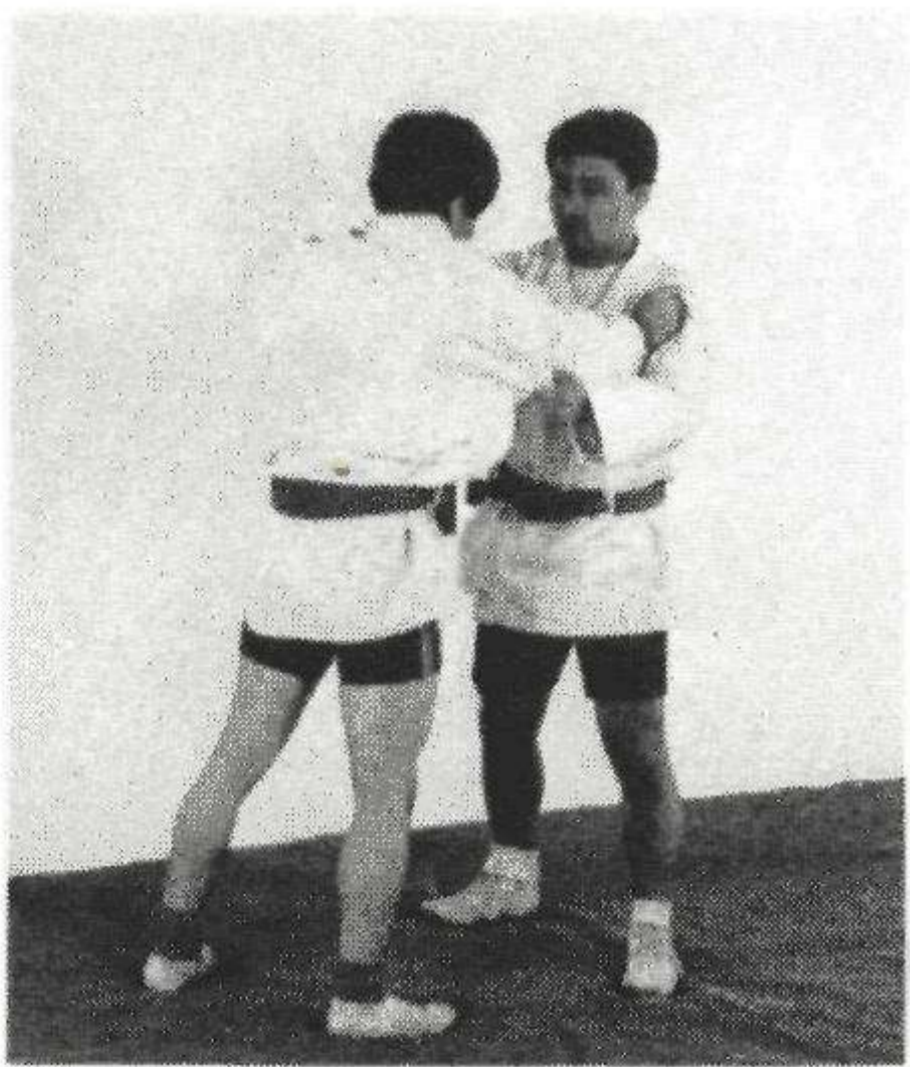
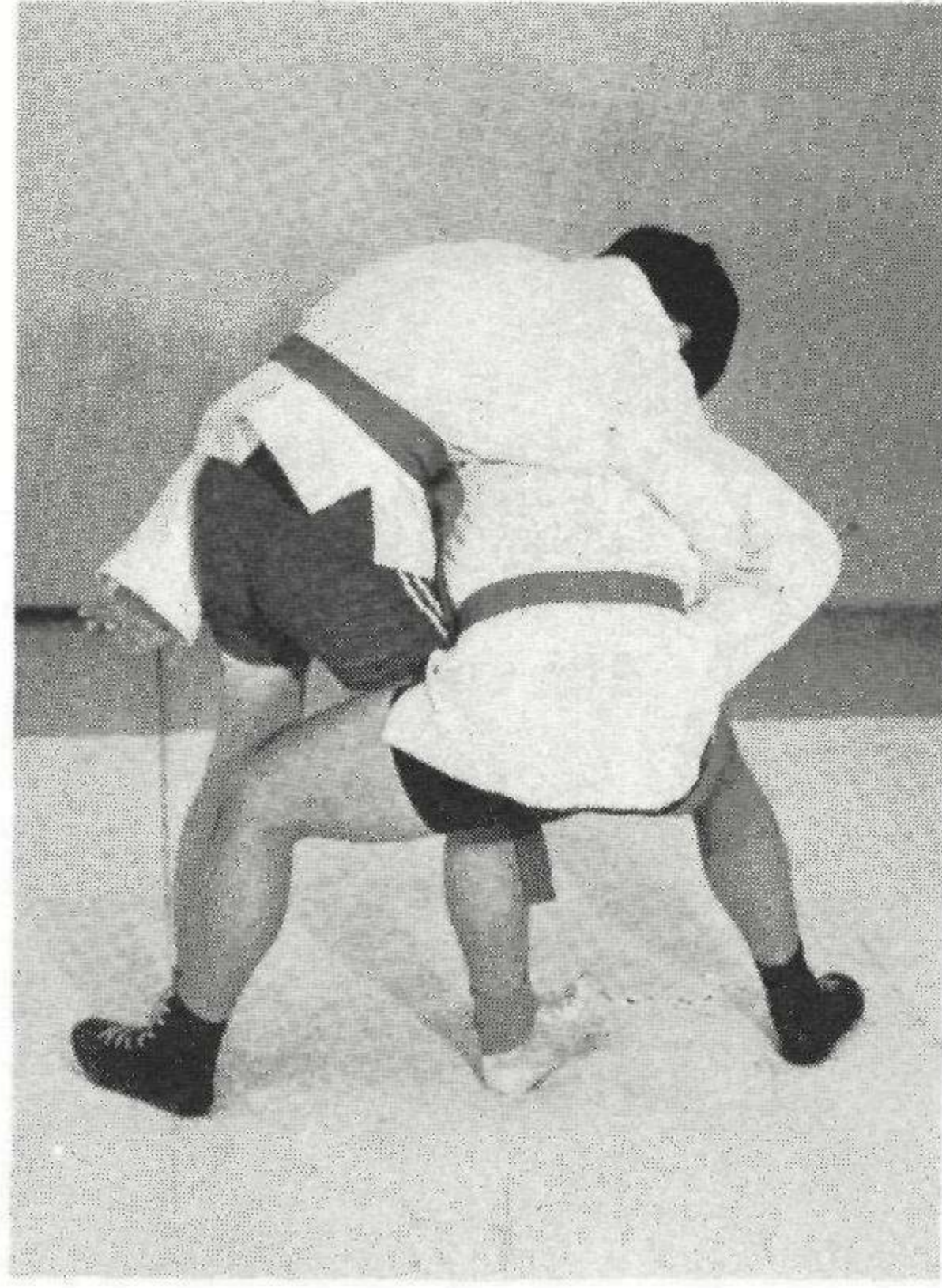


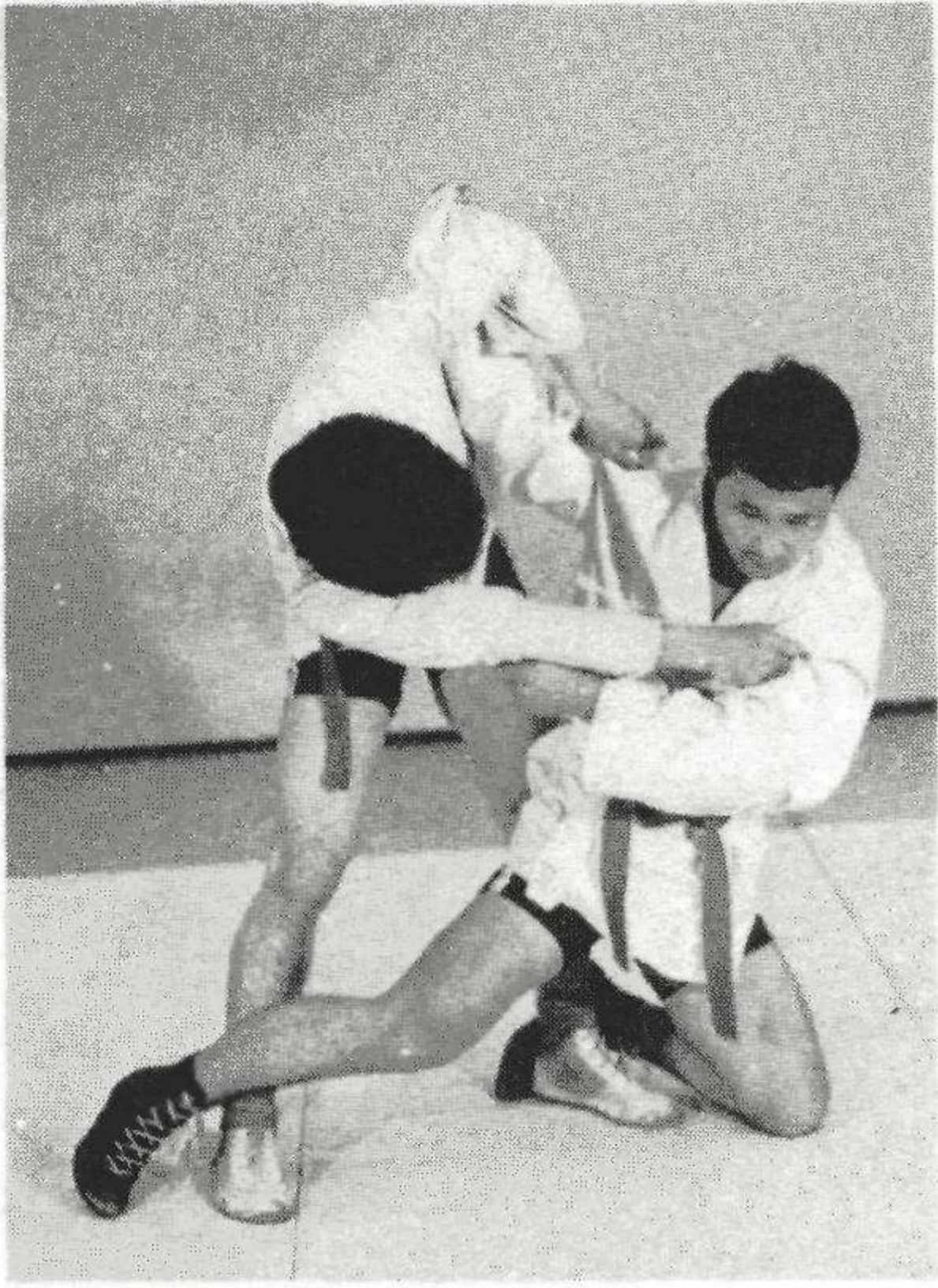
(8)

2 B. ARMPIT HOLD TRIP THROW

Grasp the opponent under both elbows (1). Do a step forward with the left foot (2), turn to the right and grasp opponent's right arm under the shoulder (3). Releasing the left hand grip, shift the body weight onto the right leg (4) and put the left leg back of opponent's both legs (5). Sitting down (6), press against opponent's chest with the extended left arm (7) and throw him on the mat (8).

Self safeguarding – back fall.

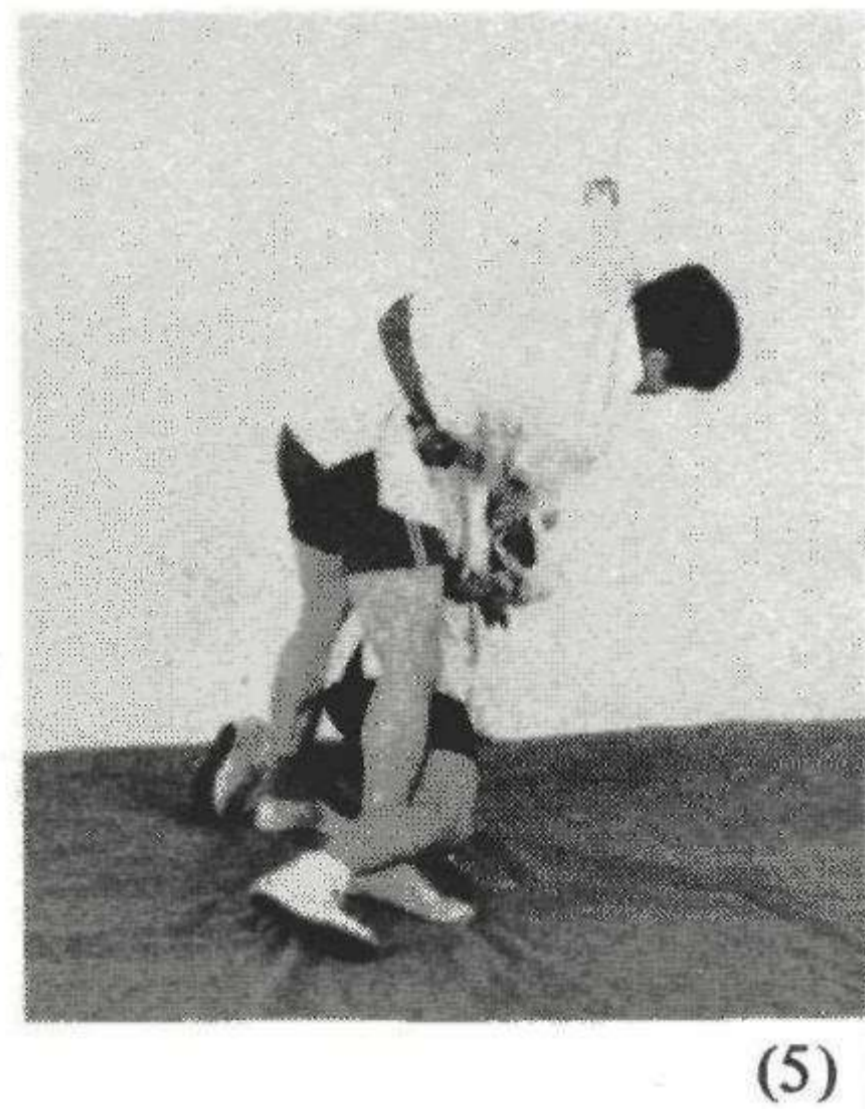
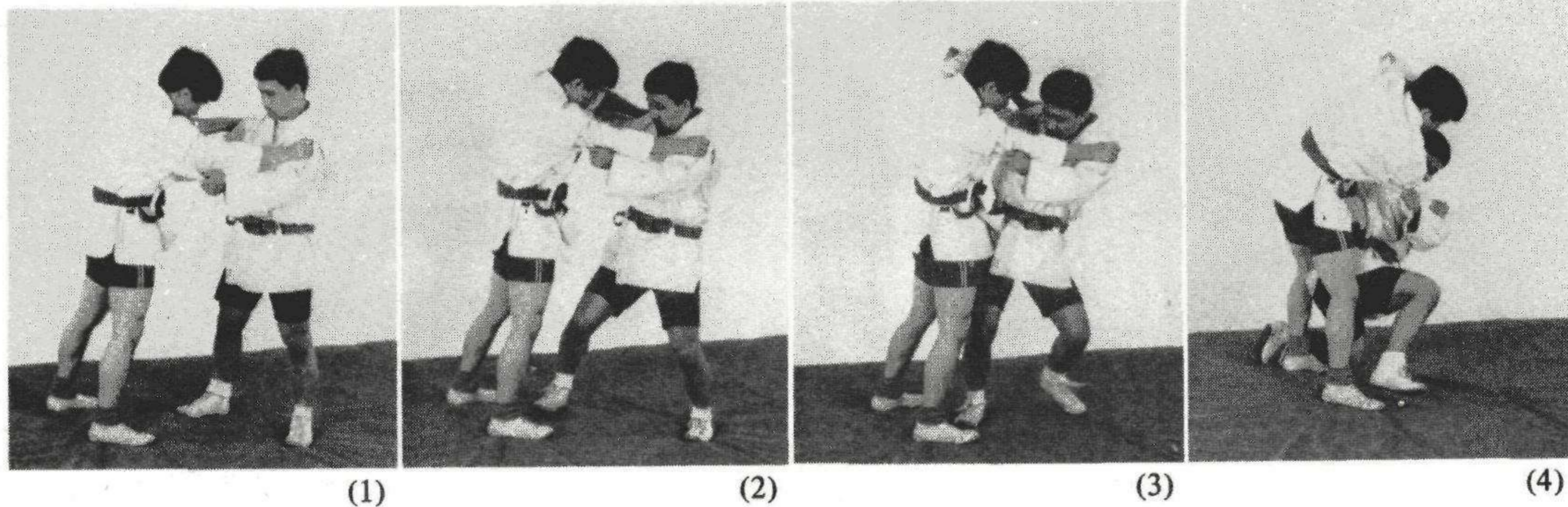




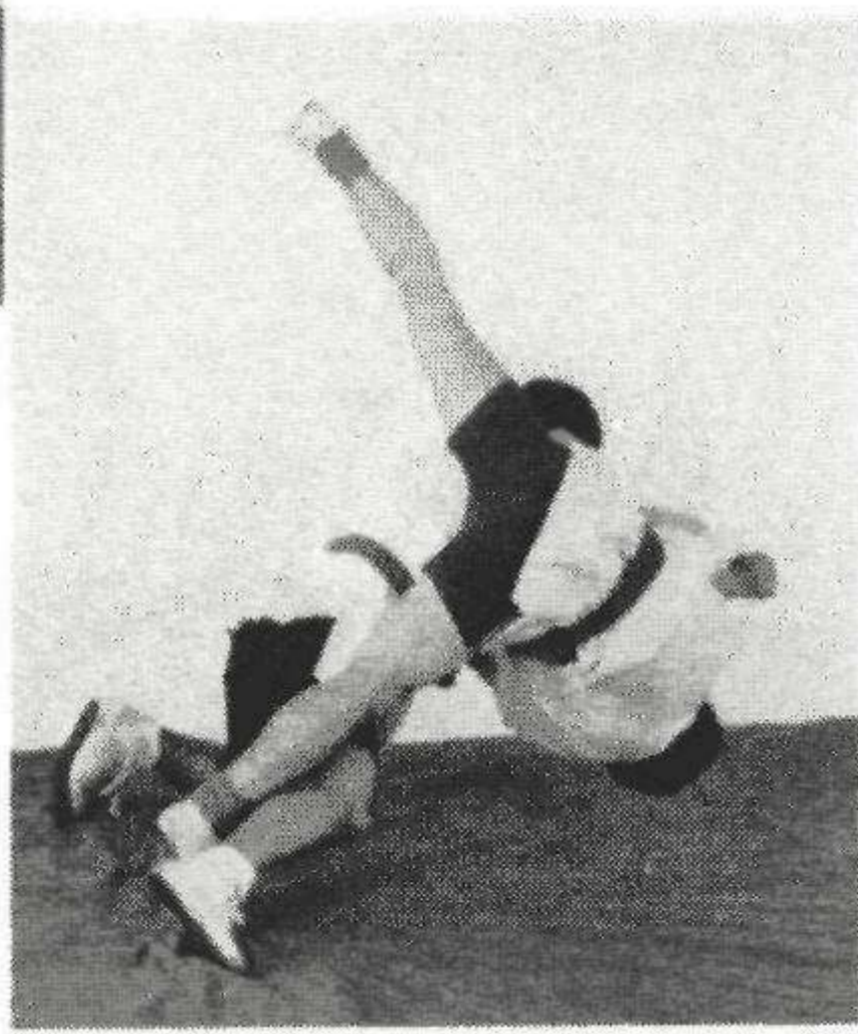
3 A. SUPPORTED KNEELING TRIP

Grasp the opponent with the left hand under the right elbow and with the right under the left shoulder (1). Do a step forward with the right foot (2), turn to the left and backwards (3), then kneeling on the left knee (4), put the extended right leg in front of opponent's right leg (5). Pull the opponent simultaneously with the left hand downwards, then lifting opponent's left arm (6), throw the opponent on the mat (7).

Safeguarding – by the right sleeve. Self safeguarding – left side fall.



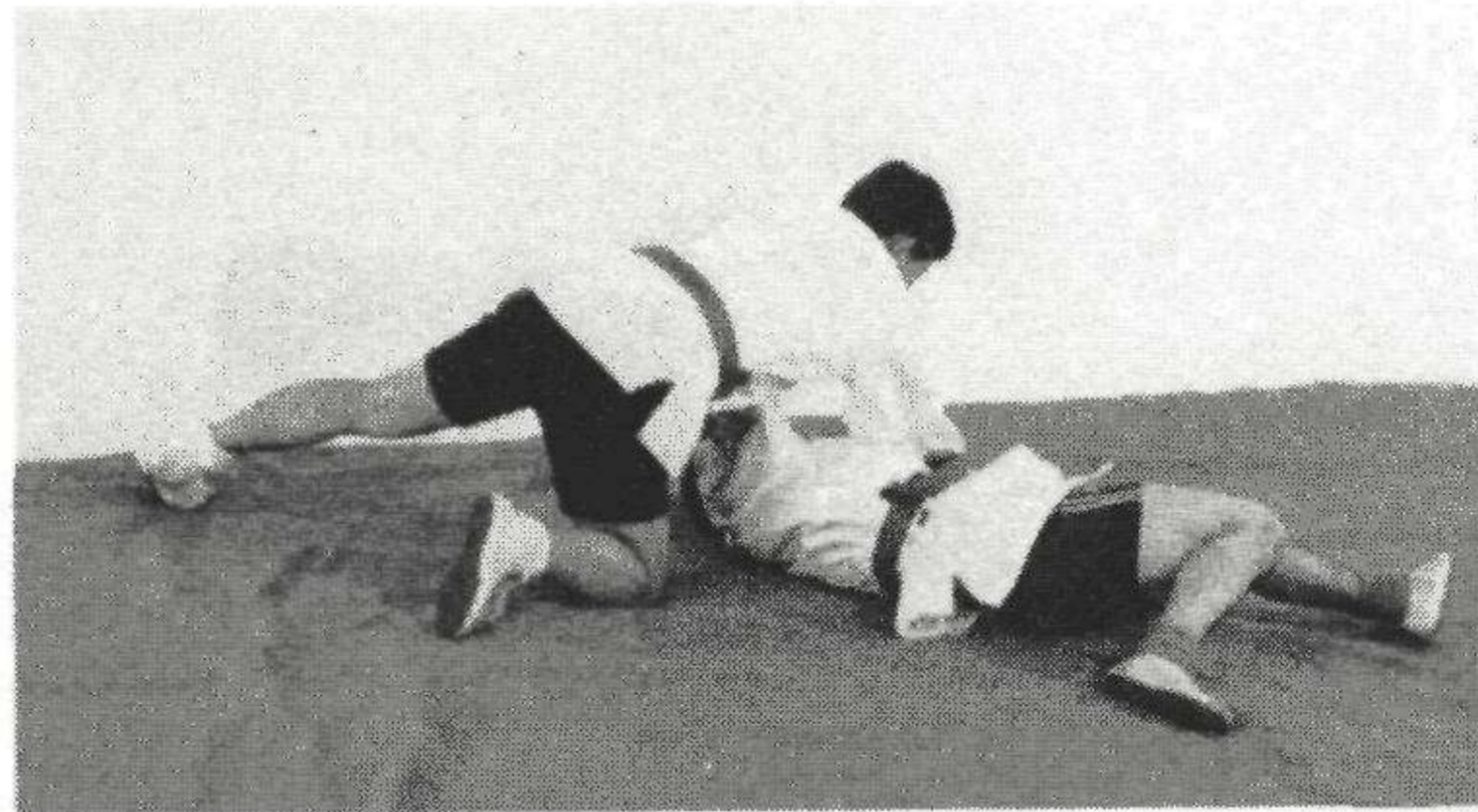
(5)



(6)



(7)

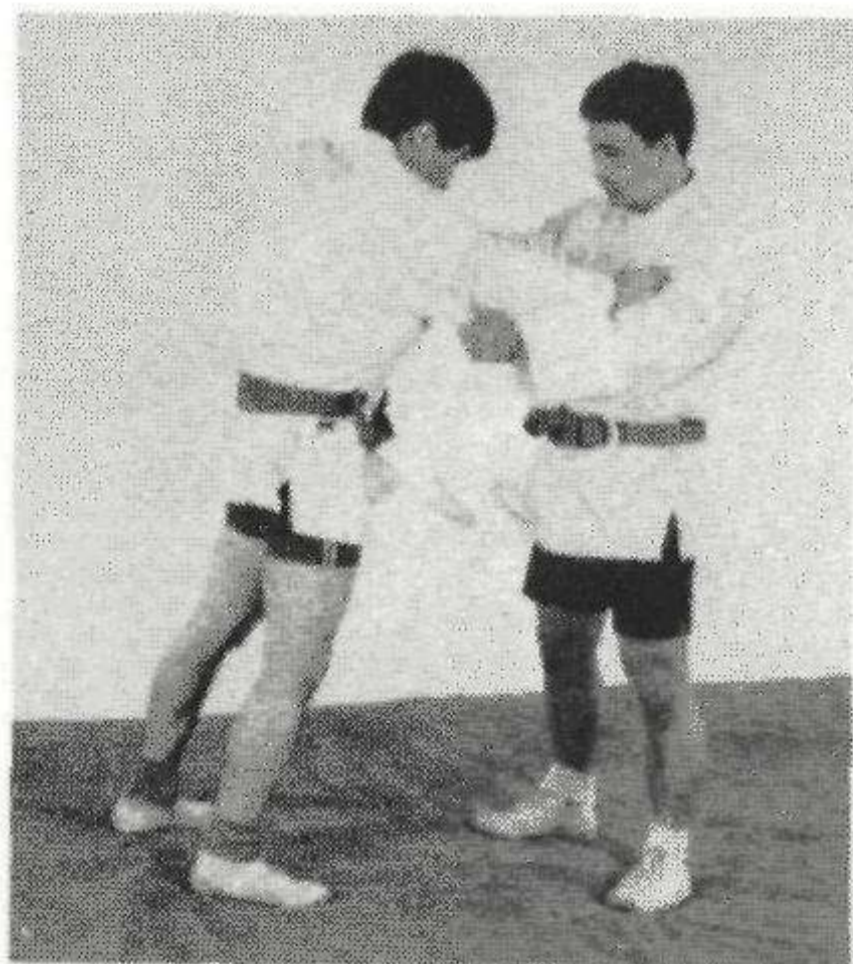
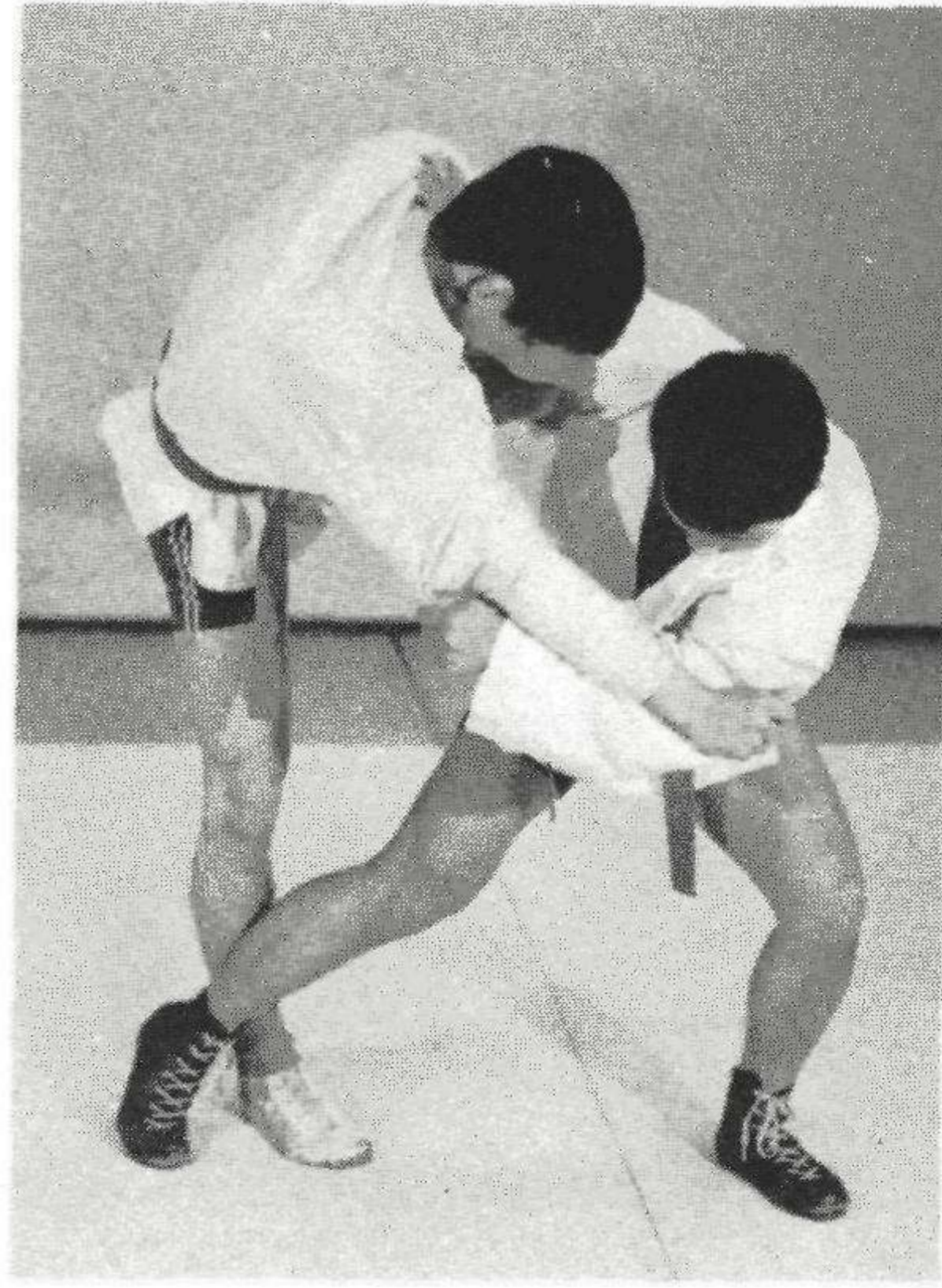


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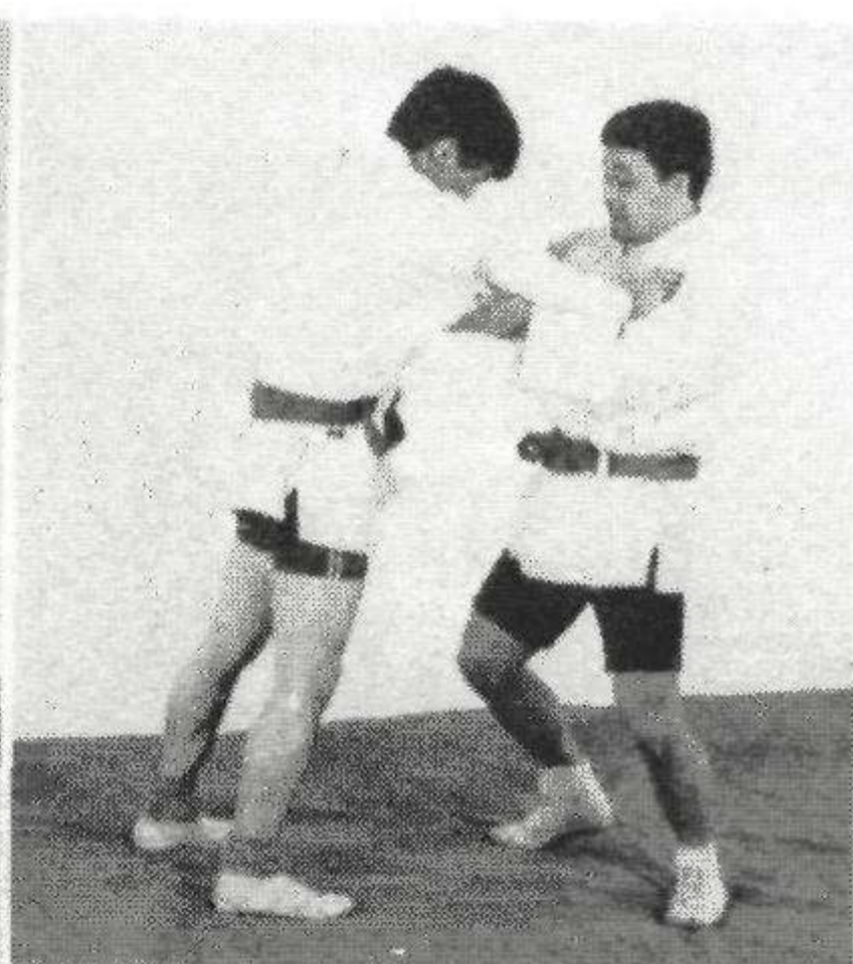
3 B. SUPPORTED TRIP WITH FOOT LIFT

Grasp the opponent under both elbows (1). Do a step with the left (2), then with the right foot forward and put the right leg at opponent's right leg from inside (3). Squat and grasp opponent's left leg from outside (4). Uprising, lift the grasped leg (5), then turning to the left and backwards (6), turn the left toe to the left (7). Put the extended right leg in front of opponent's right leg (8), pull with the left hand to the left and downwards and topple the opponent over on the mat (9).

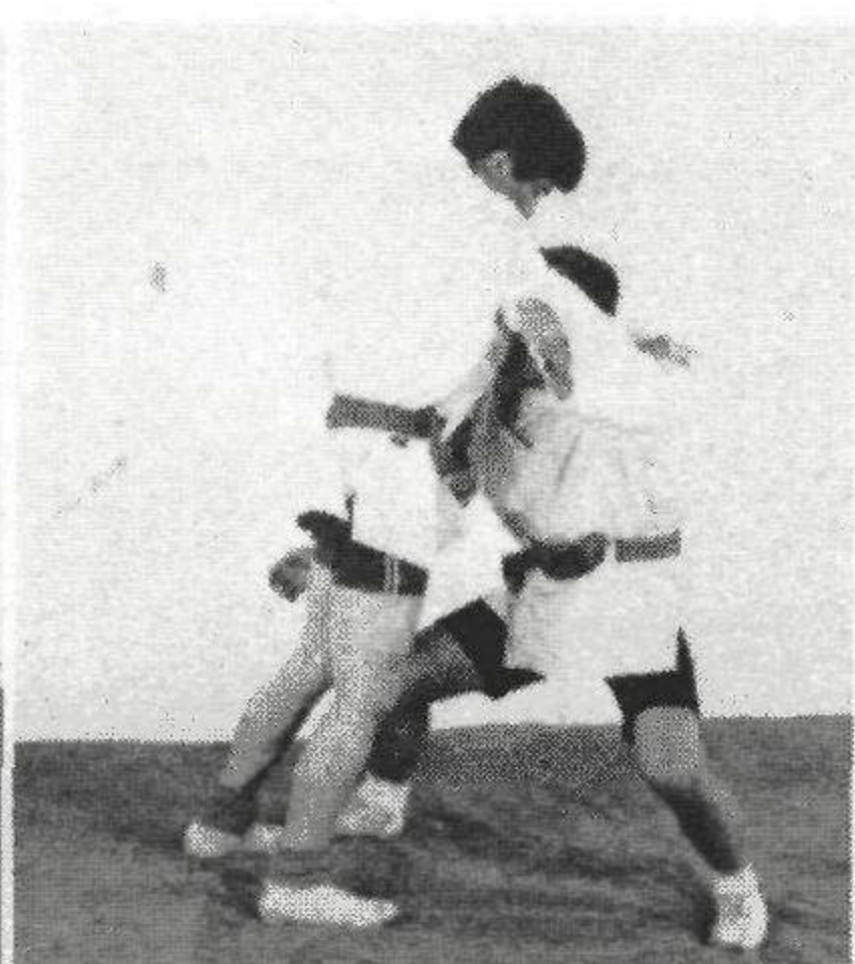
Safeguarding – by the right sleeve. Self safeguarding – left side fall.



(1)



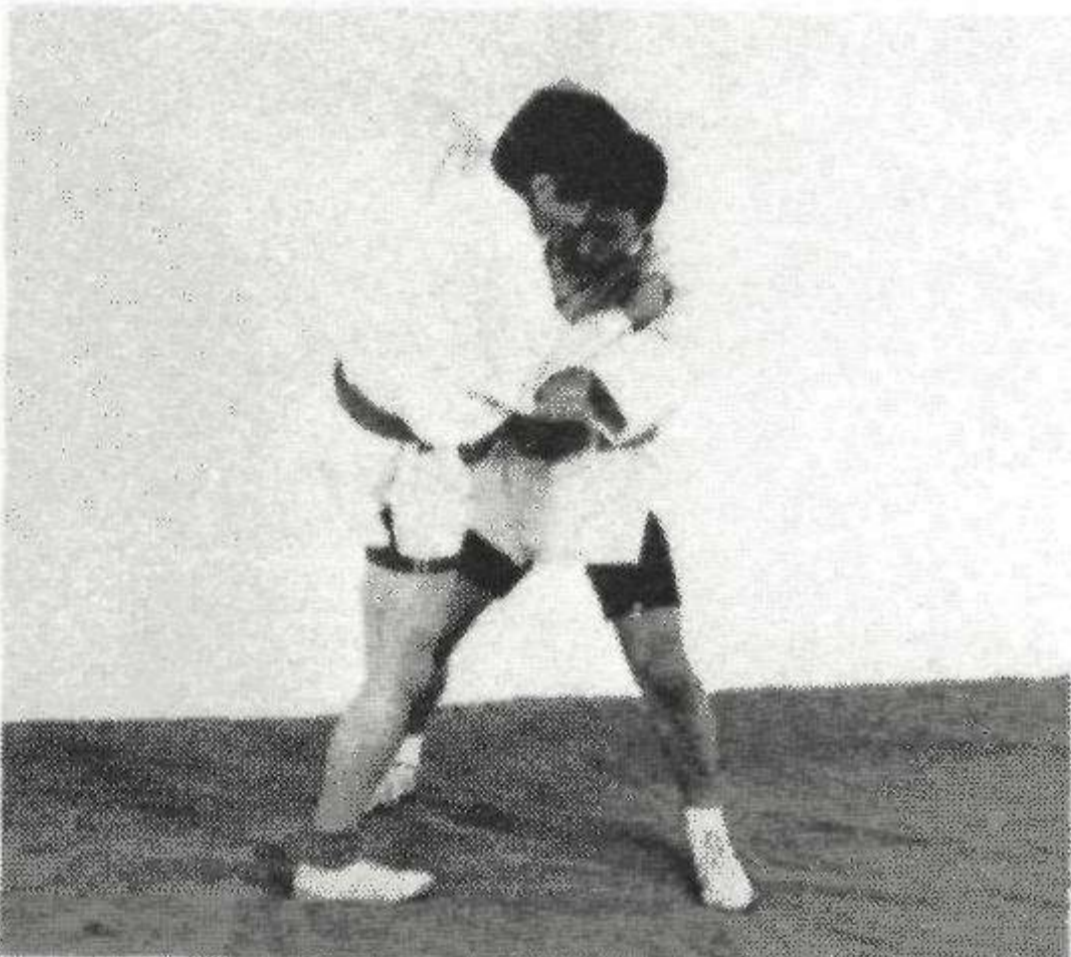
(2)



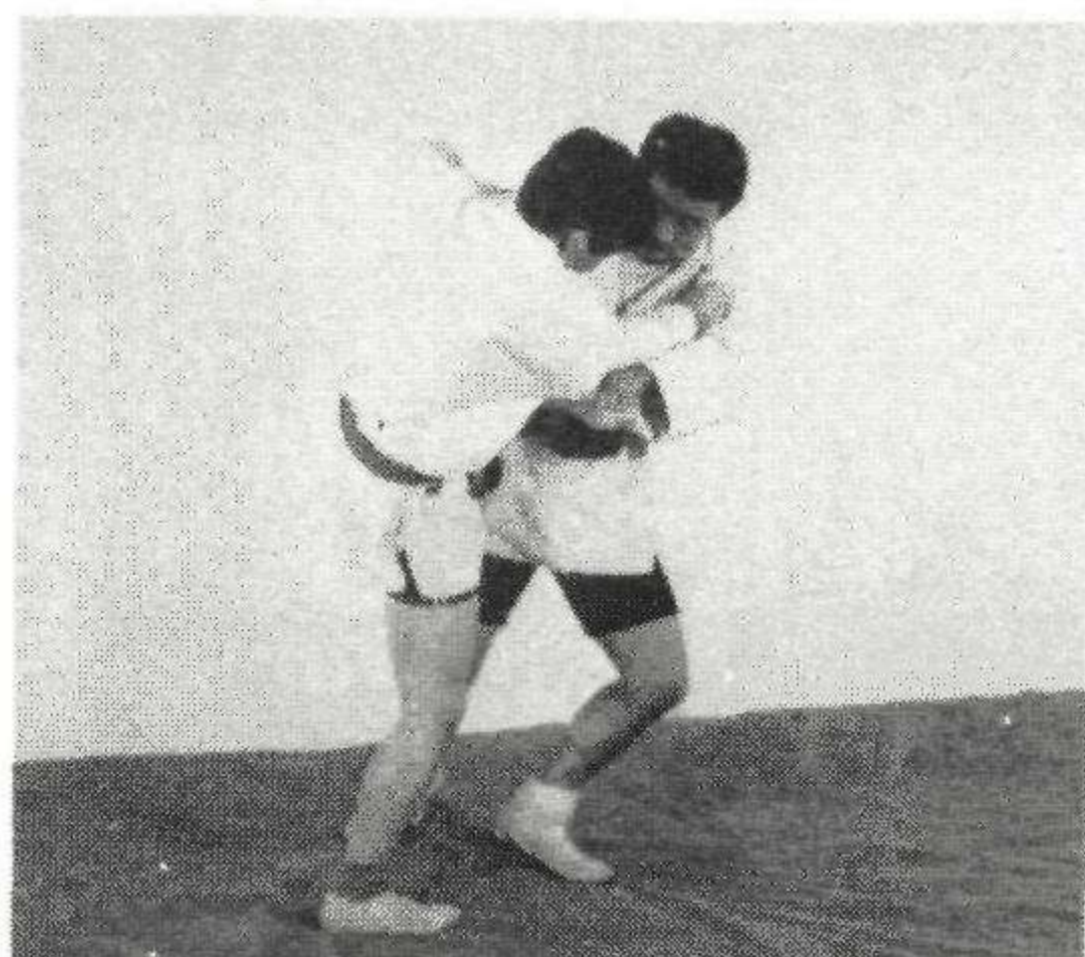
(3)



(4)



(5)



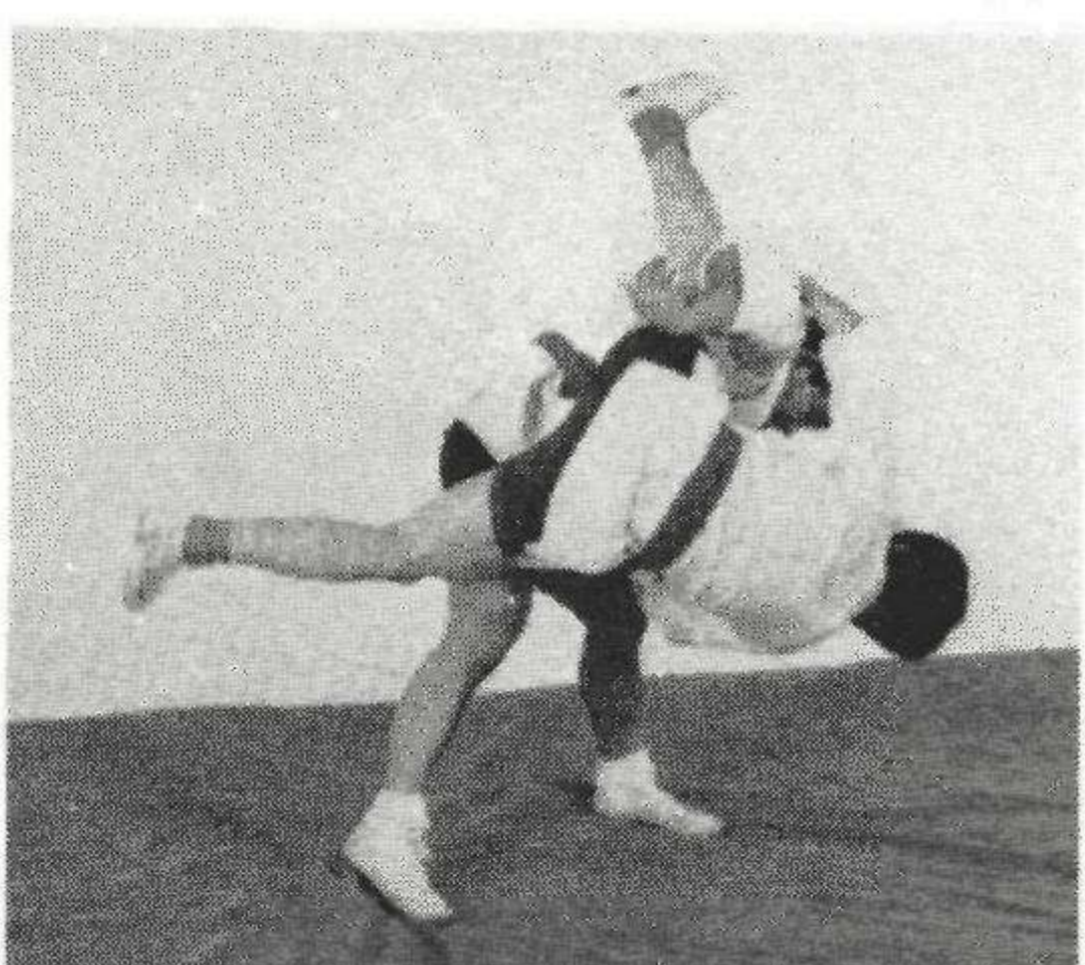
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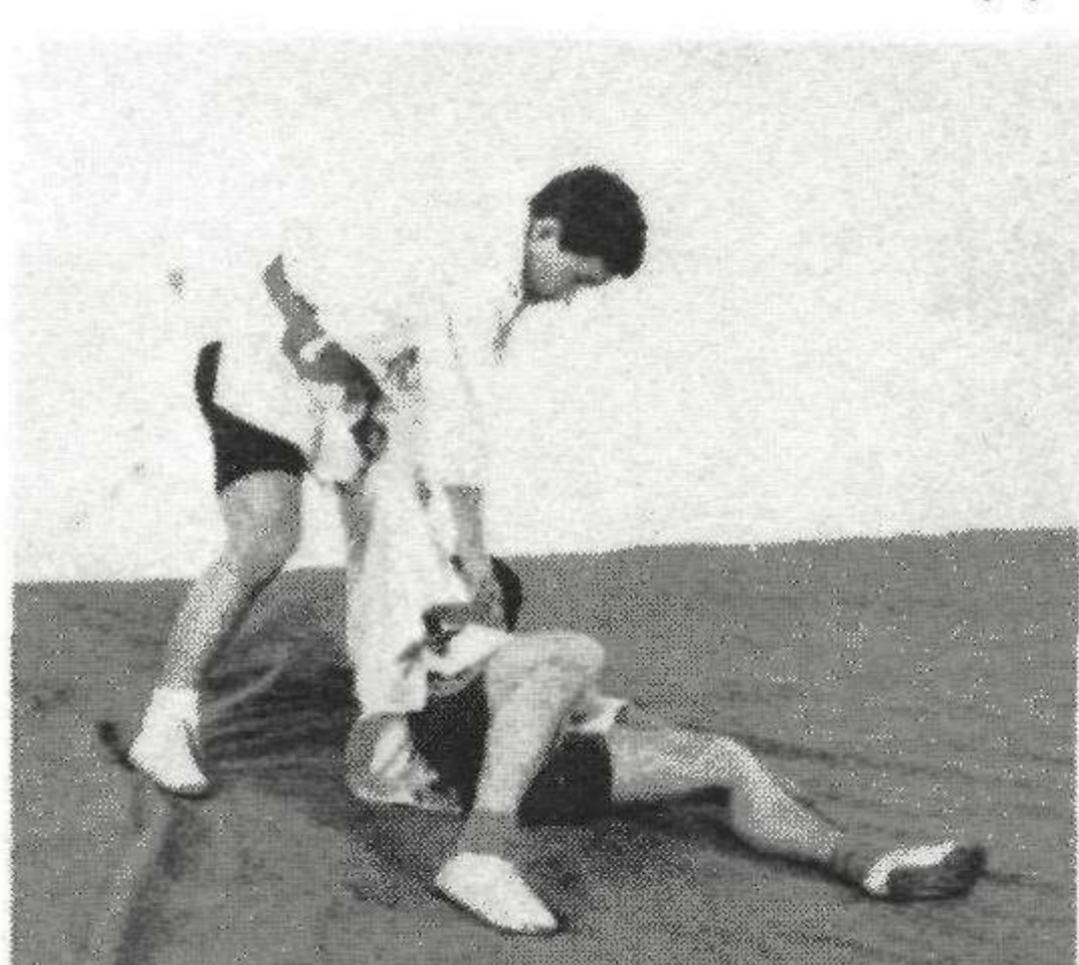
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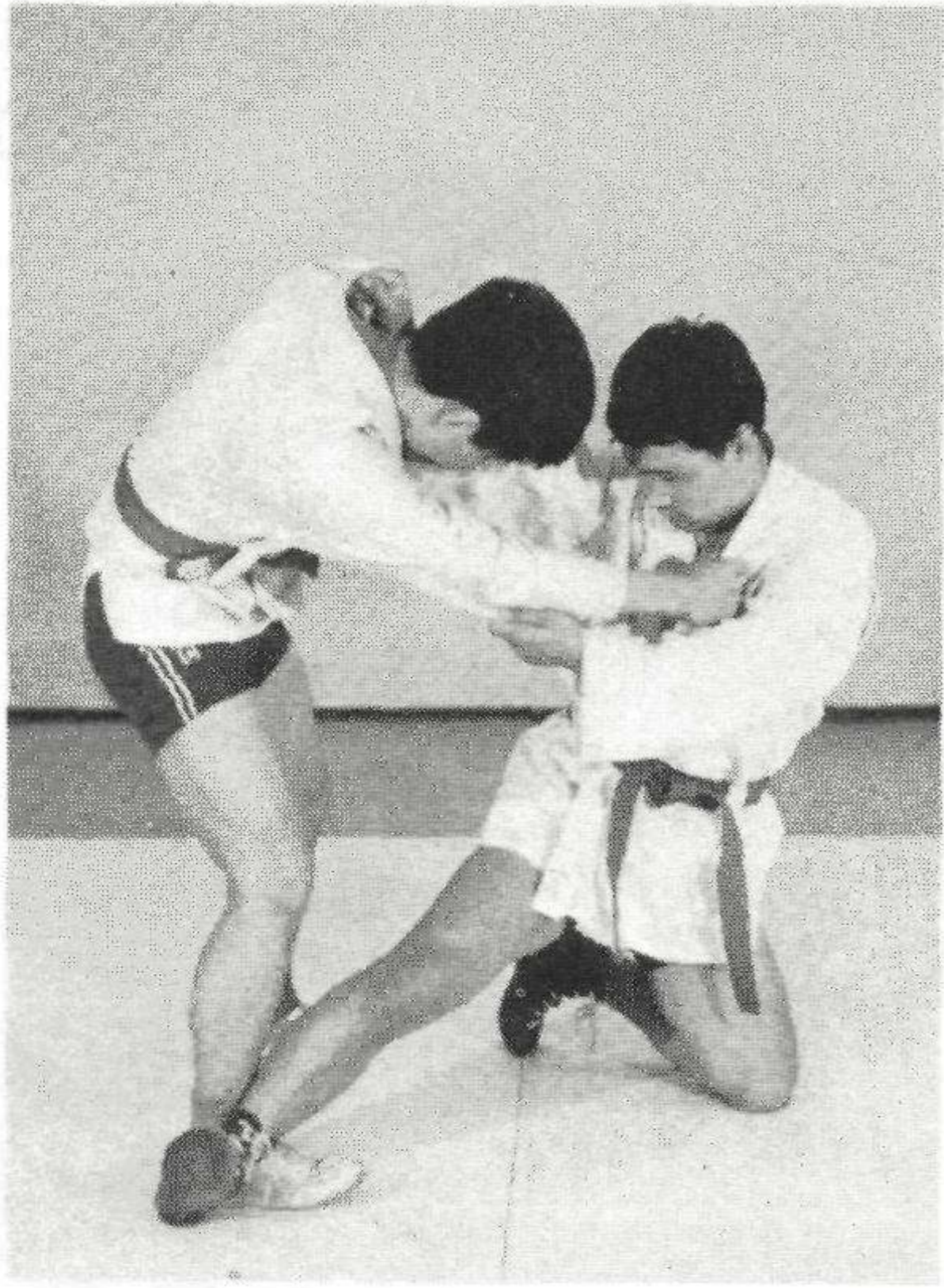
(8)



(9)



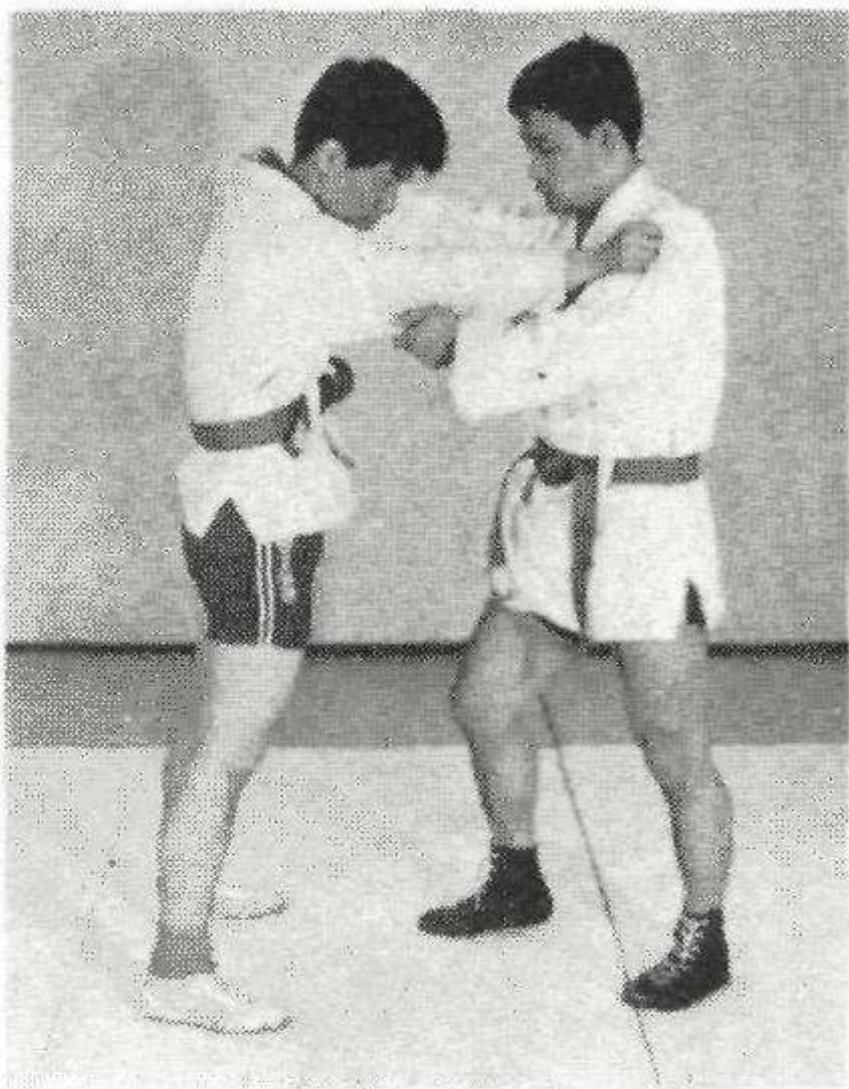
(10)



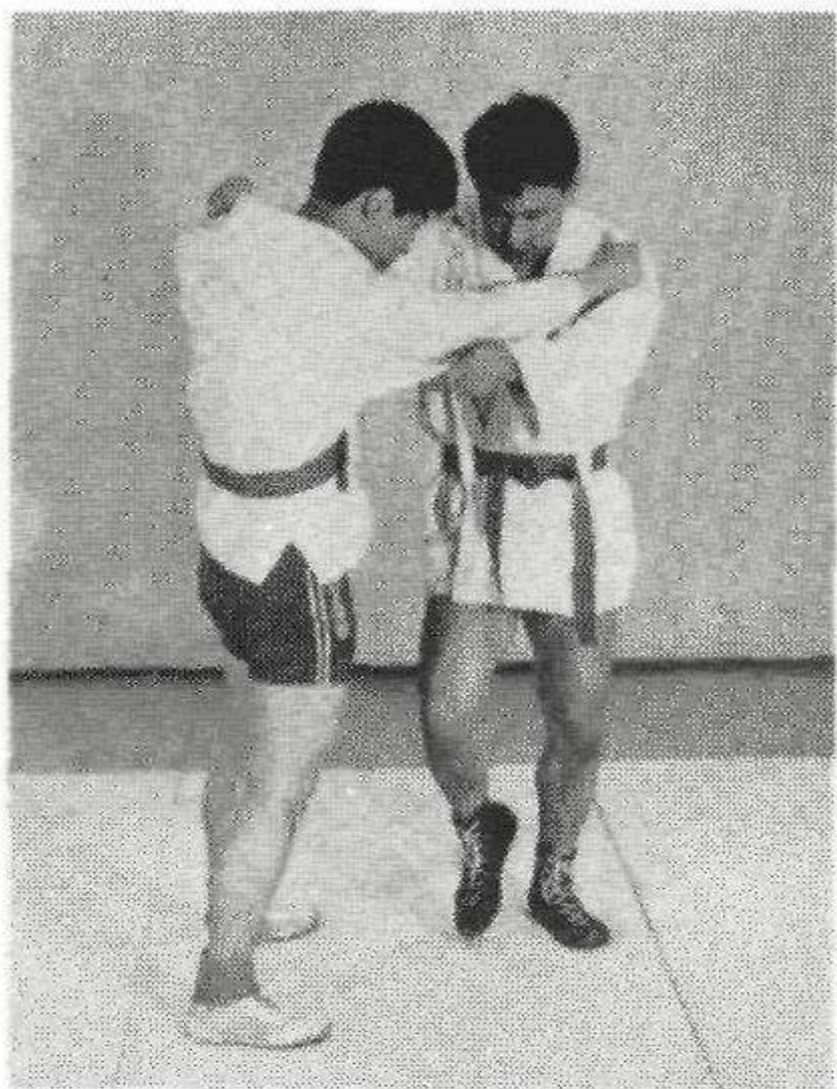
3 C. SCREW ANKLE PULL DOWN

Grasp the opponent under both elbows (1). Do a step forward with the left foot (2), lift the right foot (3) and put it on the heel side opponent's right foot (4). Kneeling on the left knee (5) and sitting down as close as possible to own left heel (6), pull the opponent to the left and backwards, then supporting opponent's right foot with the right ankle (7), throw the opponent on the mat (8).

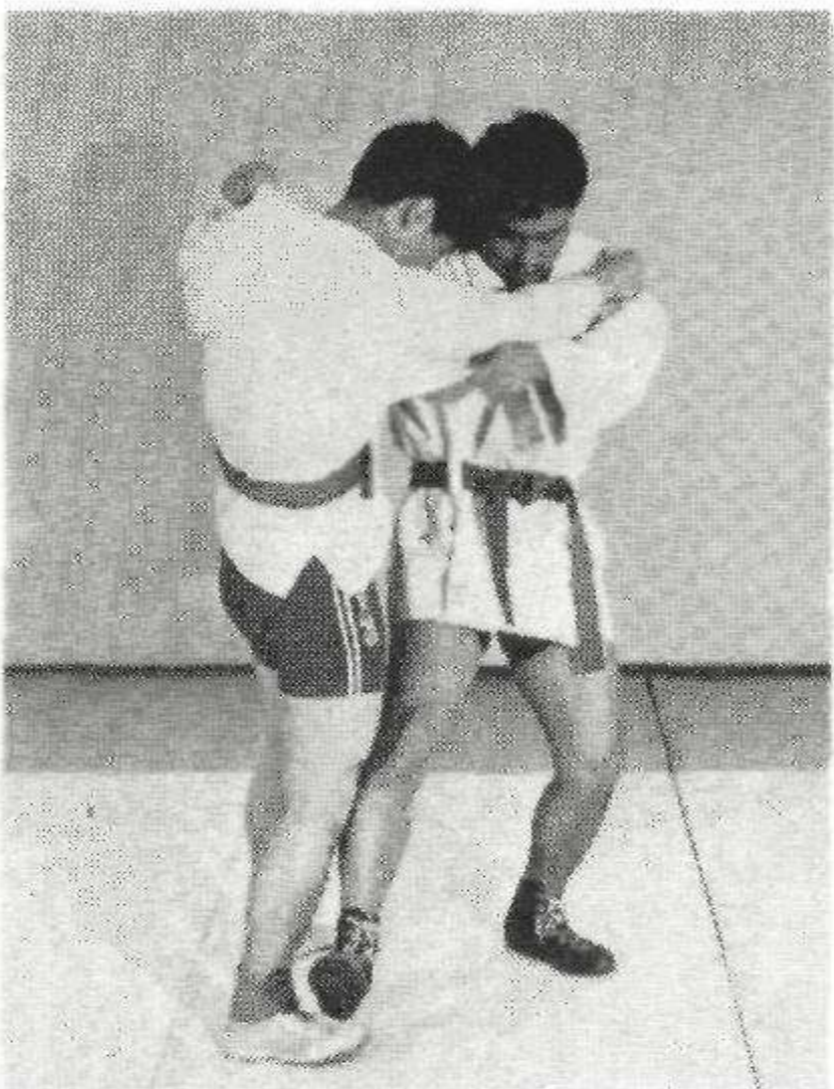
Self safeguarding – left side fall (9).



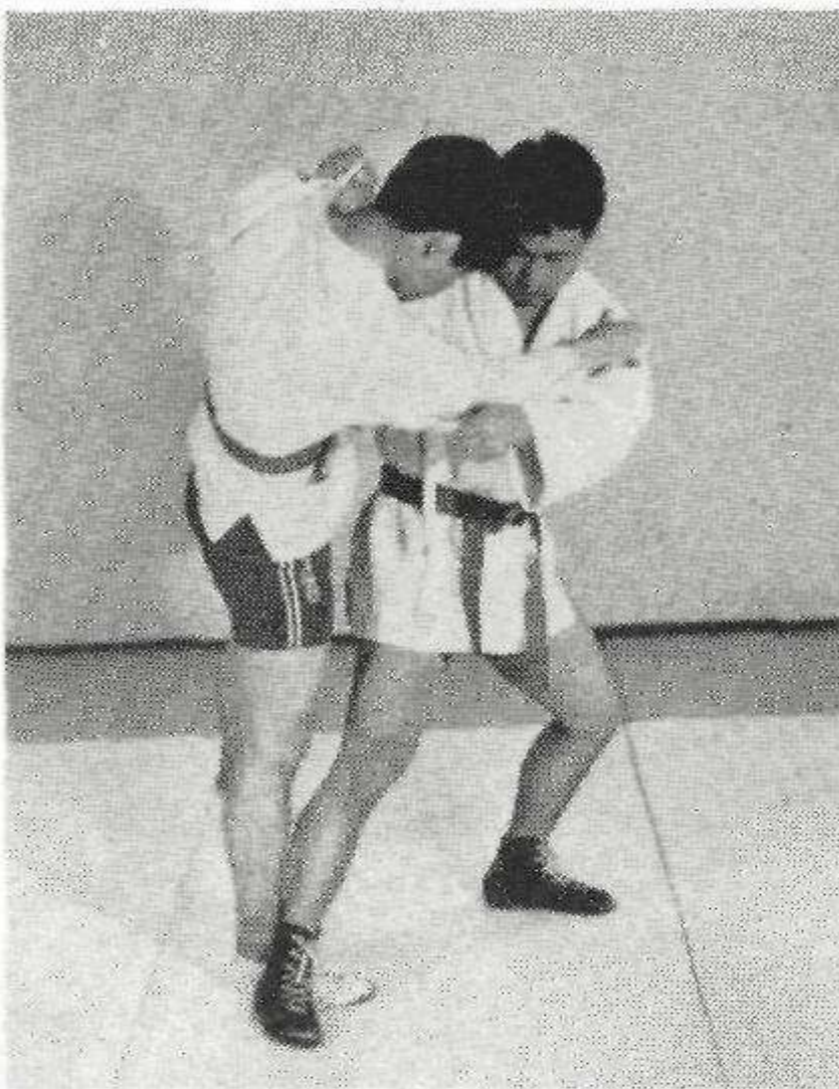
(1)



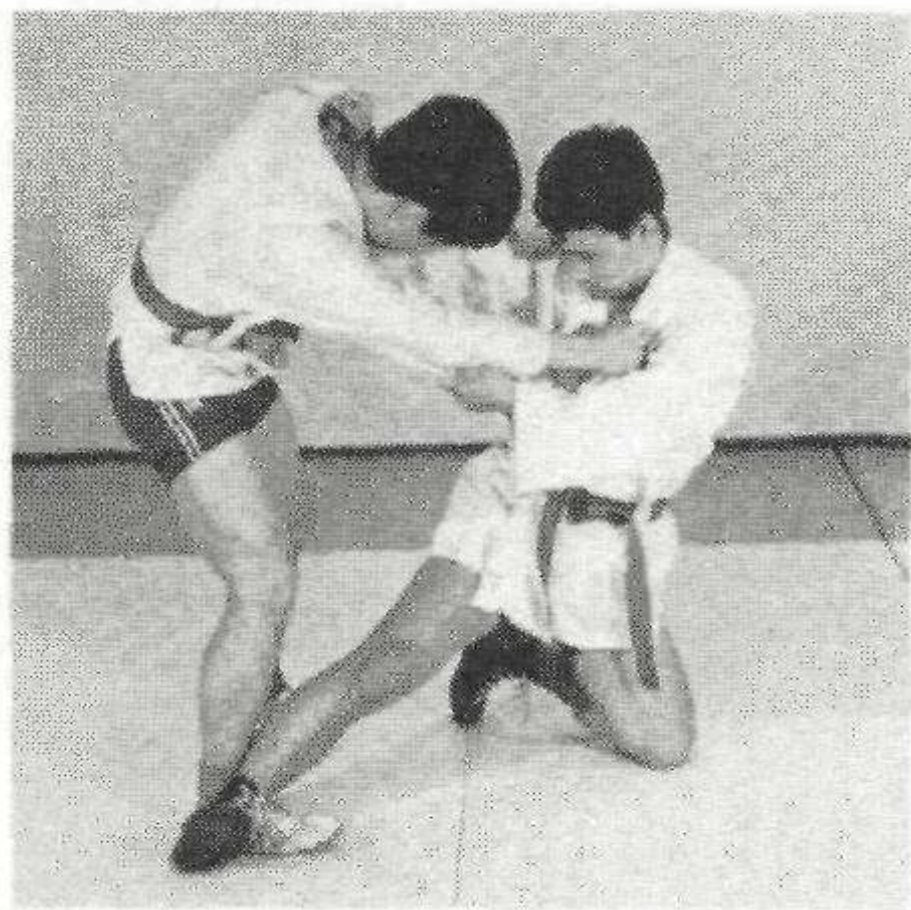
(2)



(3)



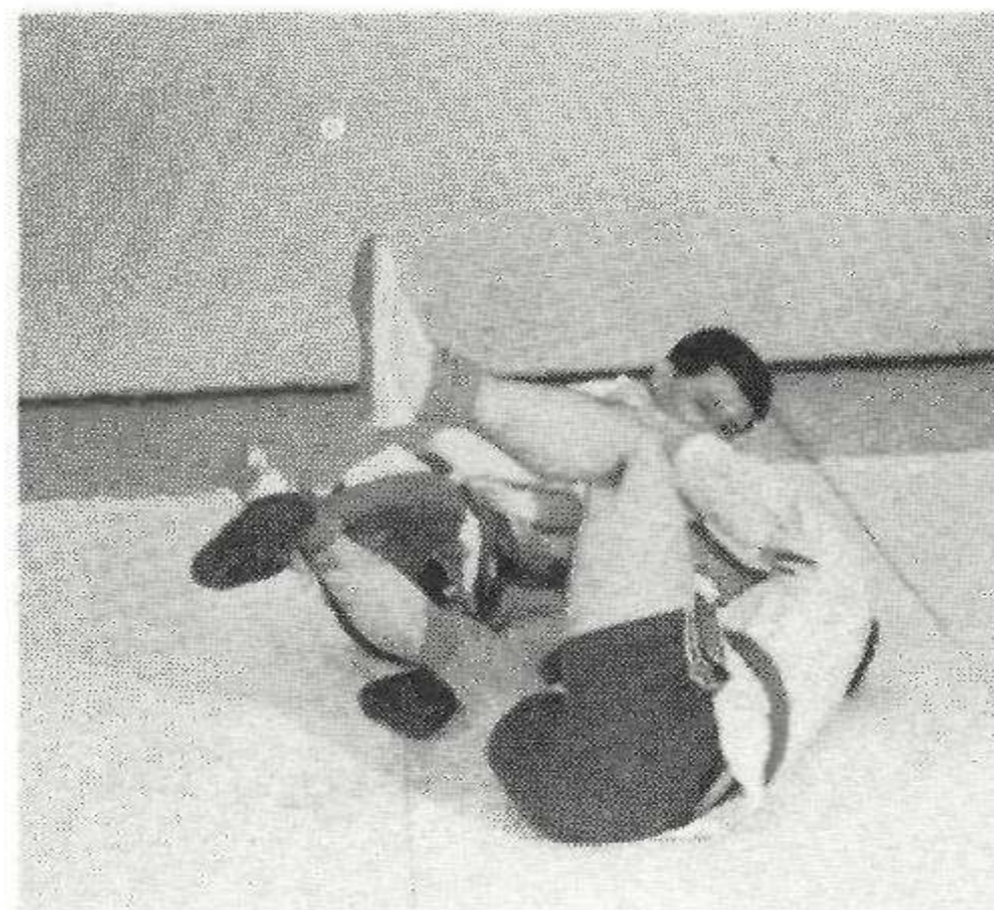
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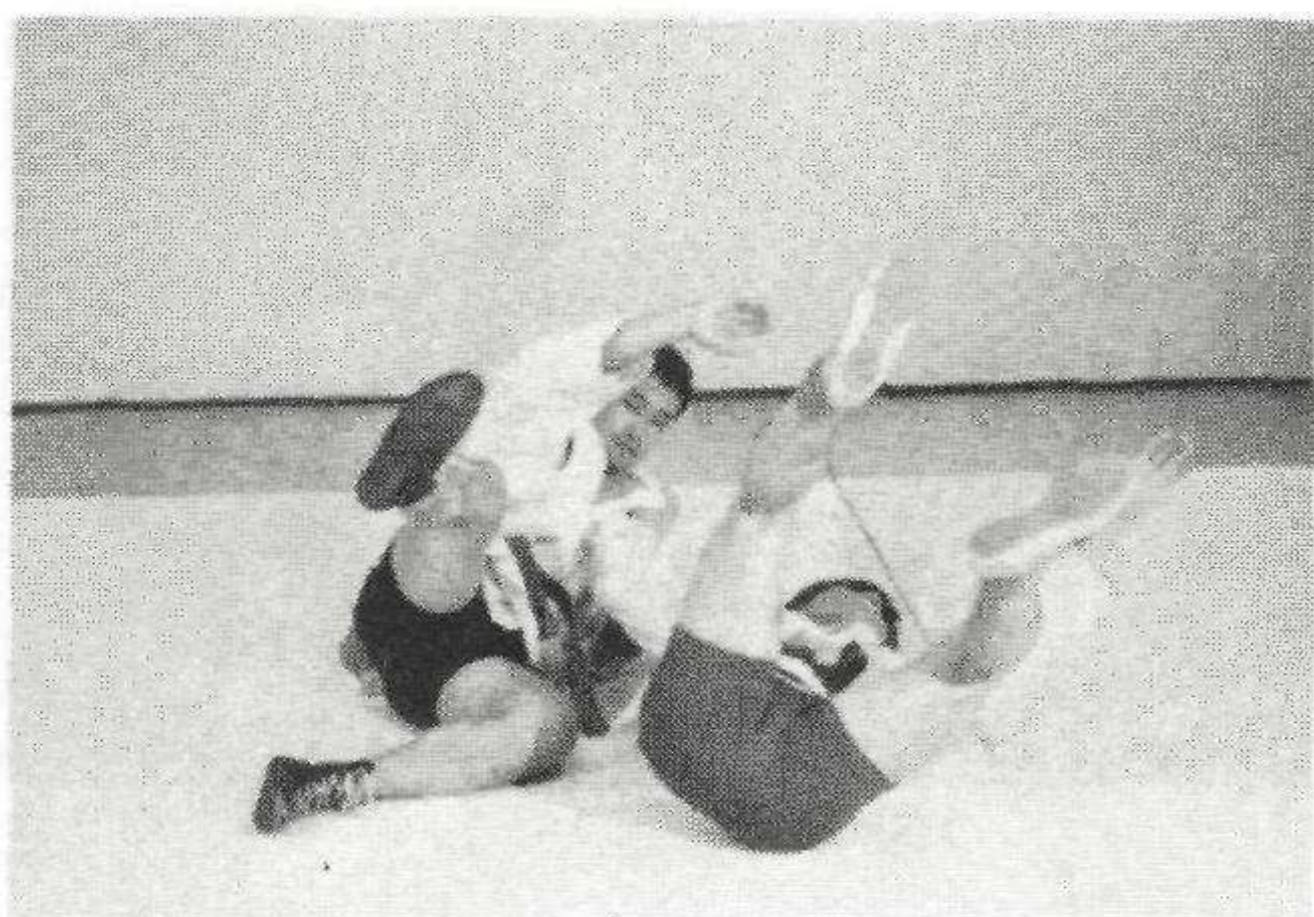
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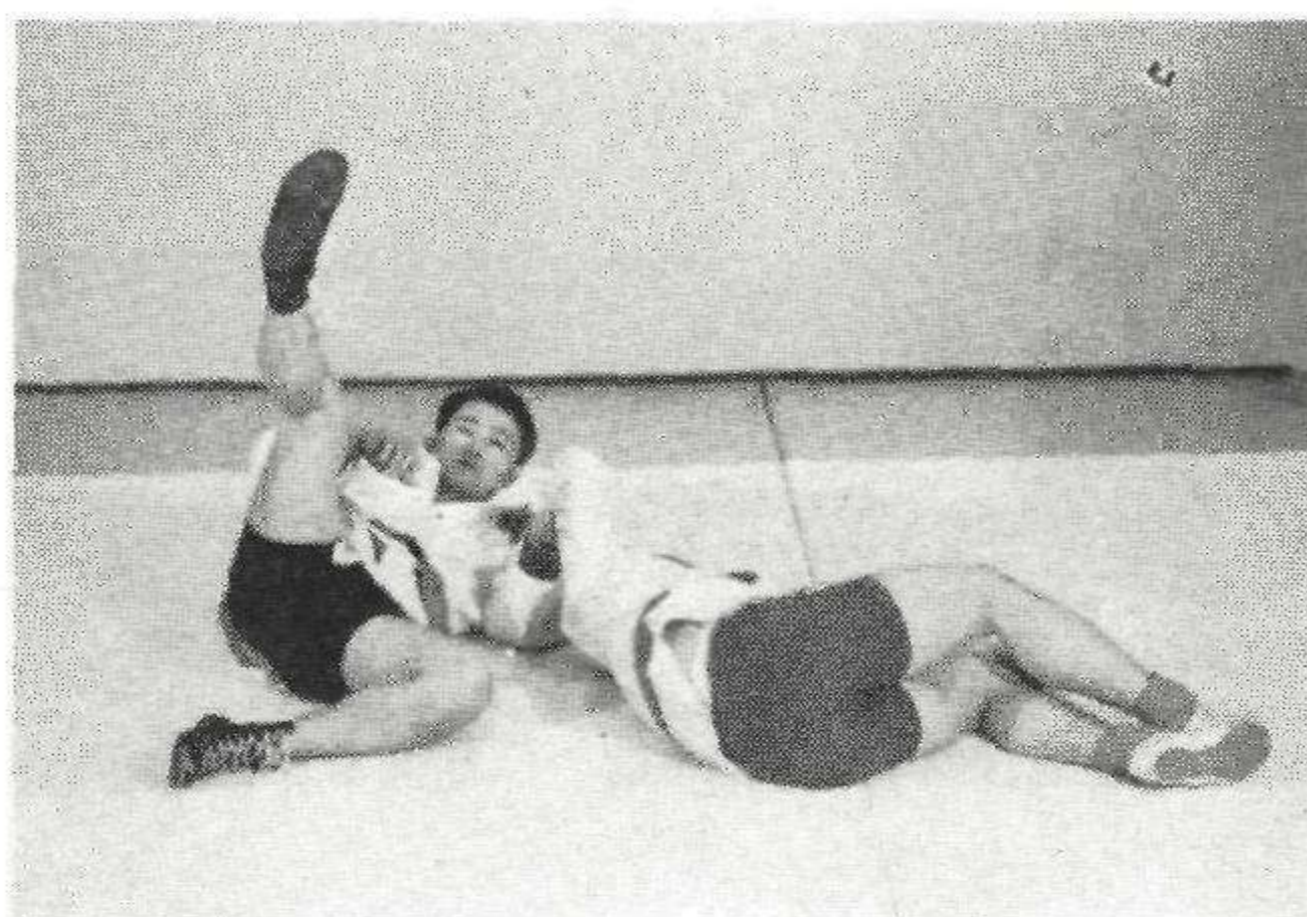
(6)



(7)



(8)

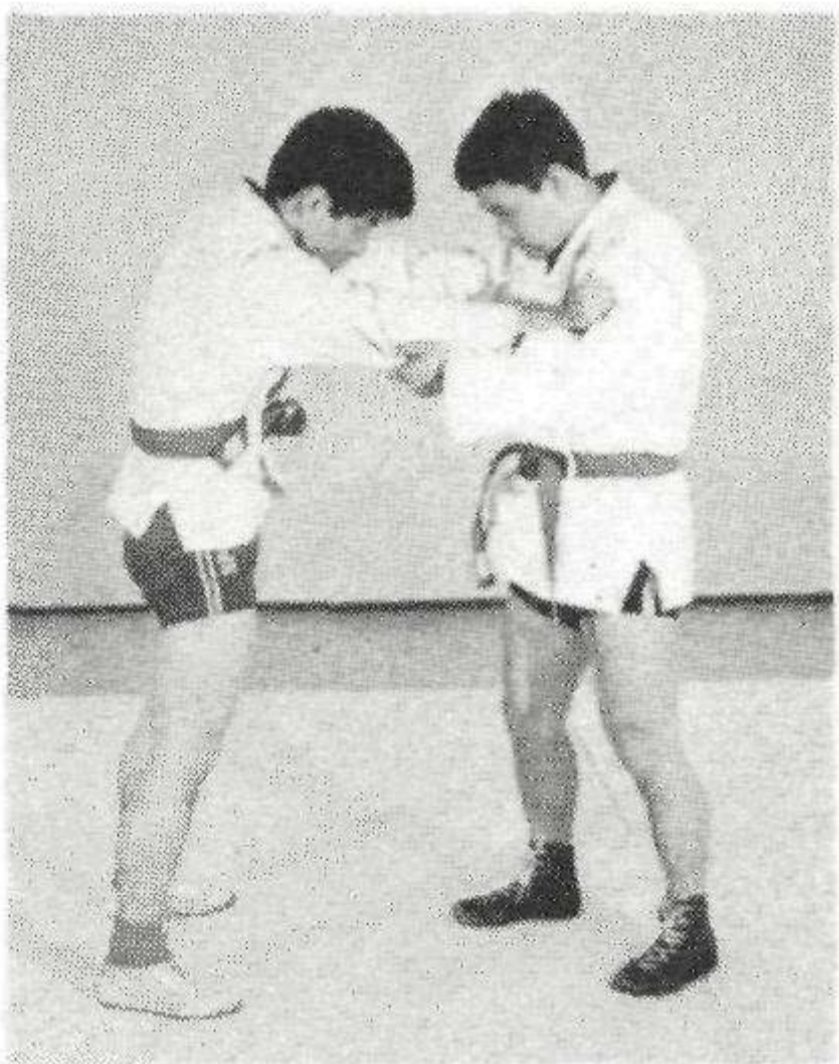
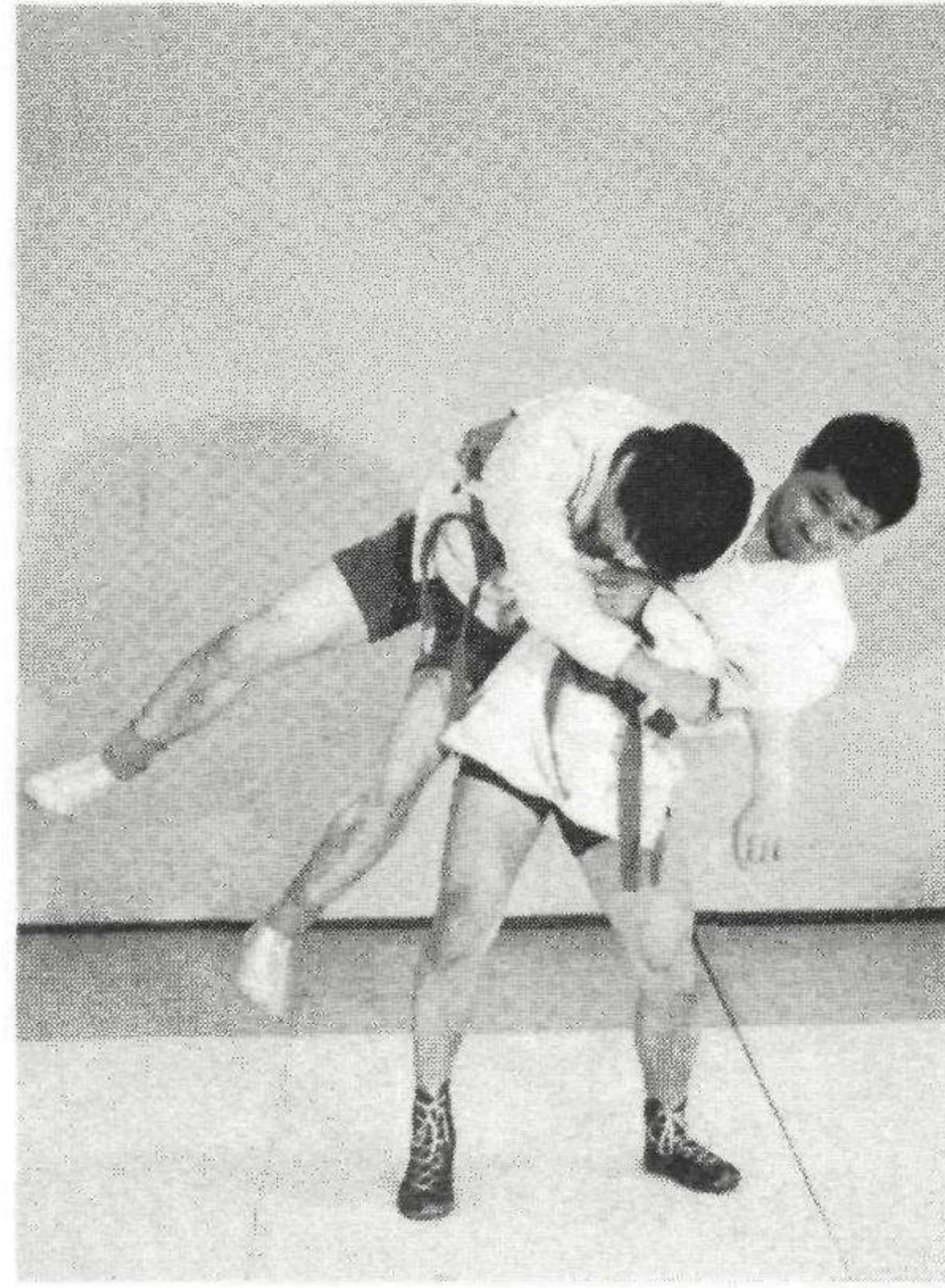


(9)

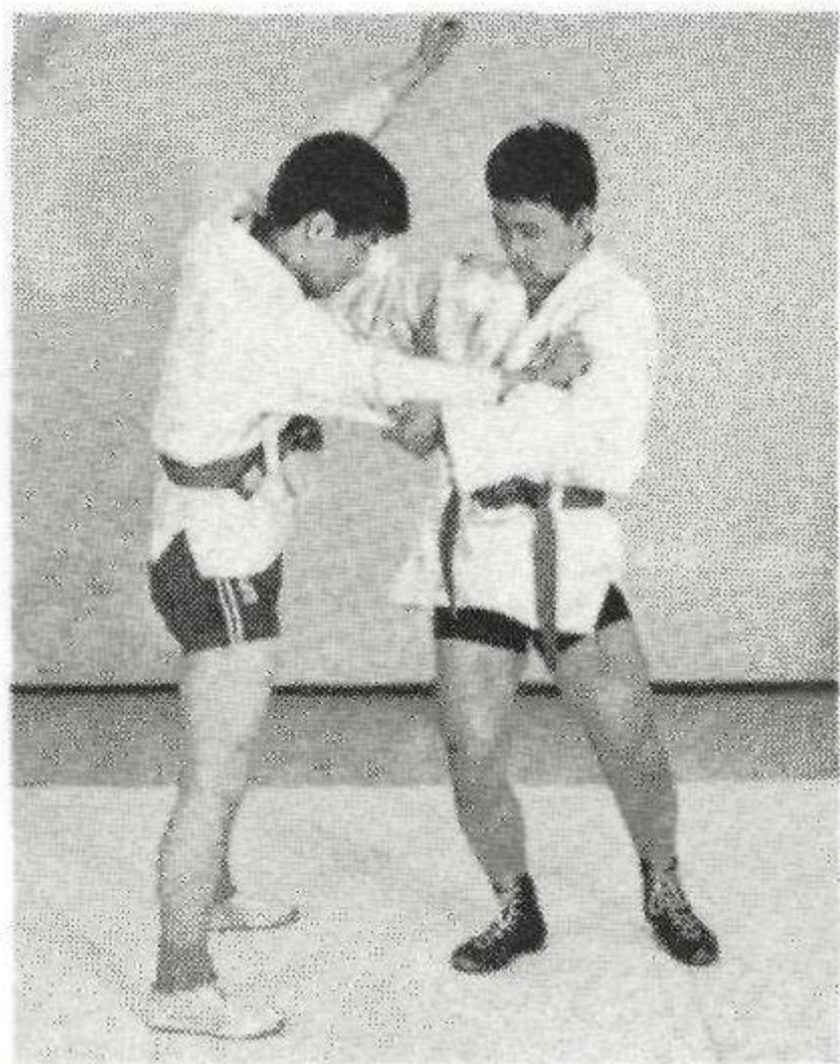
4 A. LOIN THROW

Grasp the opponent with the left hand under the right elbow and with the right at the jacket in reverse grip at the undermost part of the sleeve (1). Unfolding opponent's hold lift opponent's left arm upwards and to the left (2), then continuing the motion, cross opponent's arms (3). Undoing the left arm hold, transfer the right arm to opponent's back (4), put the right leg by opponent's left leg (5), embrace his body with the right arm (6). Bending to the left, heave the opponent on the right hip (7), then without releasing the right arm hold, throw him on the mat (8).

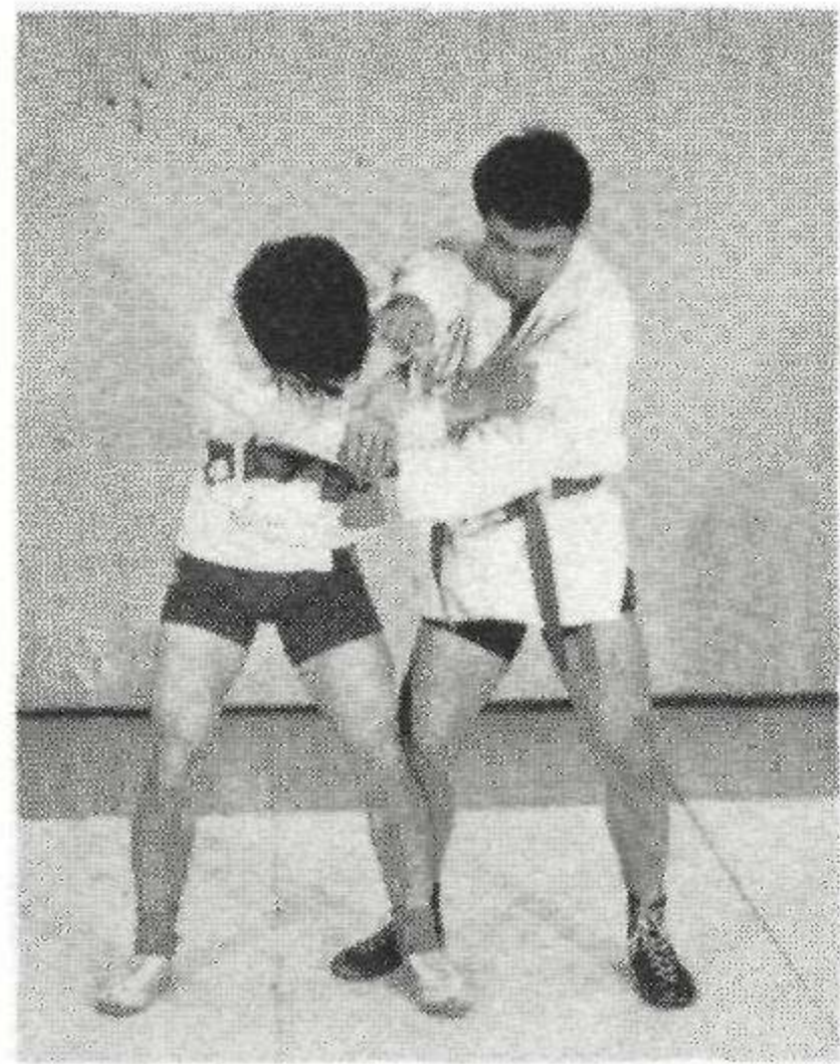
Safeguarding – by the right sleeve. Self safeguarding – left side fall (9).



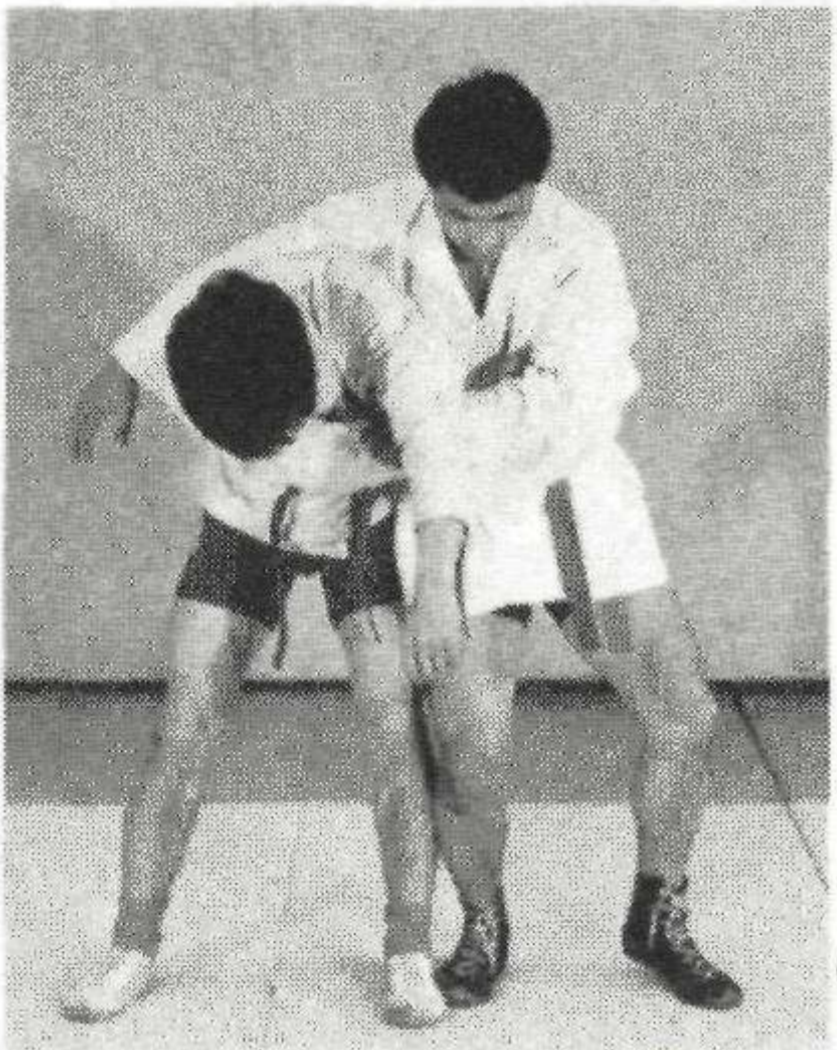
(1)



(2)



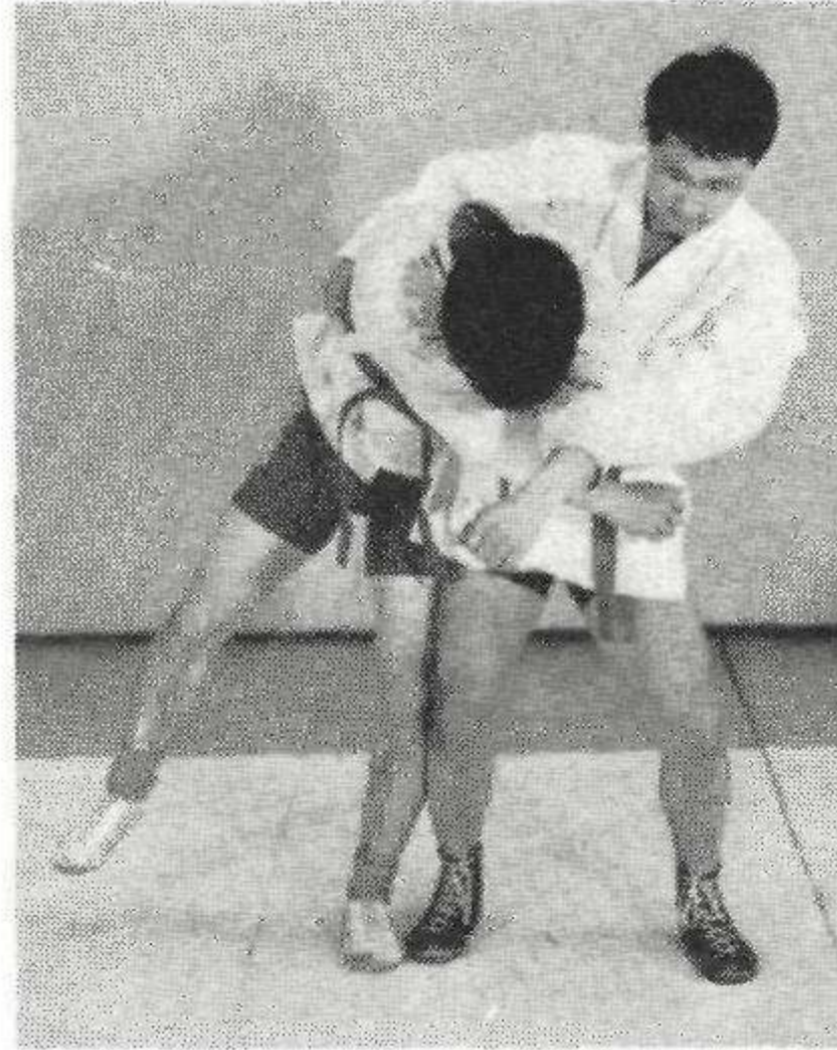
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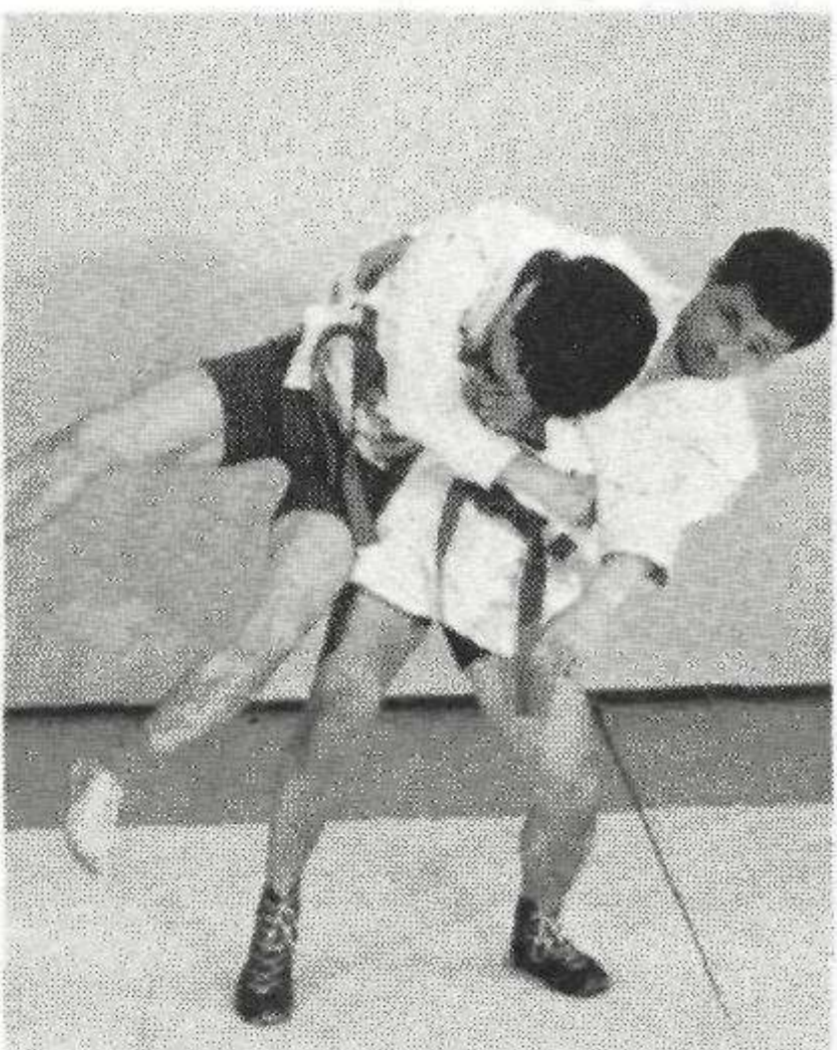
(4)



(5)



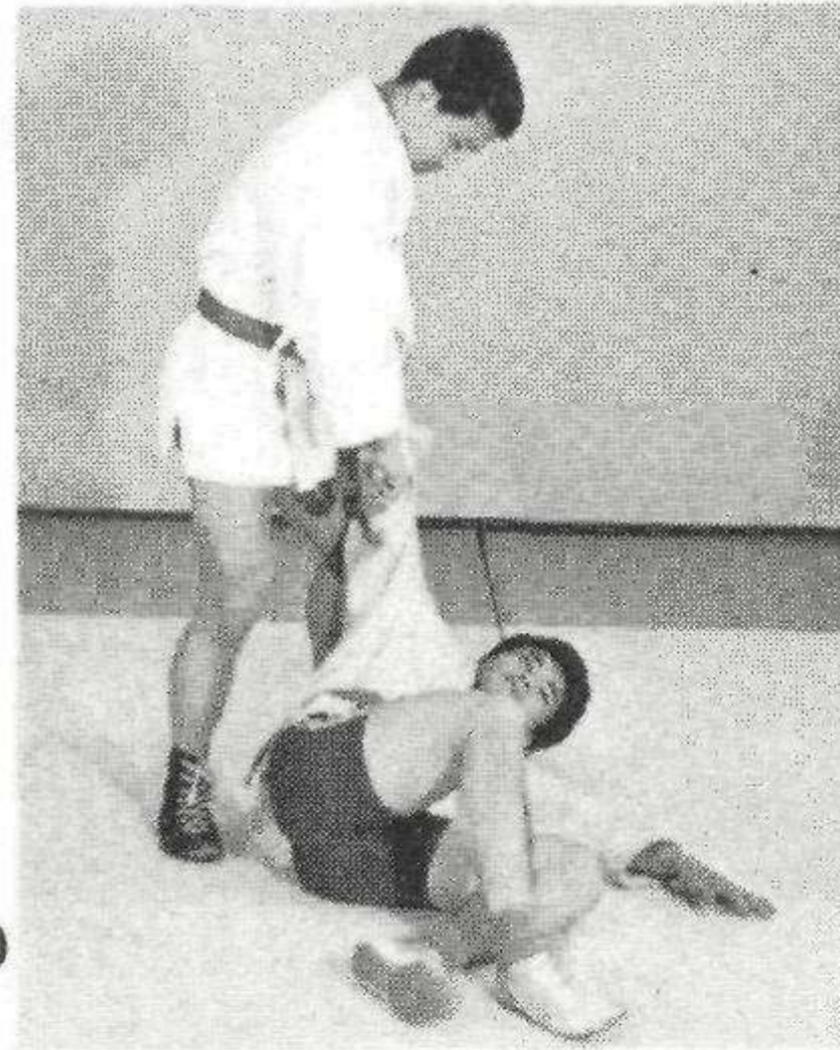
(6)



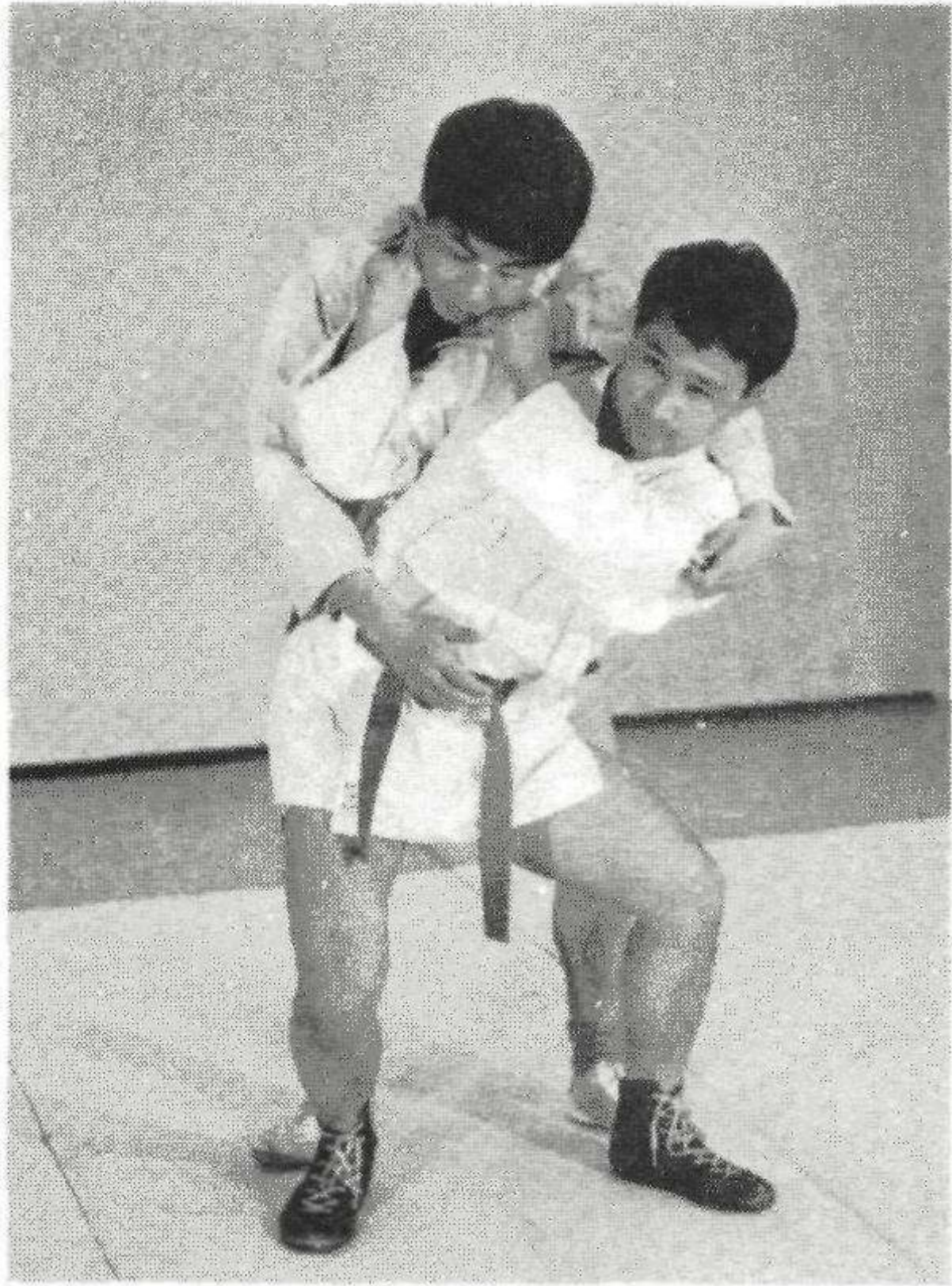
(7)



(8)



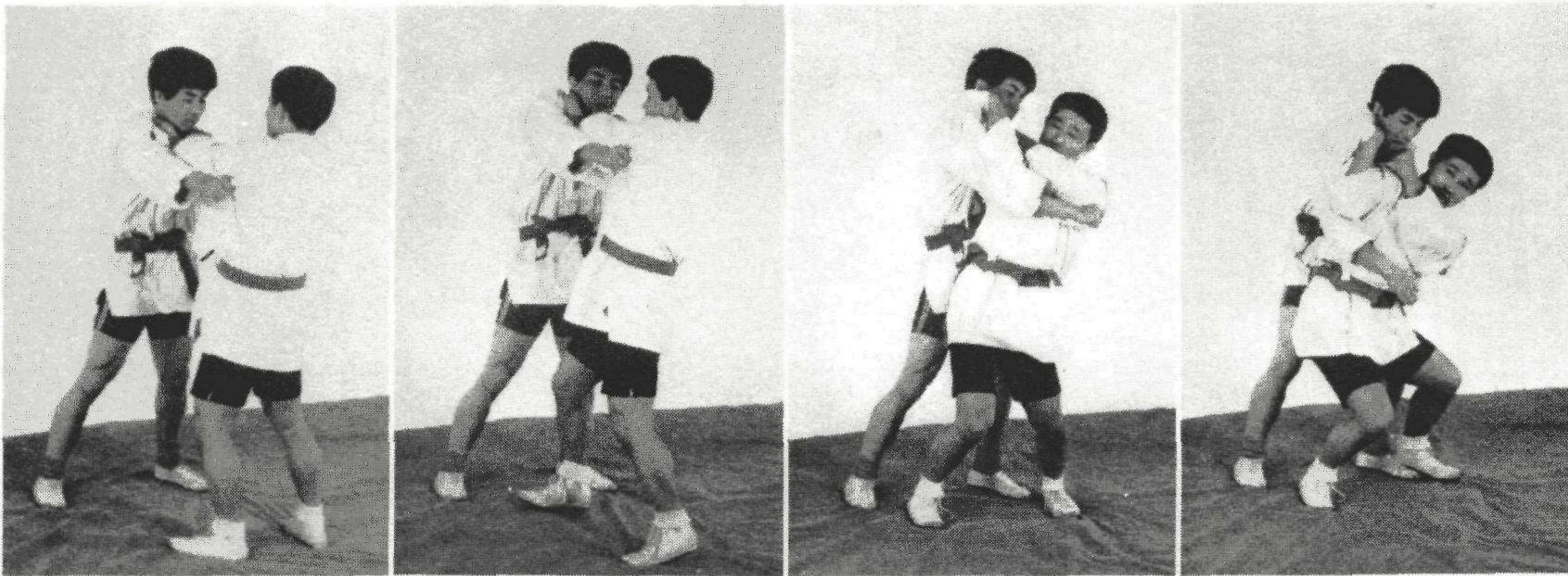
(9)



4 B. CHEST JACKET HOLD HIP THROW

Grasp the opponent with the right hand at the left lapel and with the left (over the right) at the right lapel (1). Do a step forward with the right foot (2), put it on the heel between opponent's legs, then turning to the left (3), pull the left leg up to the right, bend the knees (4). Uprising, reap the opponent with the loin (5), then bending forward, pull him over (6) and throw on the mat (7).

Safeguarding – by the lapels. Self safeguarding – back fall.

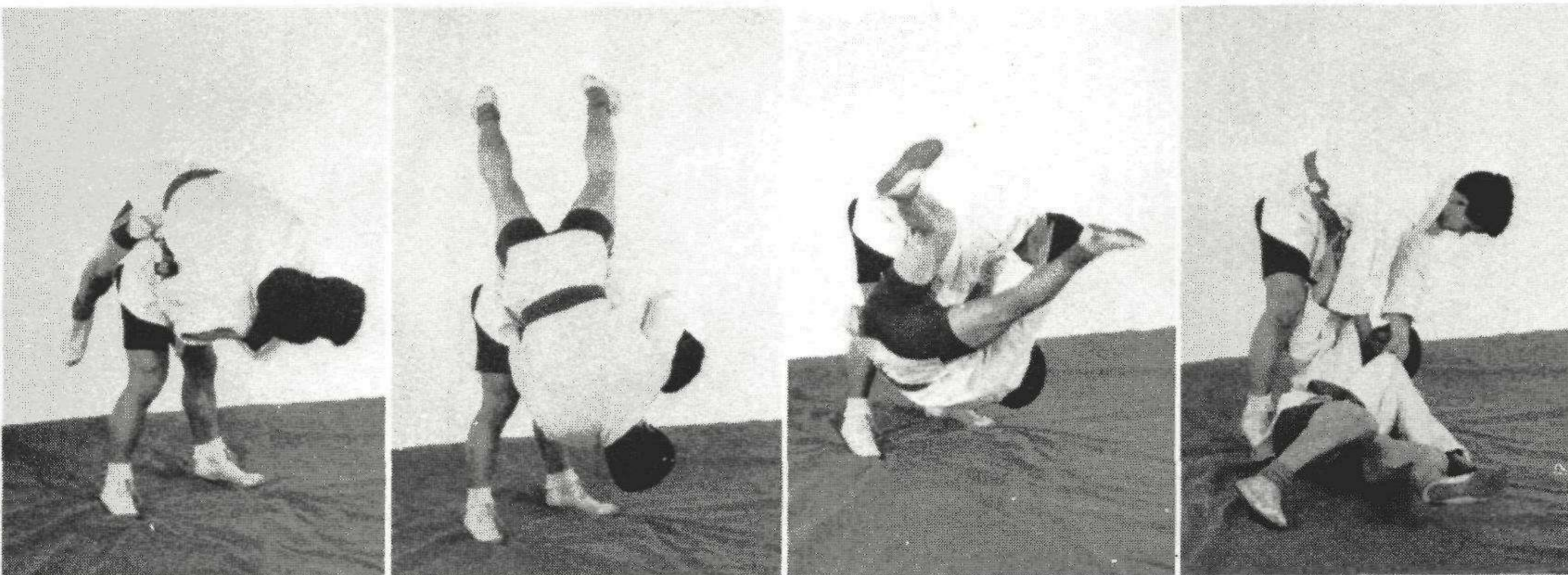


(1)

(2)

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(6)

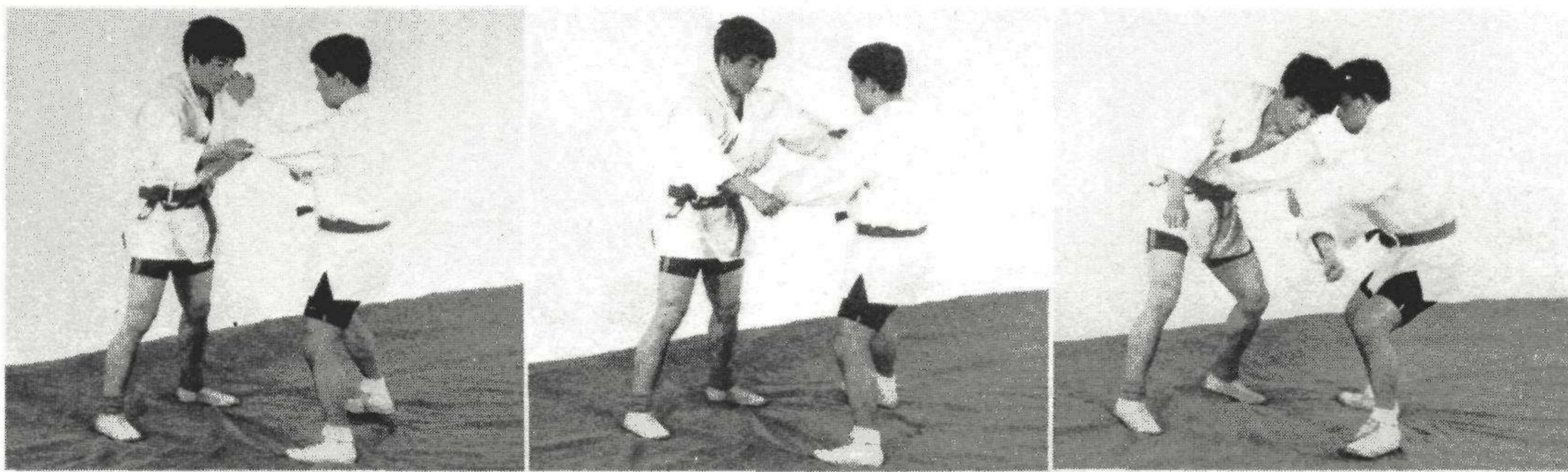
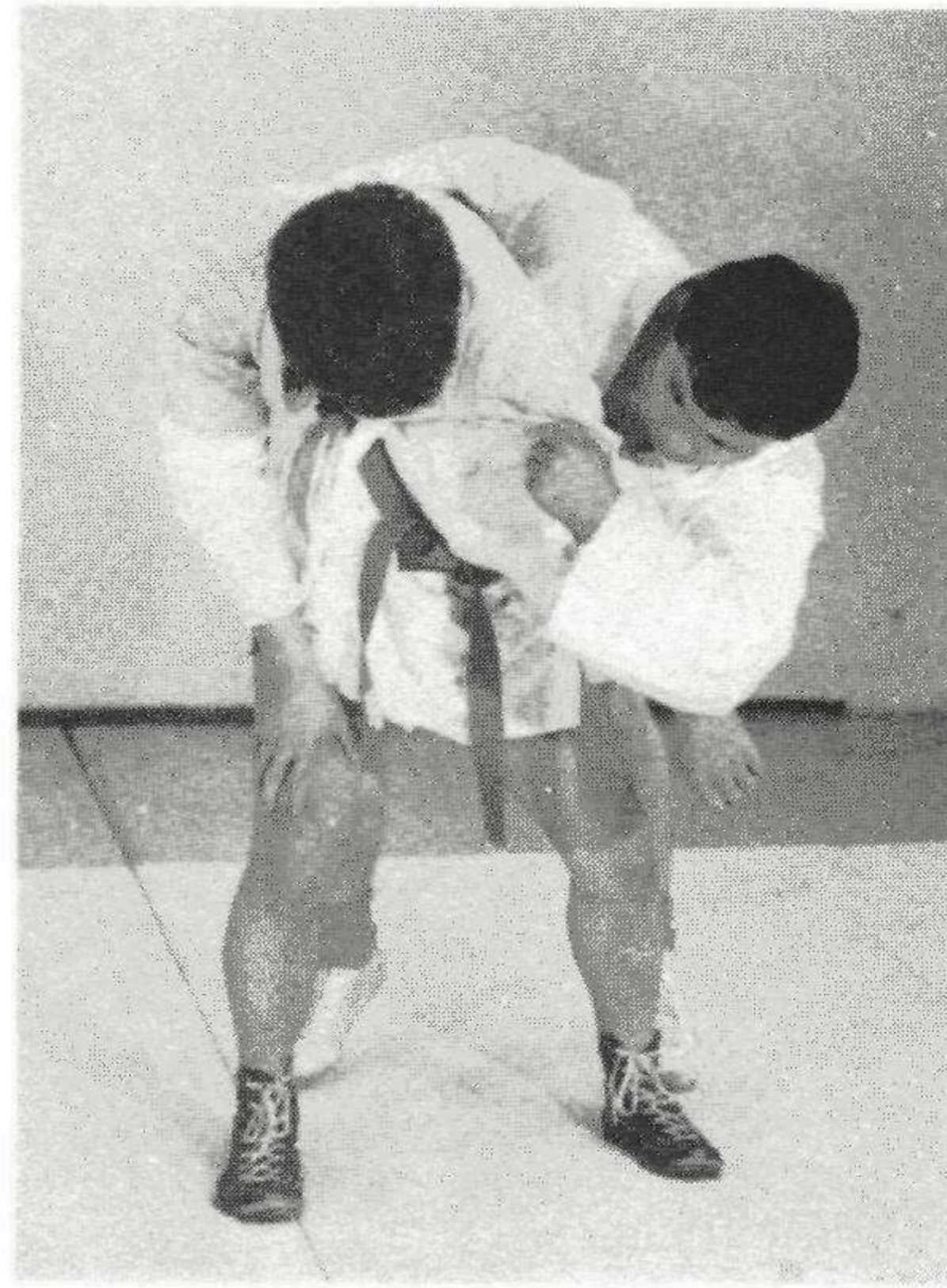
(7)

(8)

4 C. TRANSVERSE SHOULDER THROW

Grasp the opponent over both sleeves (1). Release the left hand hold (2), then stepping with the right foot to the right, grasp opponent's left shoulder from beneath and pull his arm with both hands to the left and downwards (3). Embrace opponent's back with the right arm (4), then stepping forward with the right foot, draw own right hip forwards (5). Reaping the opponent with the loin (6), pull his left shoulder upwards with the left hand (7), then releasing the right hand grip (8) and putting the left foot to the left (9), throw the opponent on the mat (10).

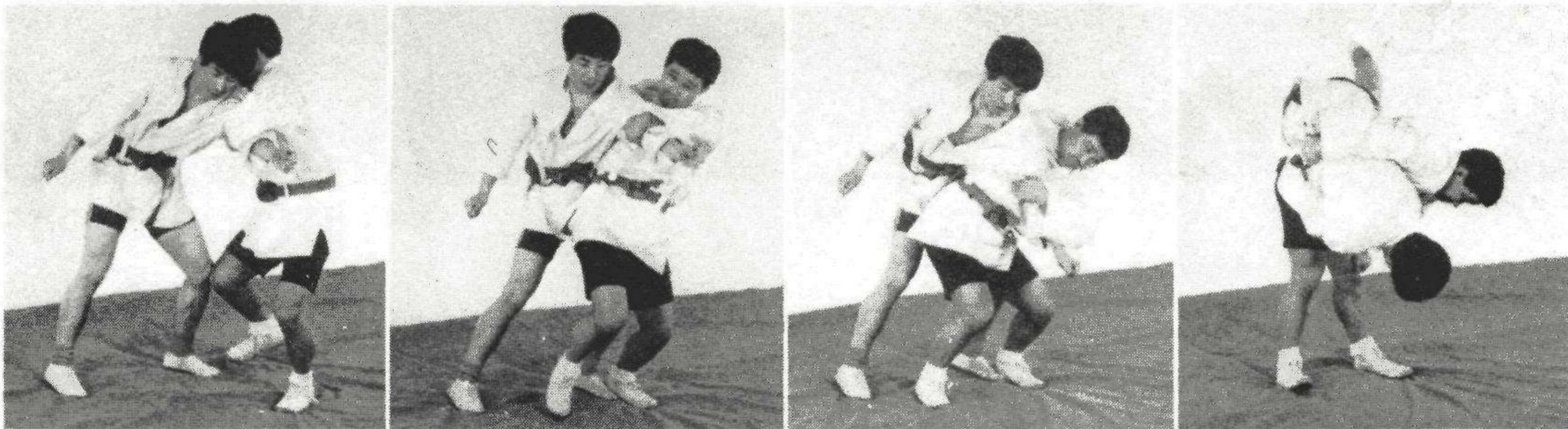
Safeguarding - right shoulder topple. Self safeguarding - left side fall (11).



(1)

(2)

(3)

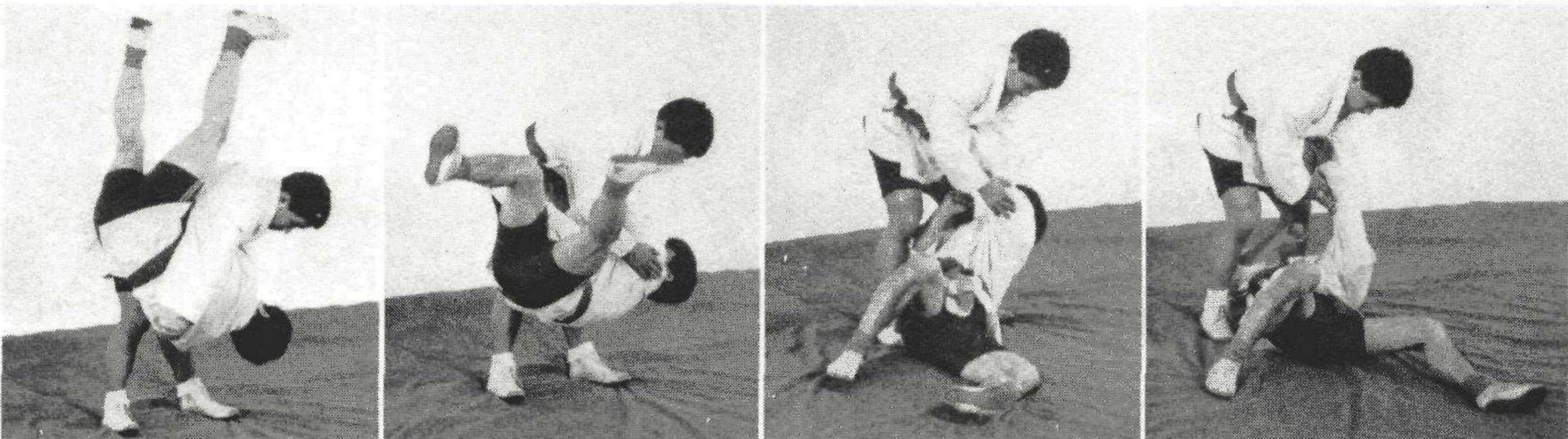


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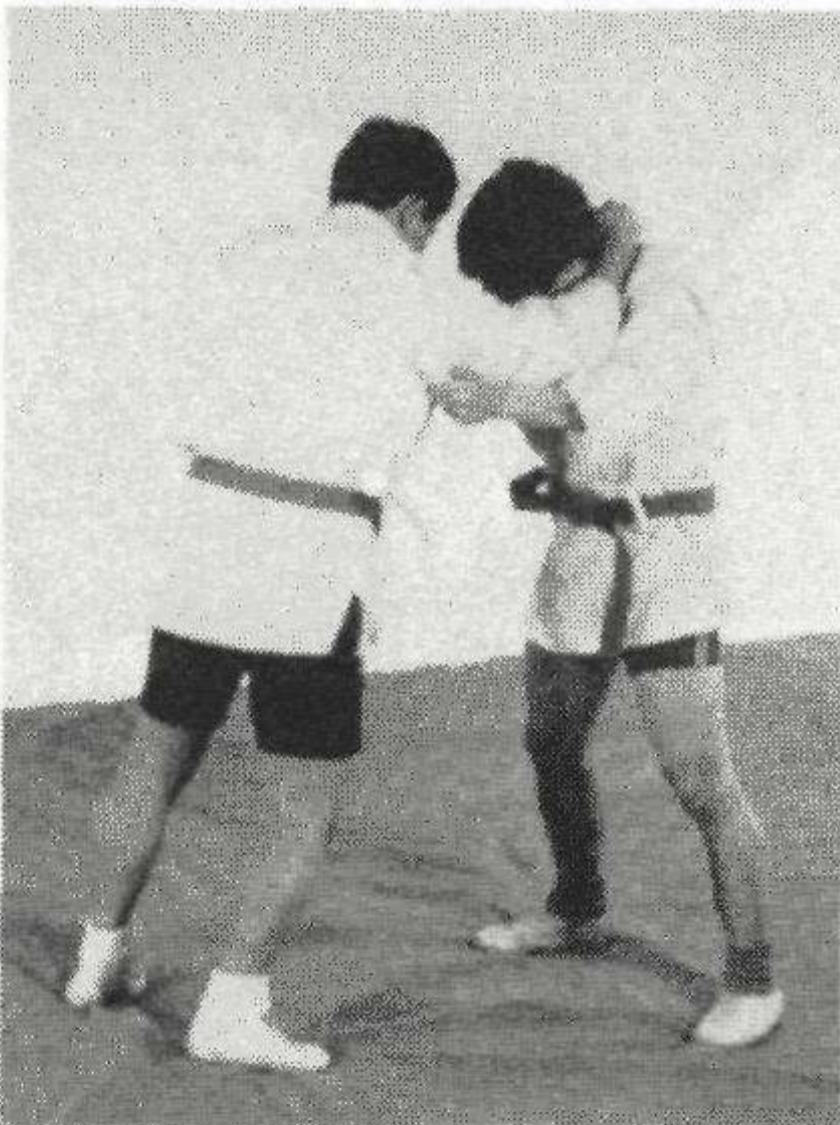
(10)

(11)

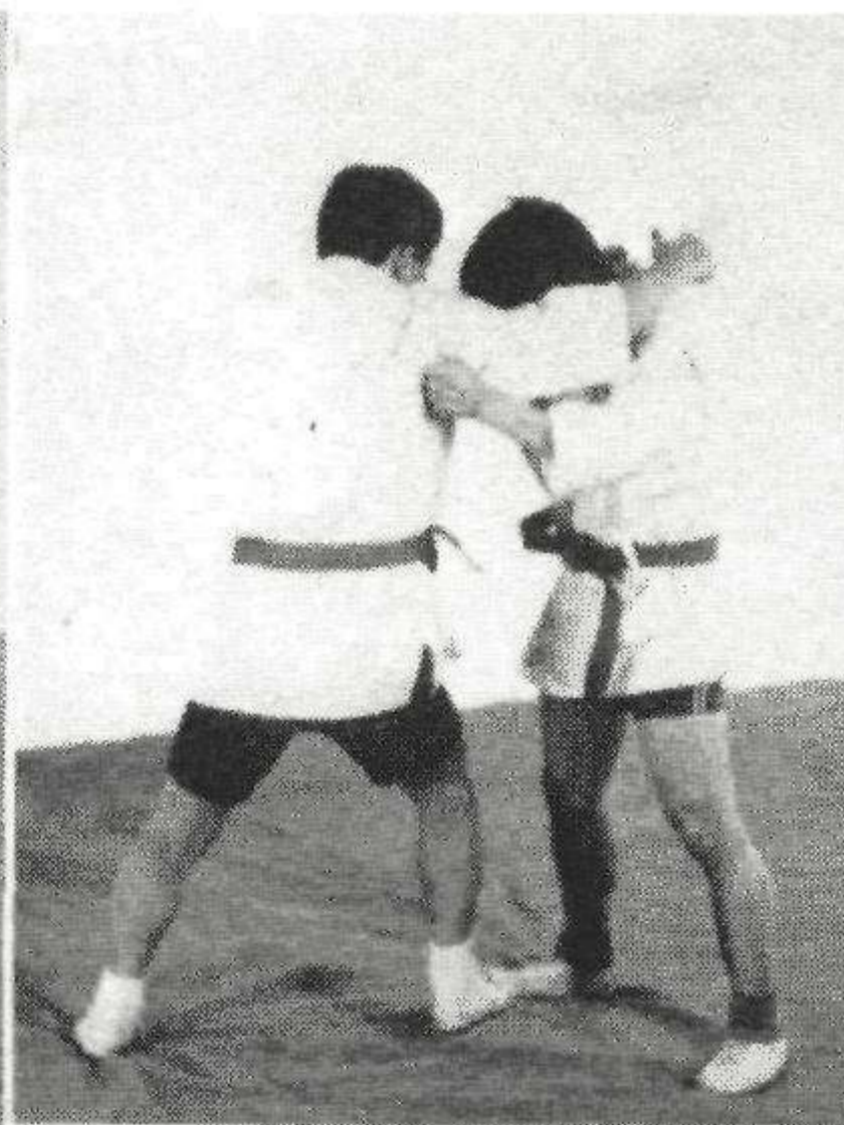


4 D. SACK THROW

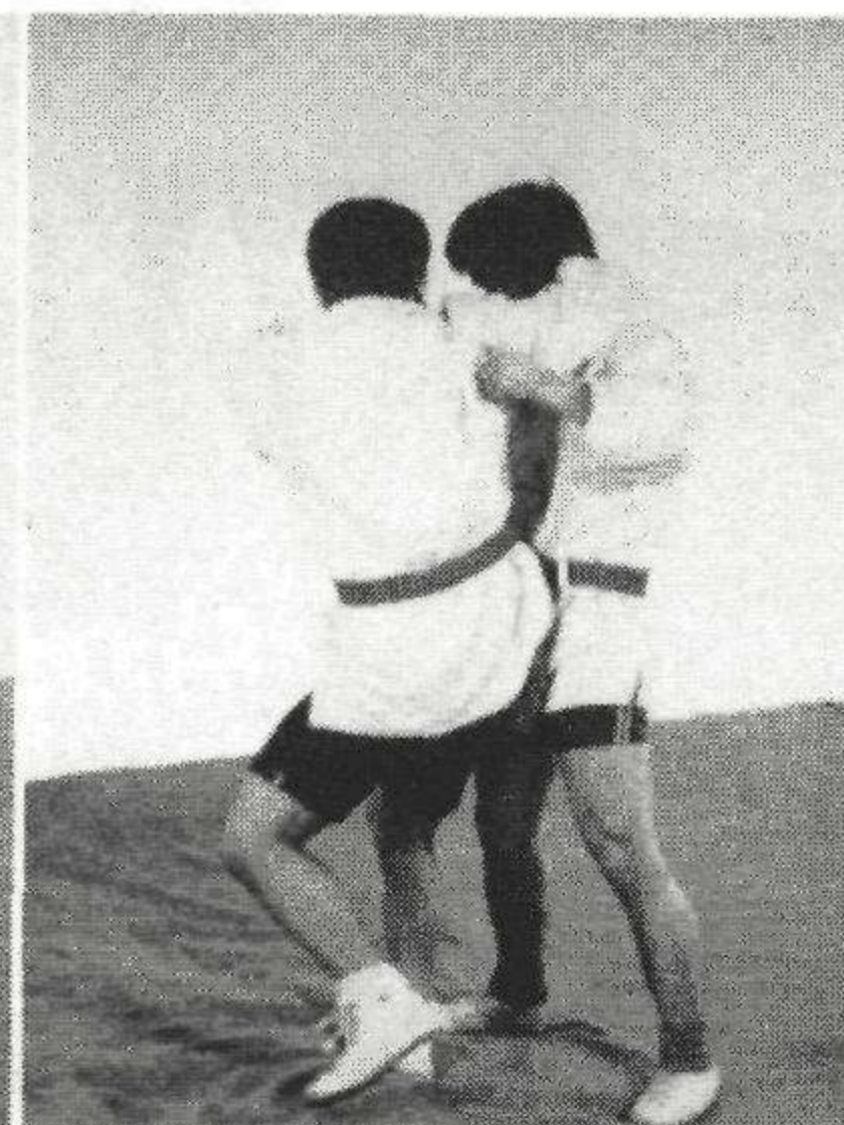
Grasp the opponent with the right hand at the collar and with the left at the right sleeve (1). Do a step forward with the right foot (2), turn to the left (3), then pulling the left leg up to the right (4), get hold of opponent's neck and draw the hip to the right (5). Kneeling on the right knee (6), throw the opponent over onto the mat (7), executing diagonal pressing down (8).



(1)



(2)



(3)



(4)



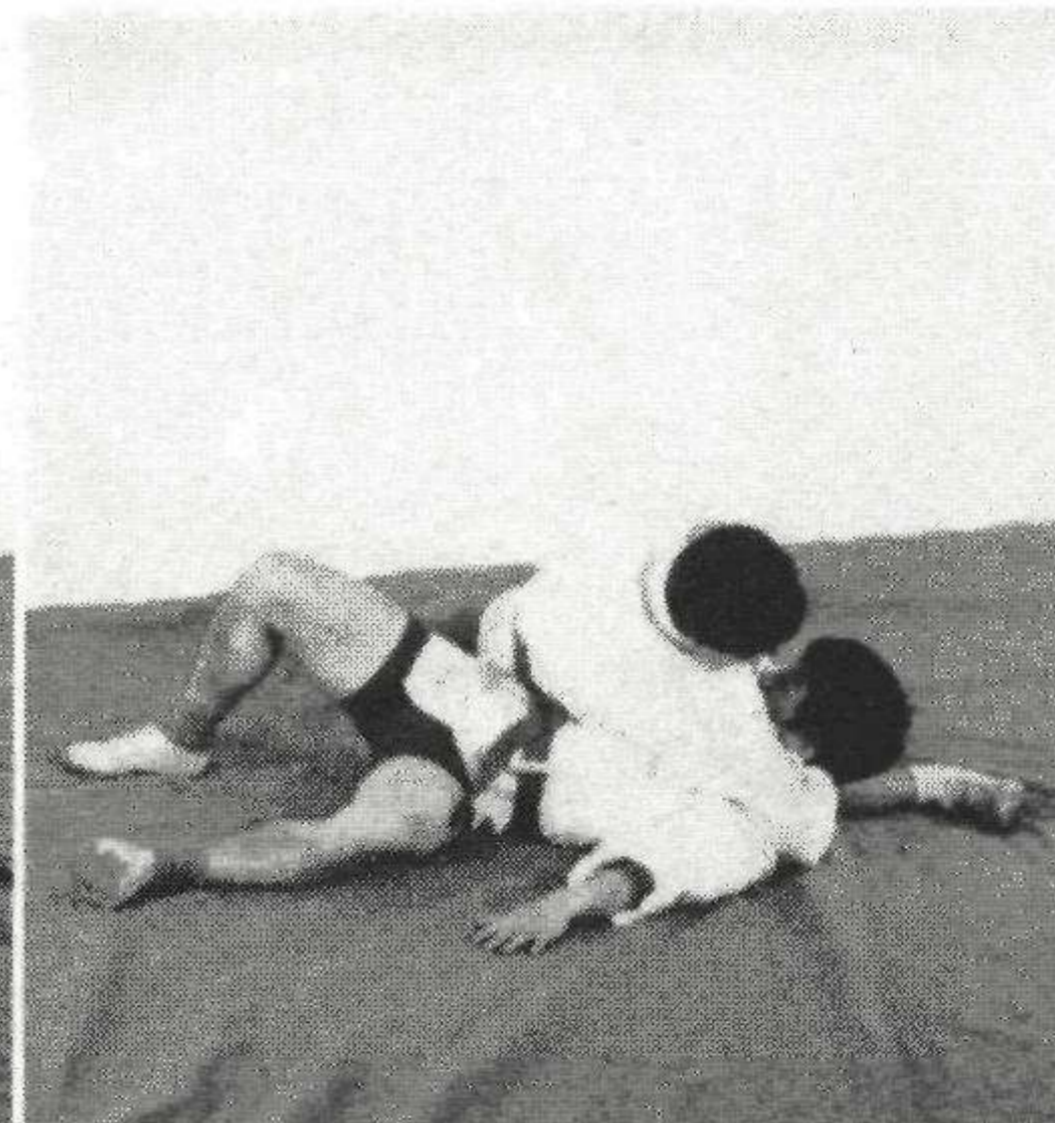
(5)



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(7)

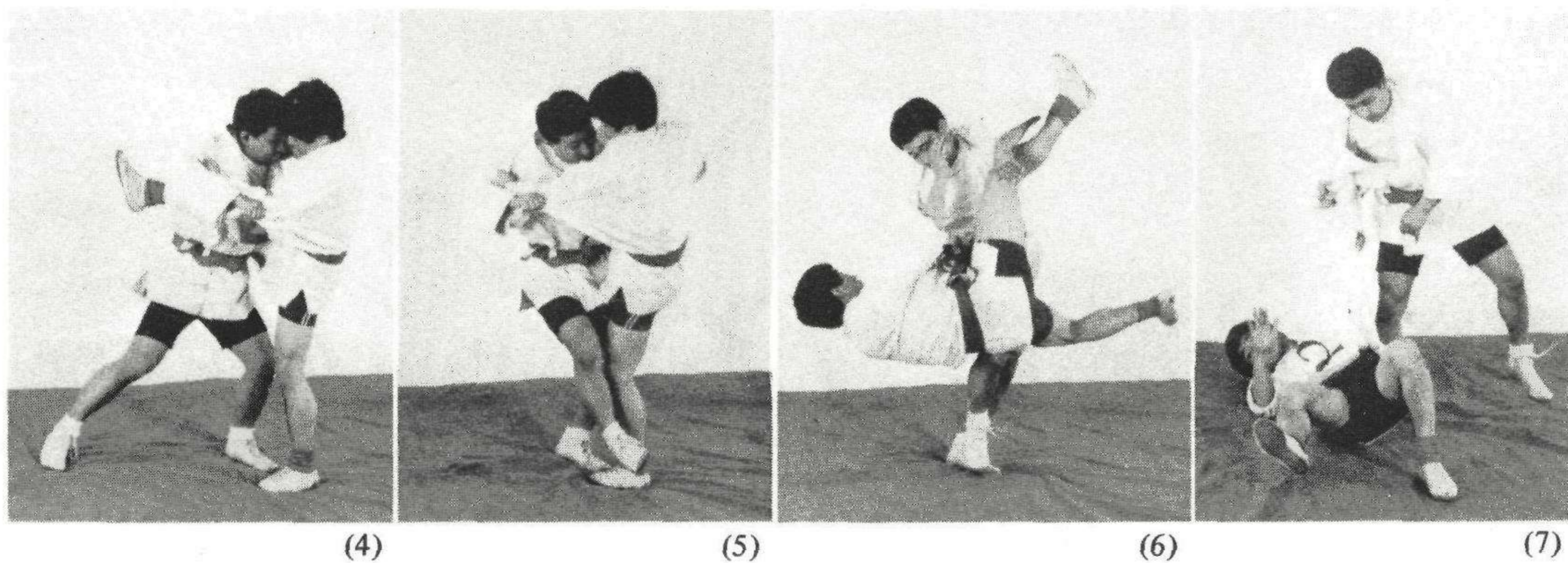
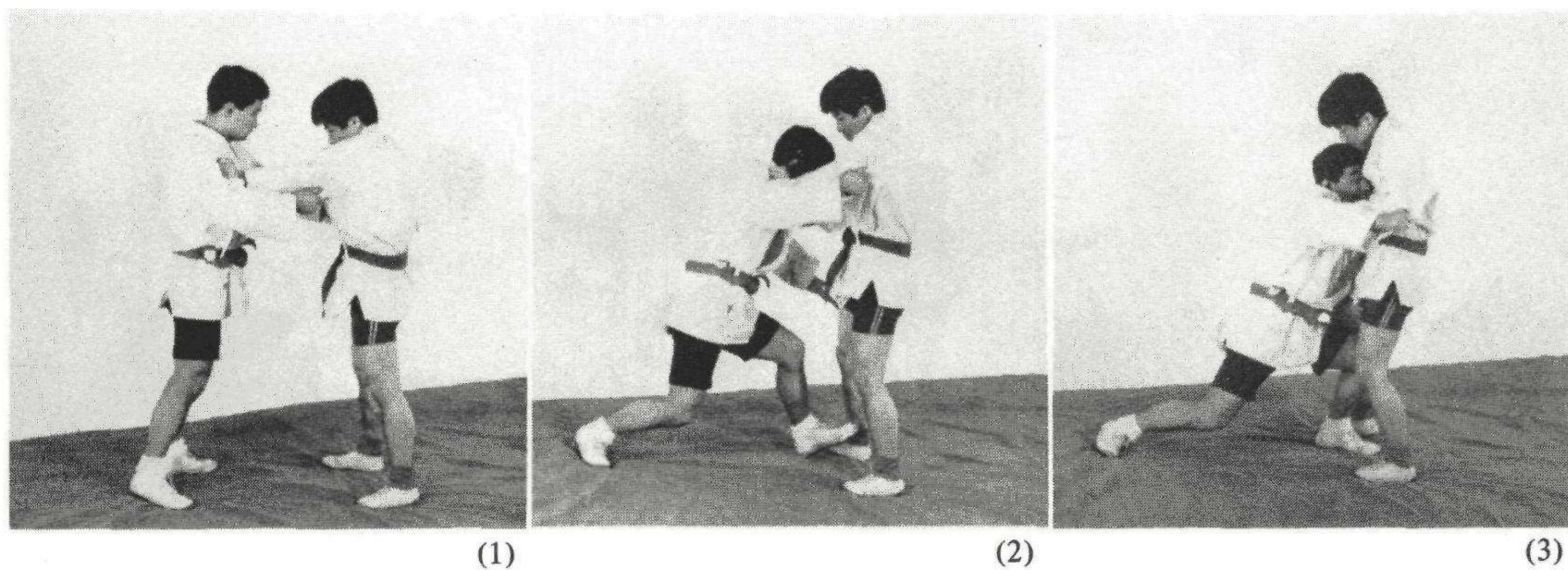
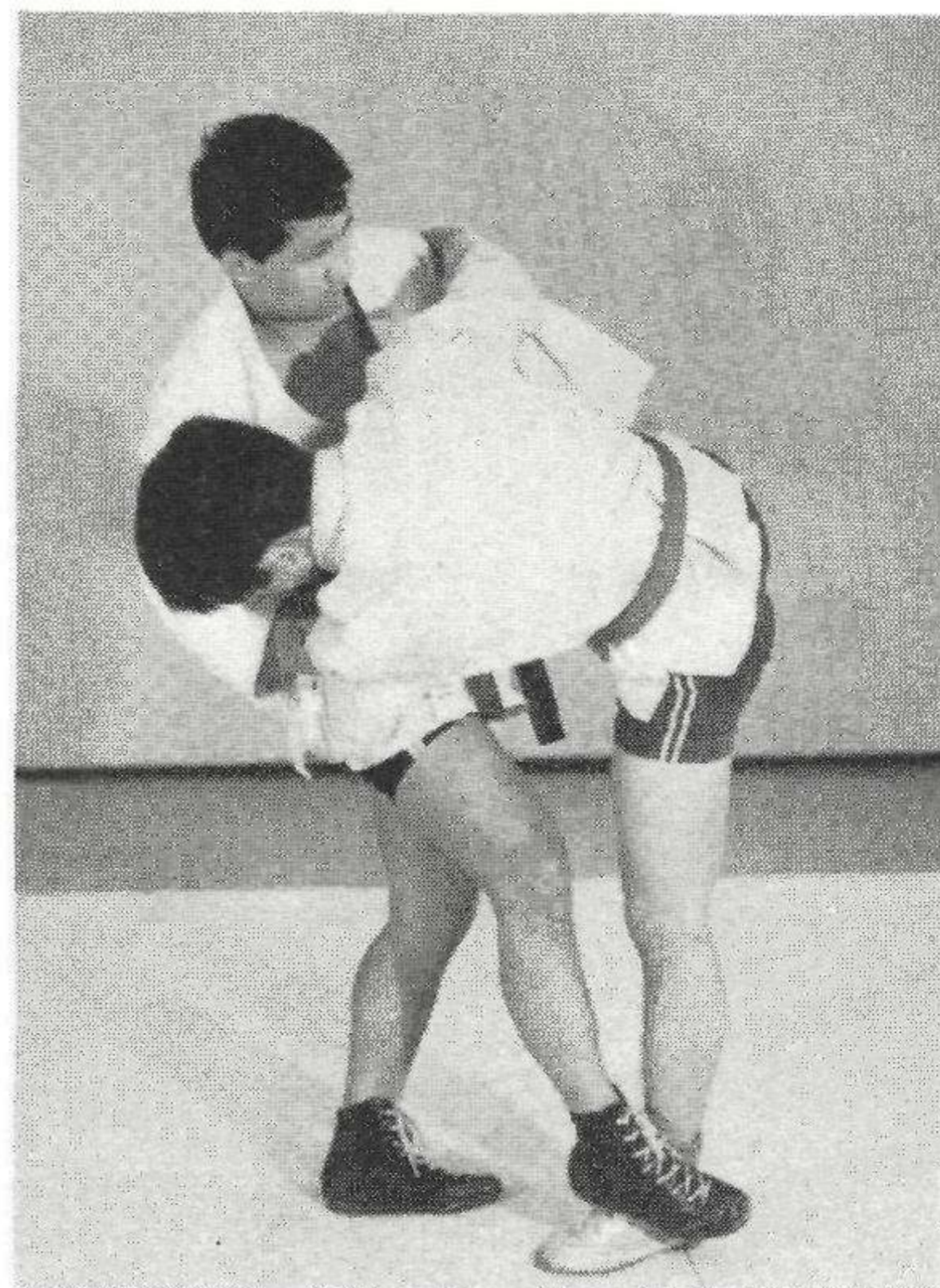


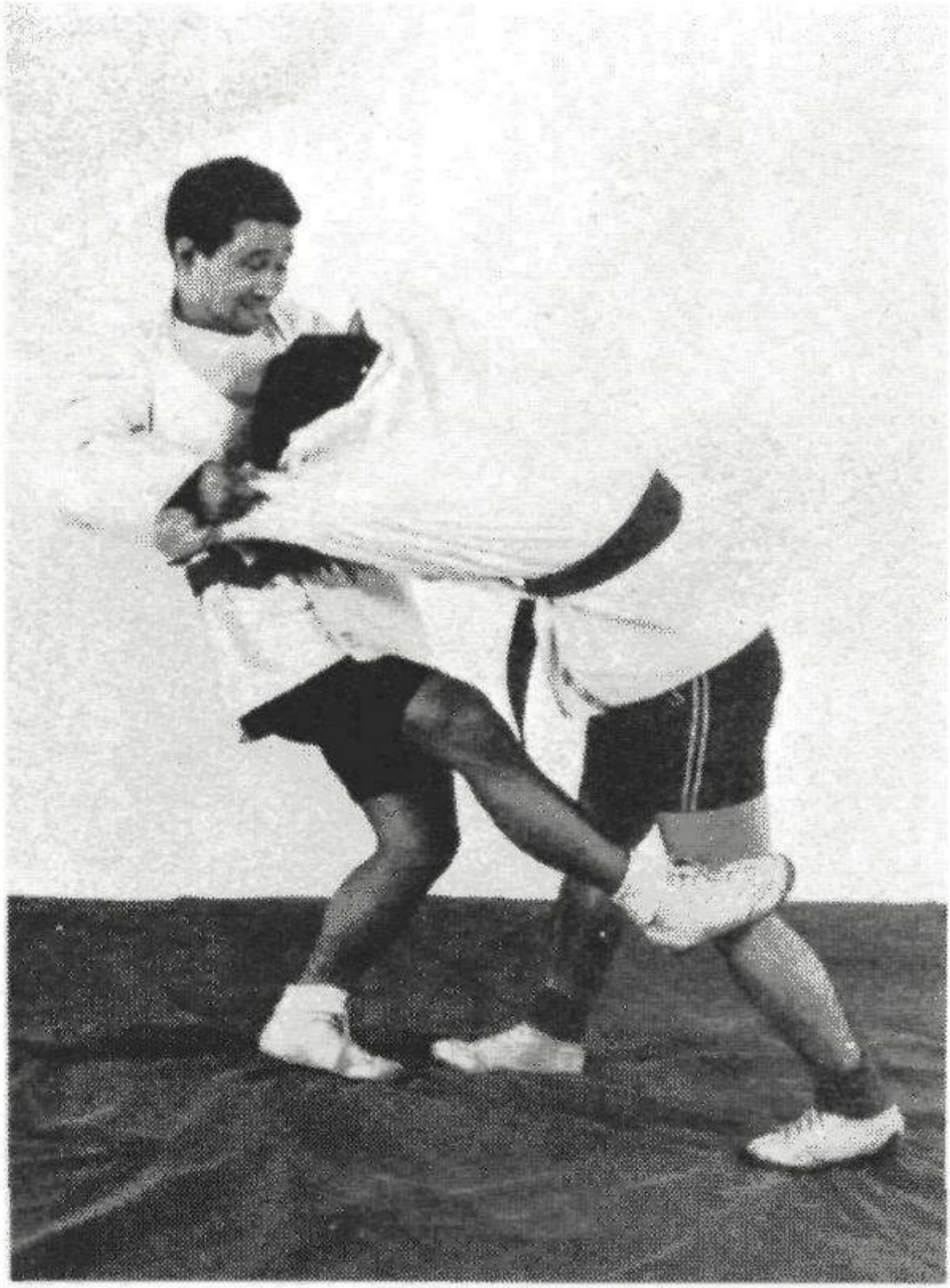
(8)

5 A. DRAWING ANKLE THROW WITH OUTER LEG GRIP

Grasp the opponent with both hands under the elbows (1). Do a step forward with the left foot and put it between opponent's legs (2). Crouching and squatting, grasp opponent's right leg from outside with the left hand. Unbending the knees and uprising, heave the grasped leg (4). Sweep opponent's left foot with the right sole (5), then pulling down with the right hand, throw the opponent on the mat (6). At the moment of the fall execute a right leg lunge to the right (7).

Safeguarding – by the left sleeve. Self safeguarding – right side fall.

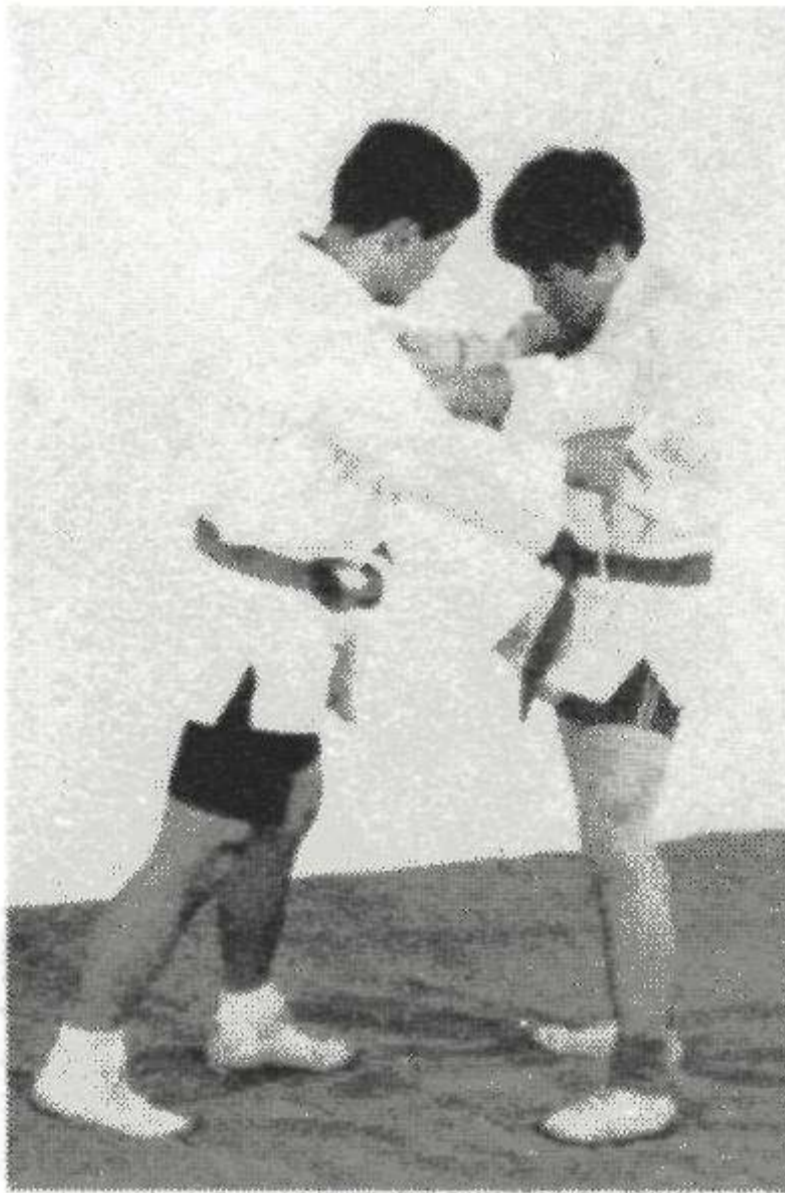




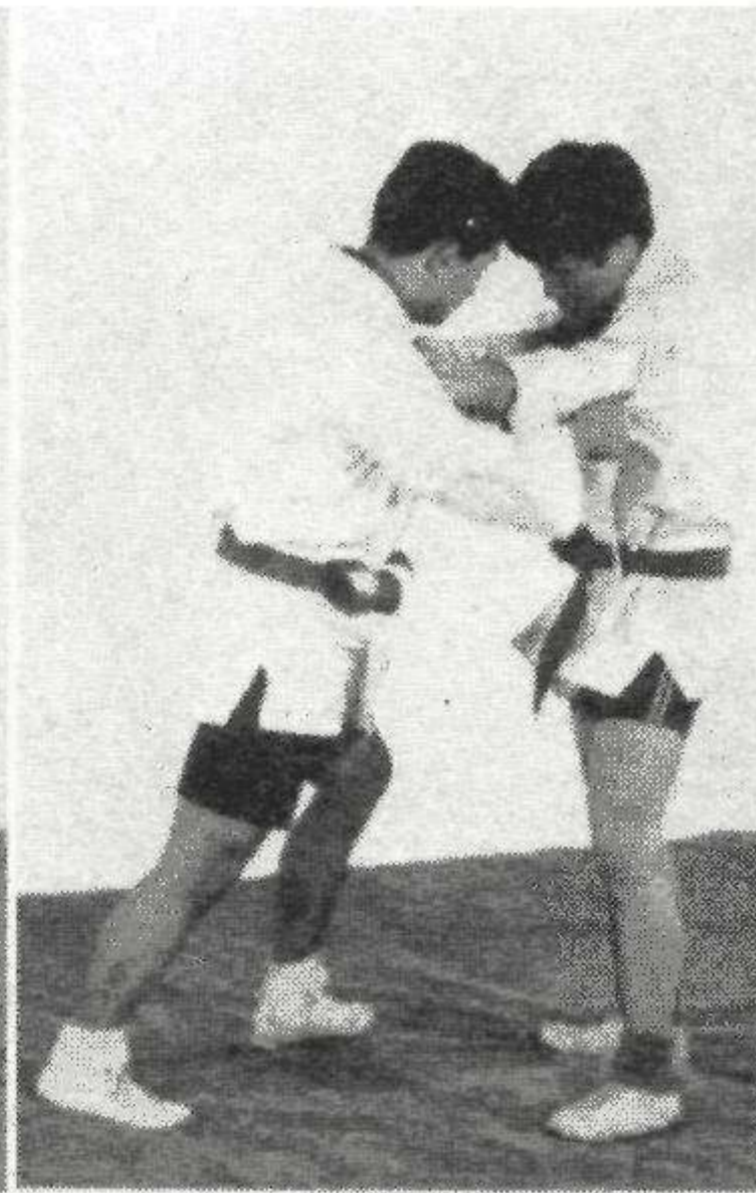
5 B. SIDE BODY THROW

Grasp the opponent at the both sleeves from beneath (1). Pulling the opponent upwards, put him on the toes (2). Sweep opponent's left foot with the right sole (3). Falling backwards (4), pull him to the right (5) and throw on the mat (6).

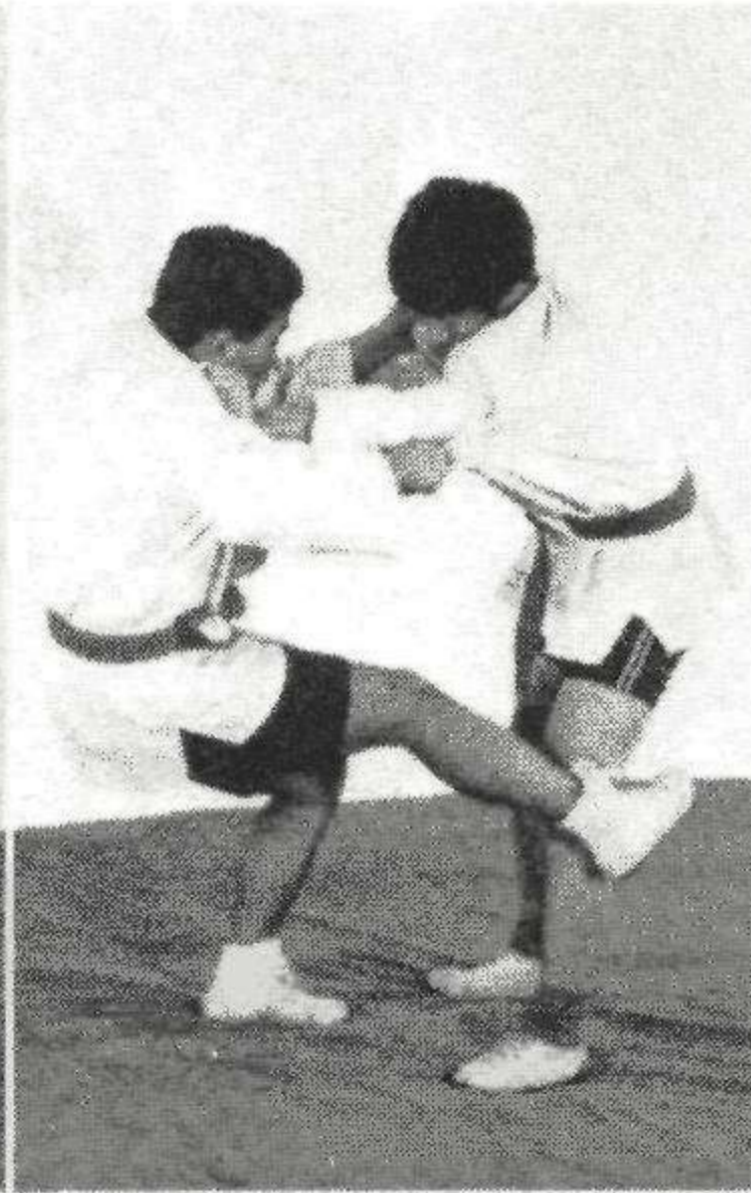
Safeguarding - right side fall (7).



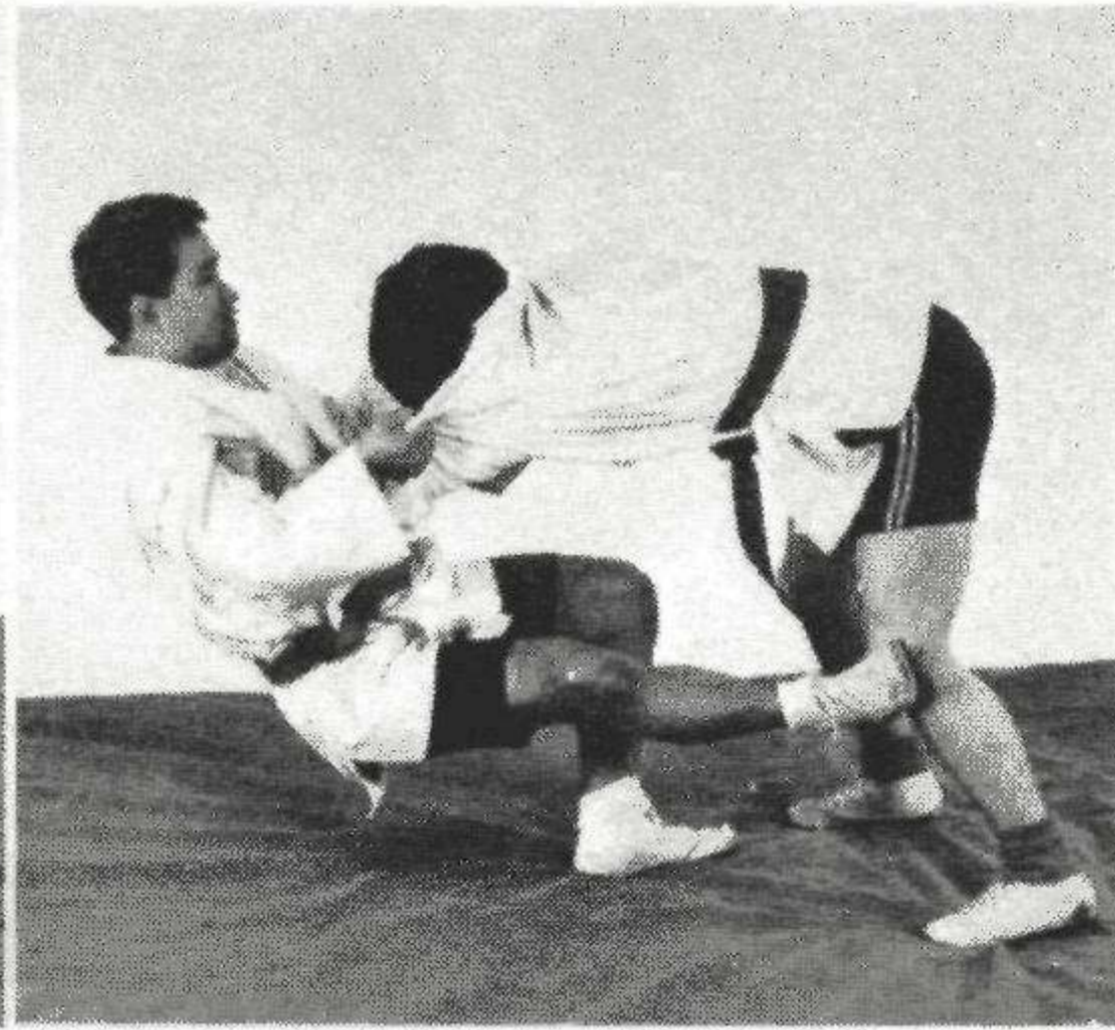
(1)



(2)



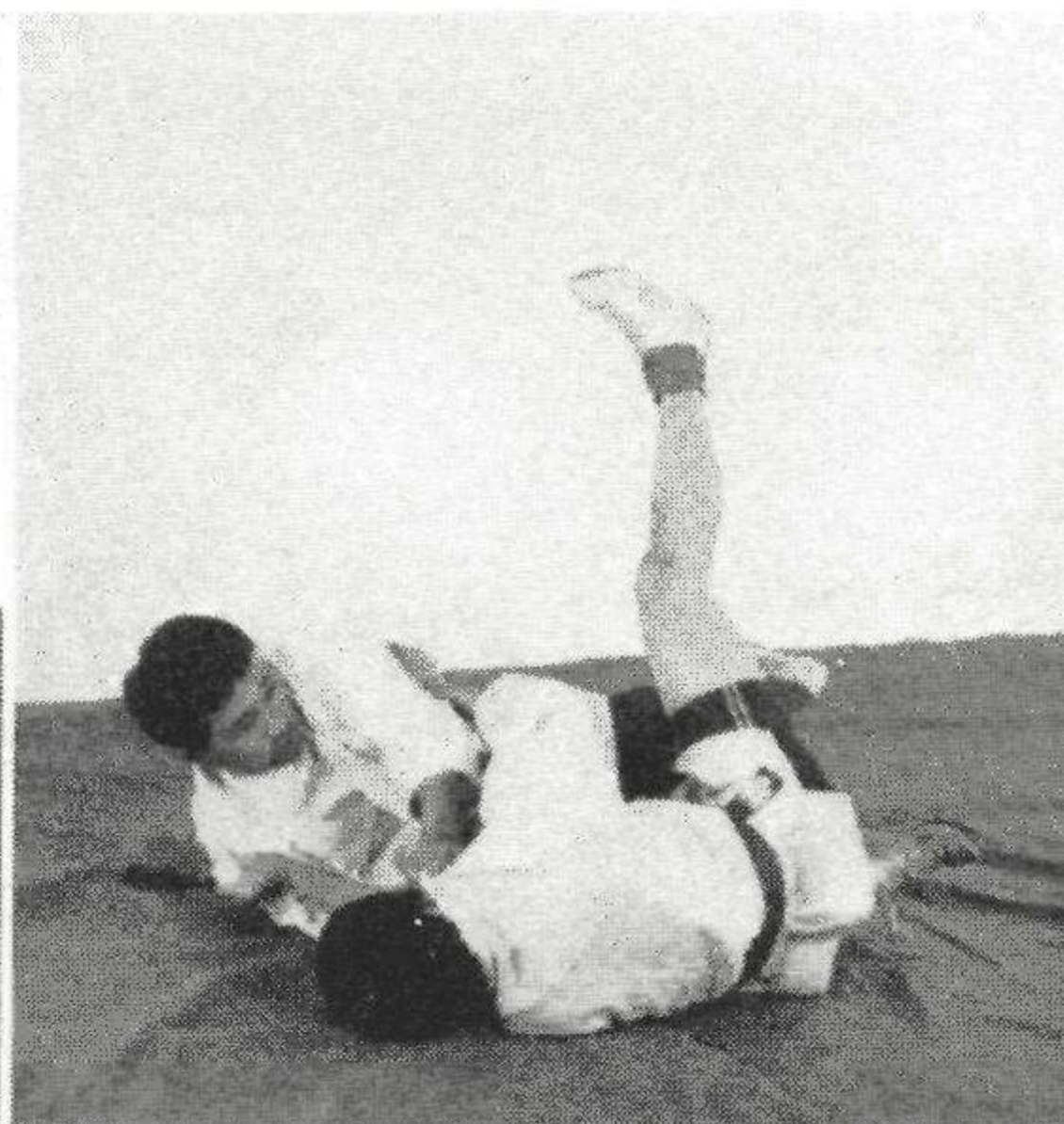
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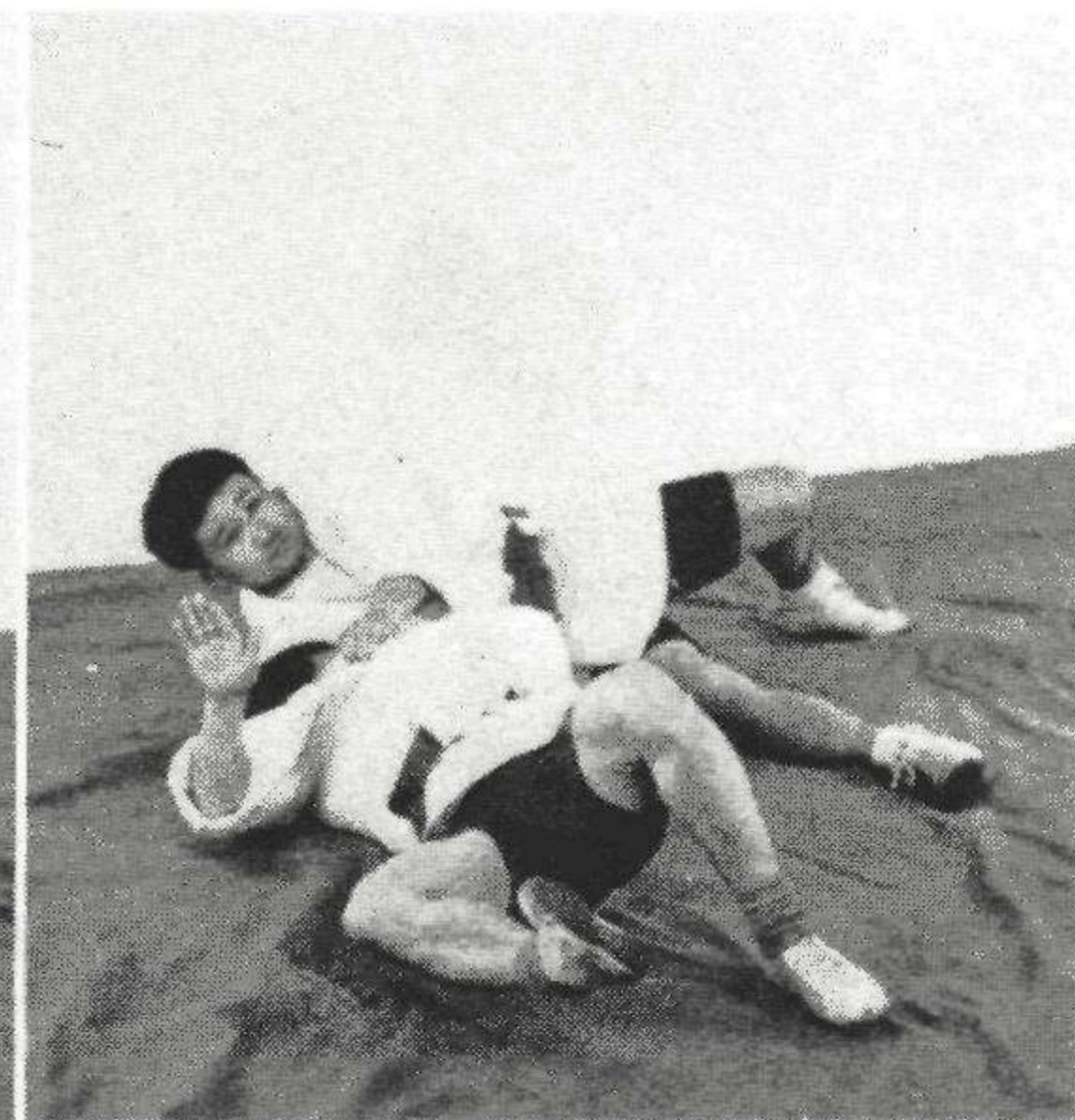
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(6)

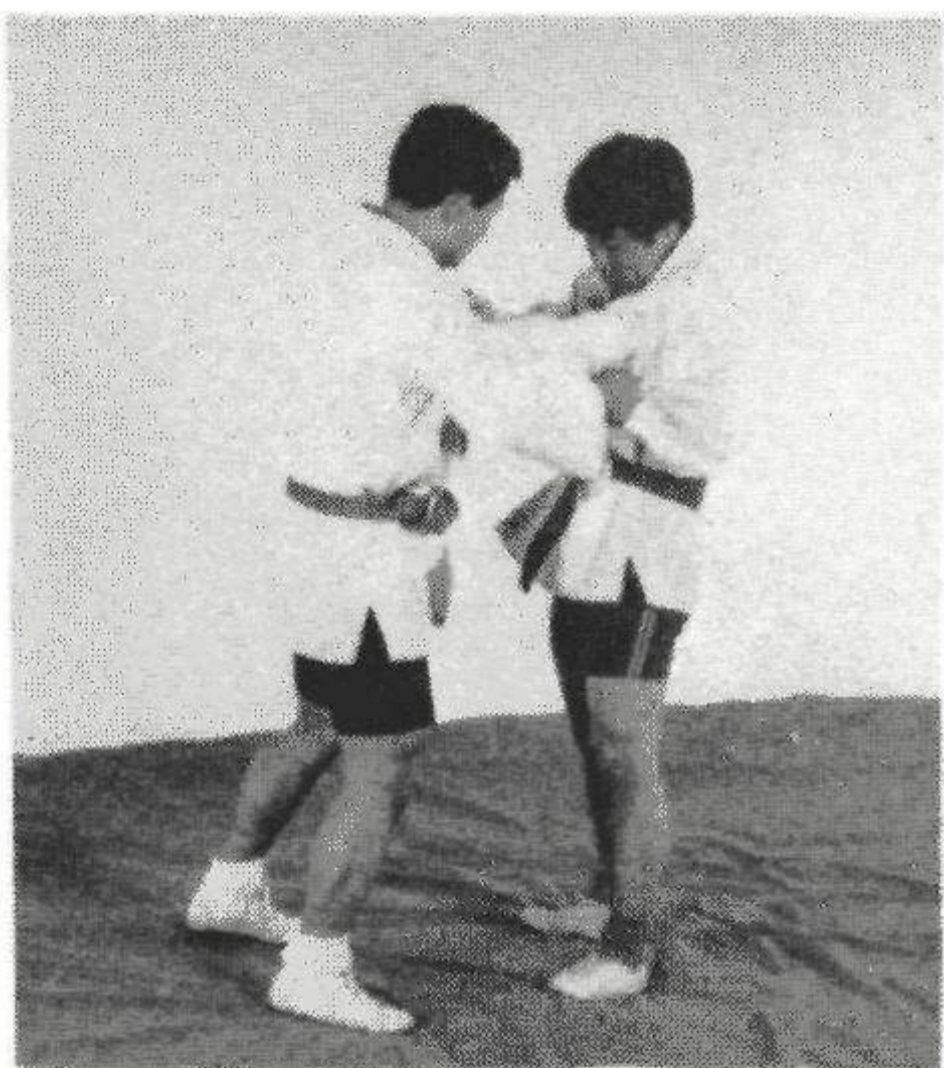


(7)

5 C. DRAWING ANKLE THROW WITH ADVANCED FOOT

The opponent having put his left leg forward, must be grasped at both sleeves from beneath (1). Pulling upwards, put him on his toes (2). Shifting the body weight onto the left leg (3), sweep opponent's left leg from the front with the right sole (4). Continuing the left - upwards motion of the right leg (5), pull the opponent to the right and upwards and throw on the mat (6). At the moment of the fall put the right leg to the right (7).

Safeguarding - by the left sleeve. Self safeguarding - right side fall (8).



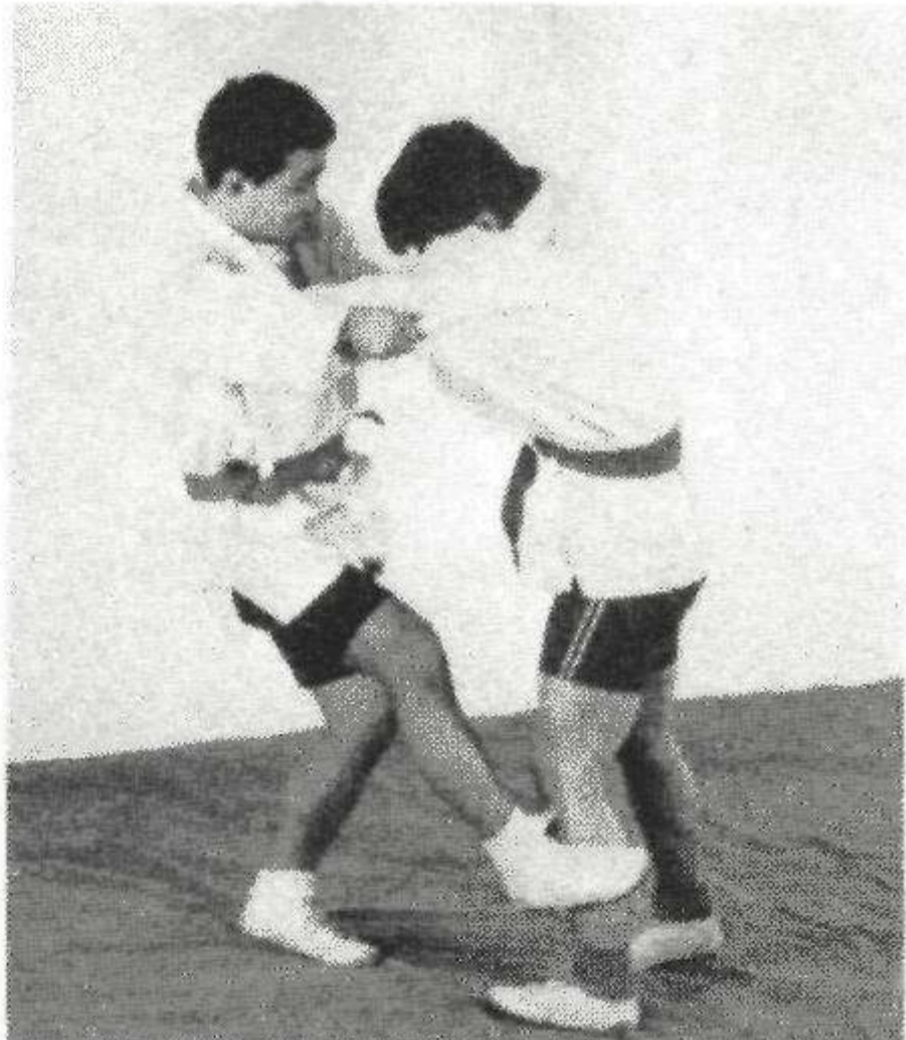
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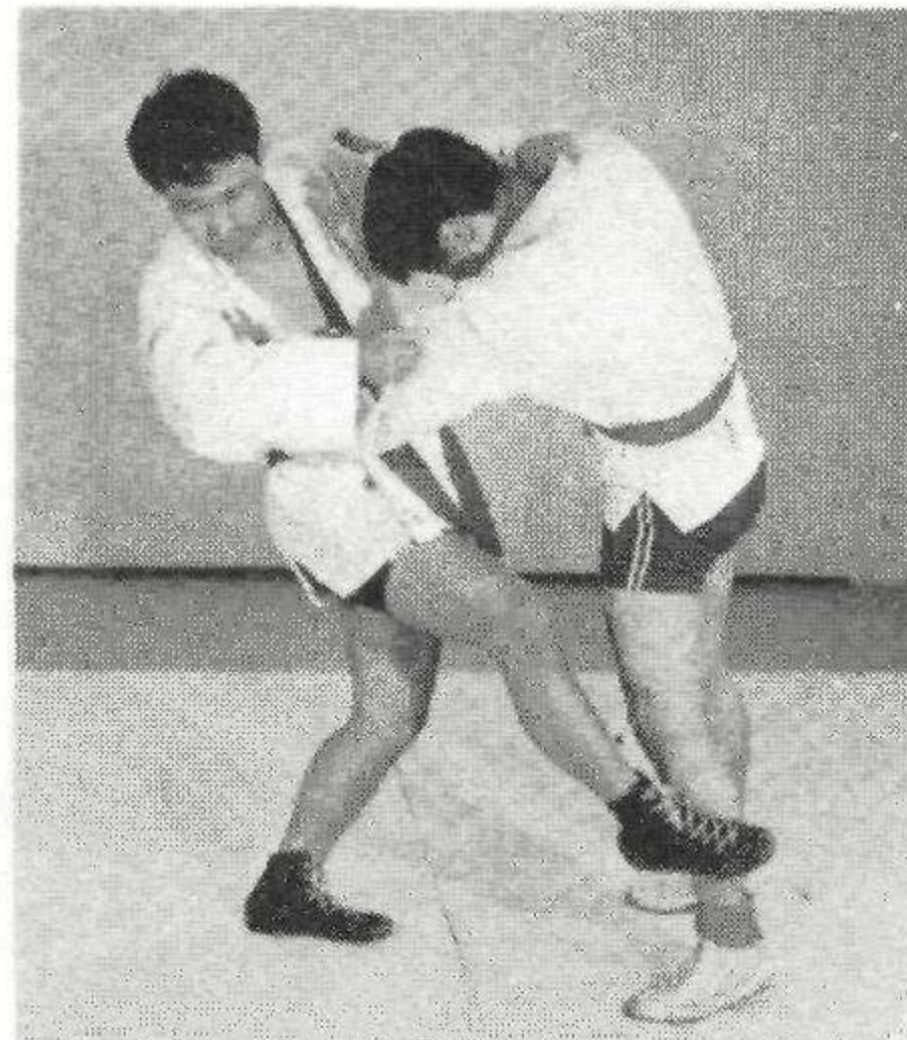
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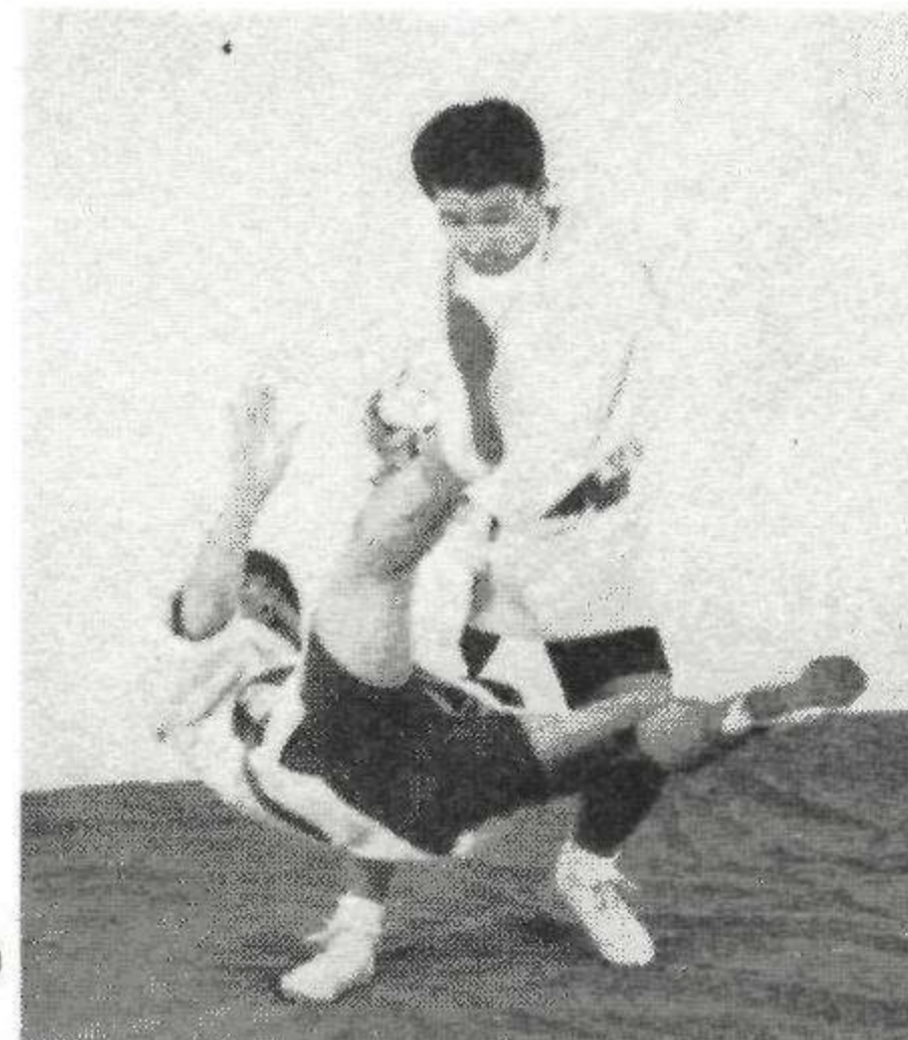
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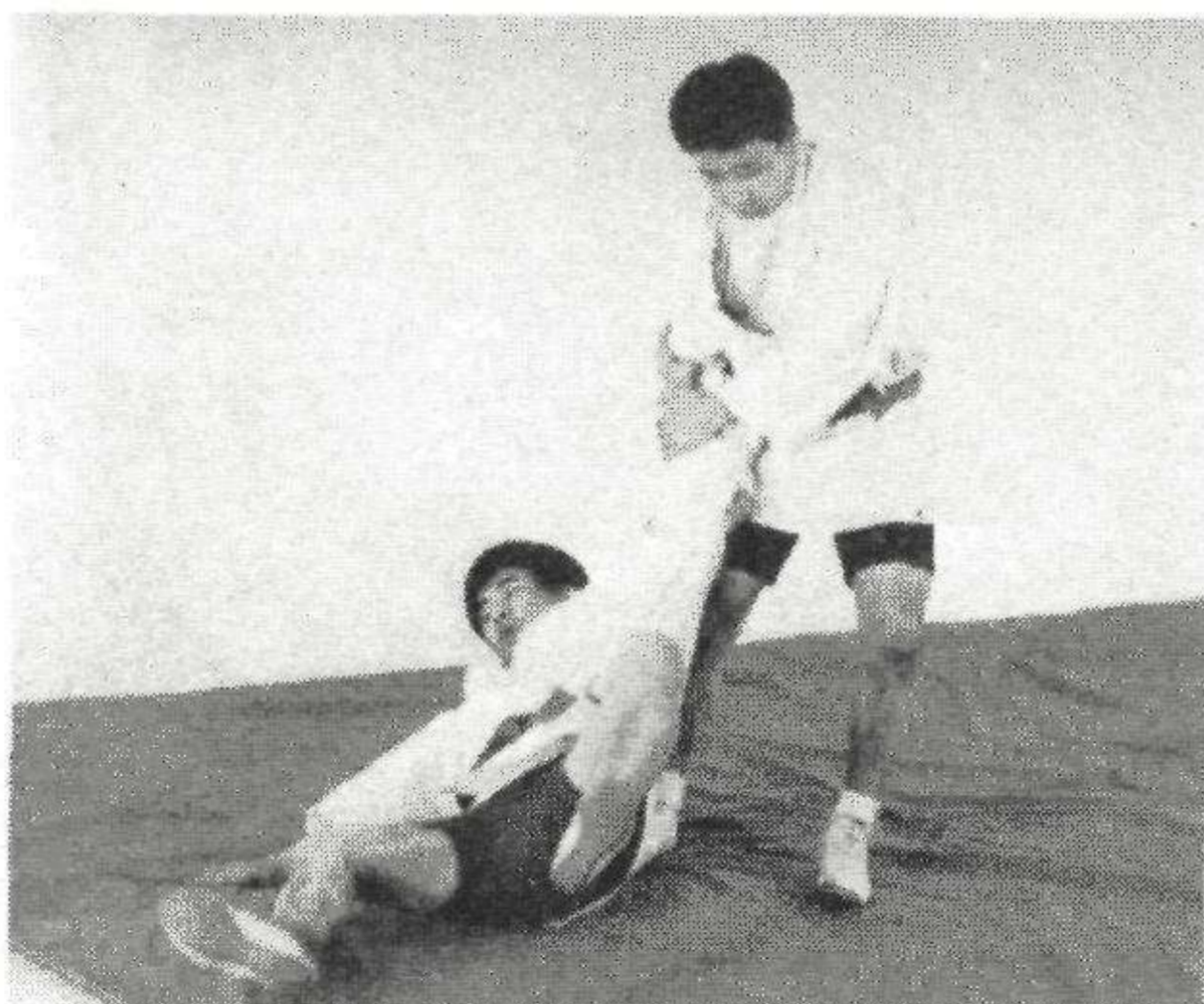
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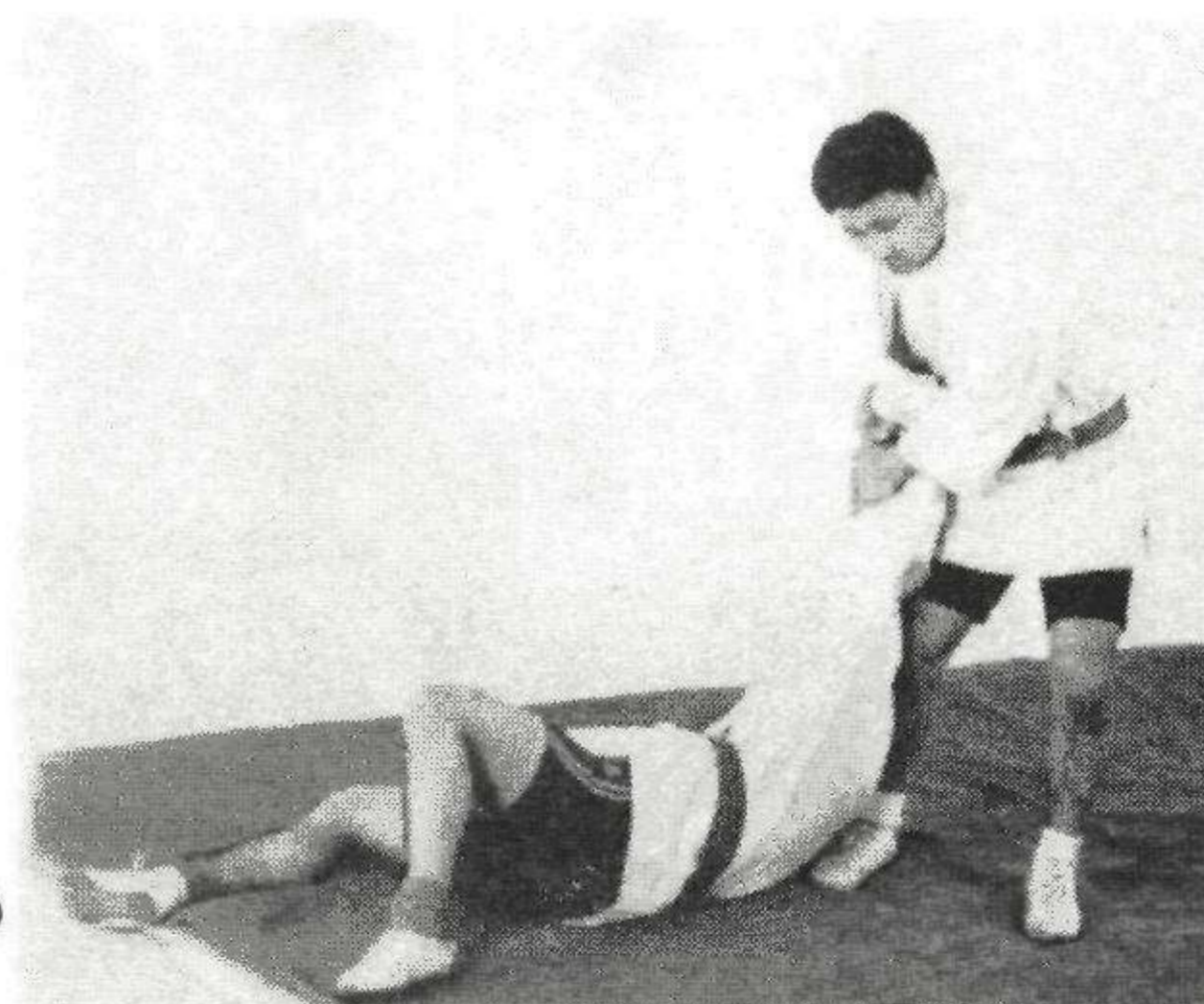
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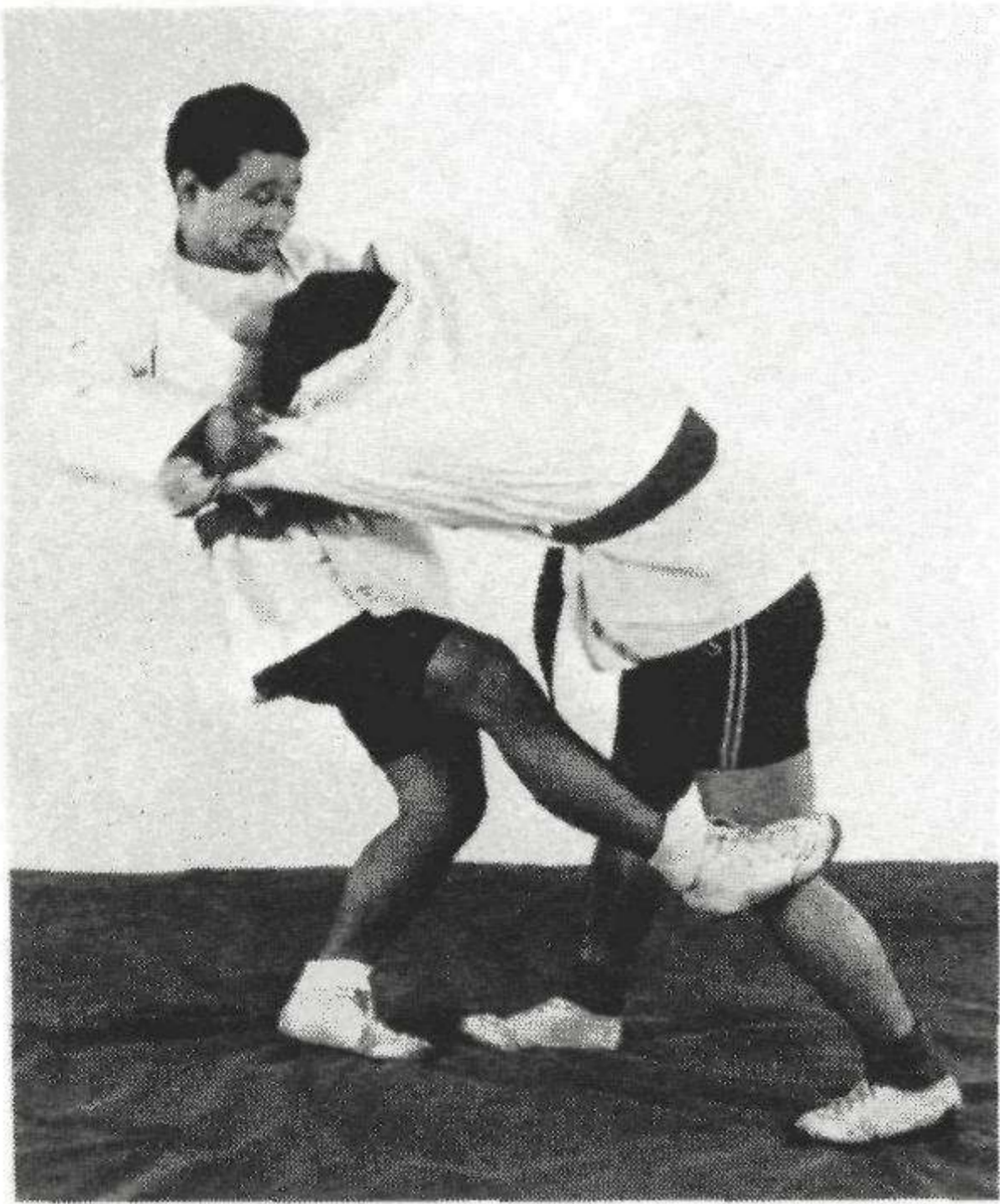
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(7)



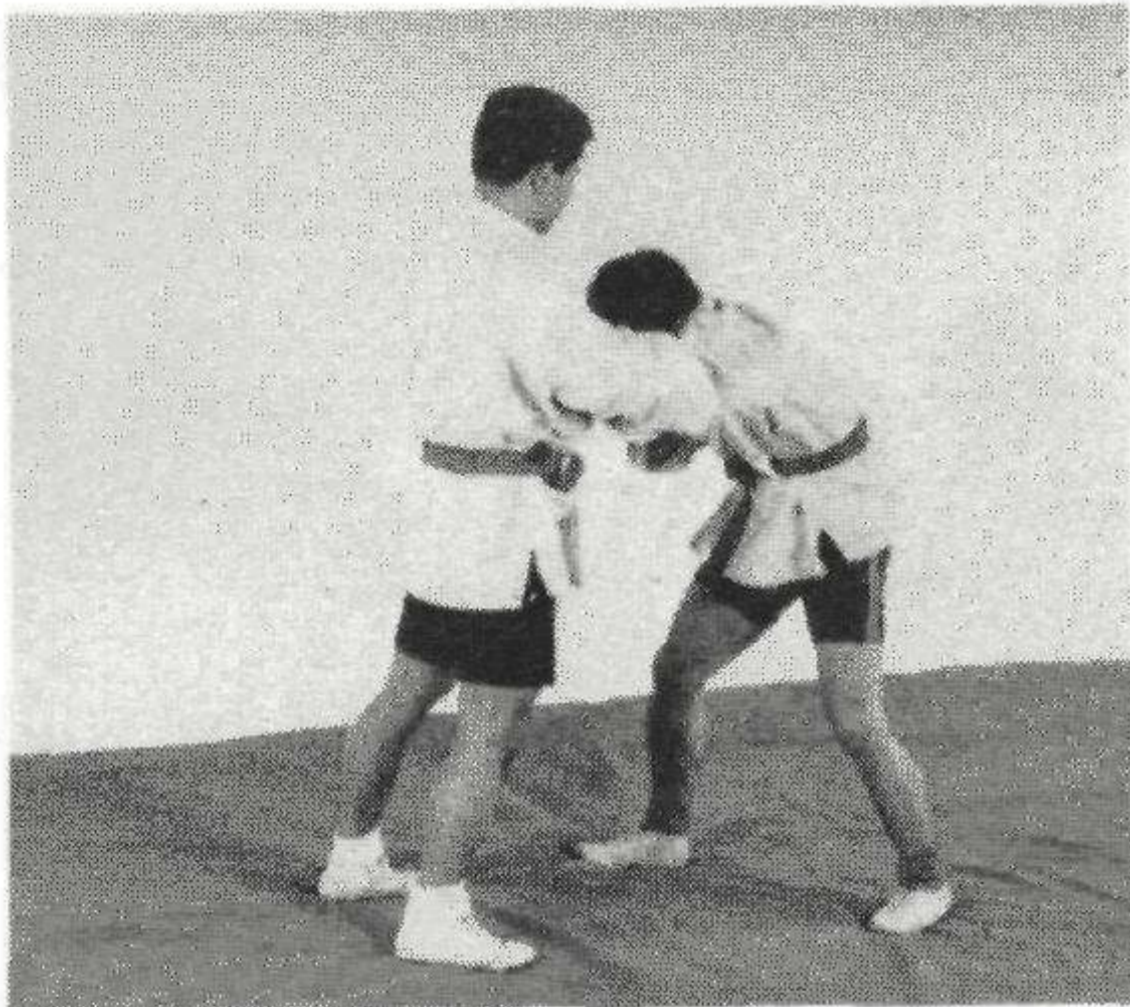
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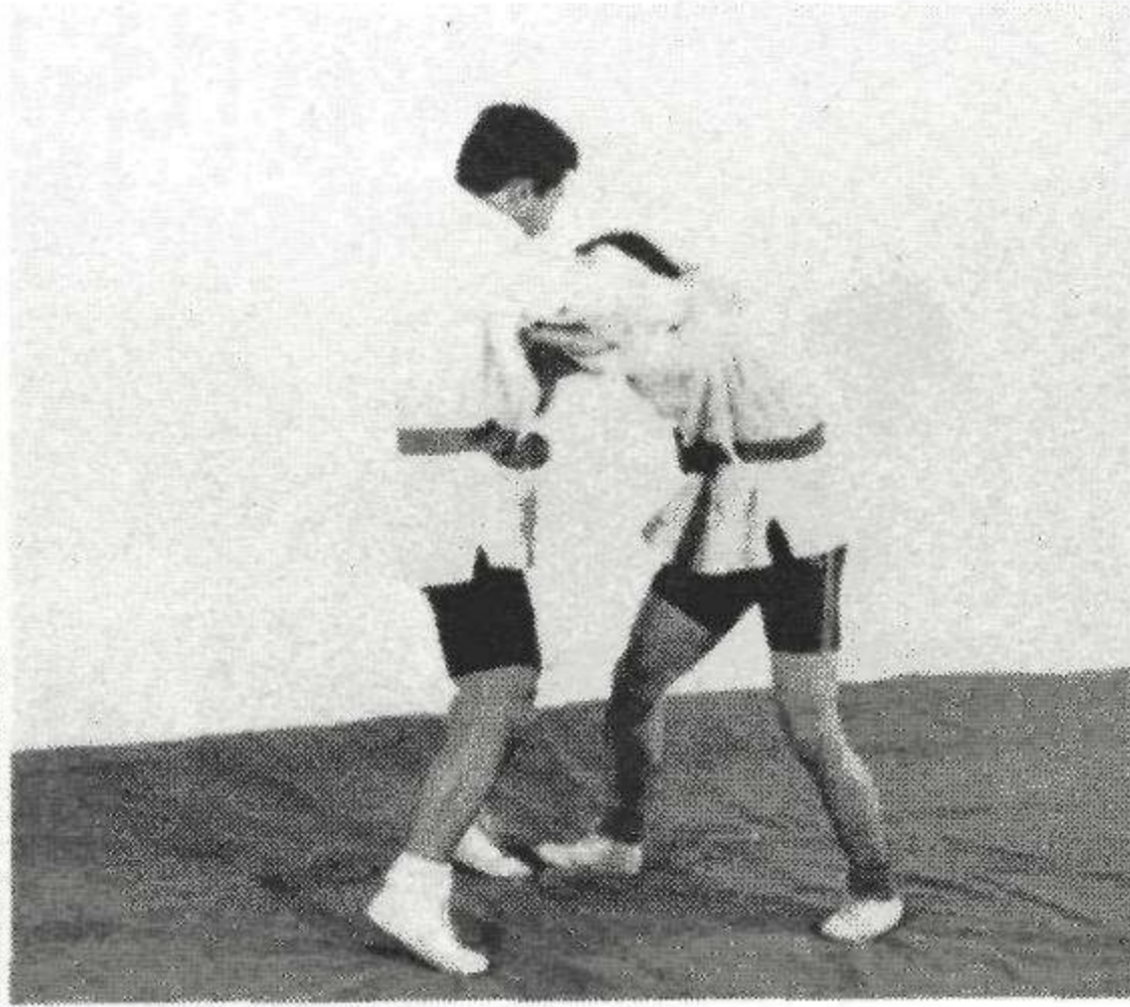
5 D. SWEEPING KNEE THROW

Grasp the opponent with both hands at the sleeves from beneath (1). Shifting the body weight onto the left leg (2), sweep opponent's left leg under the knee with the right sole (3). Pull the opponent to the right and downwards (4), then continuing the left - upwards motion of the right foot (5), throw the opponent on the mat (6). At the moment of the fall put the right foot to the right (7).

Safeguarding - by the left sleeve. Self safeguarding - right side fall.



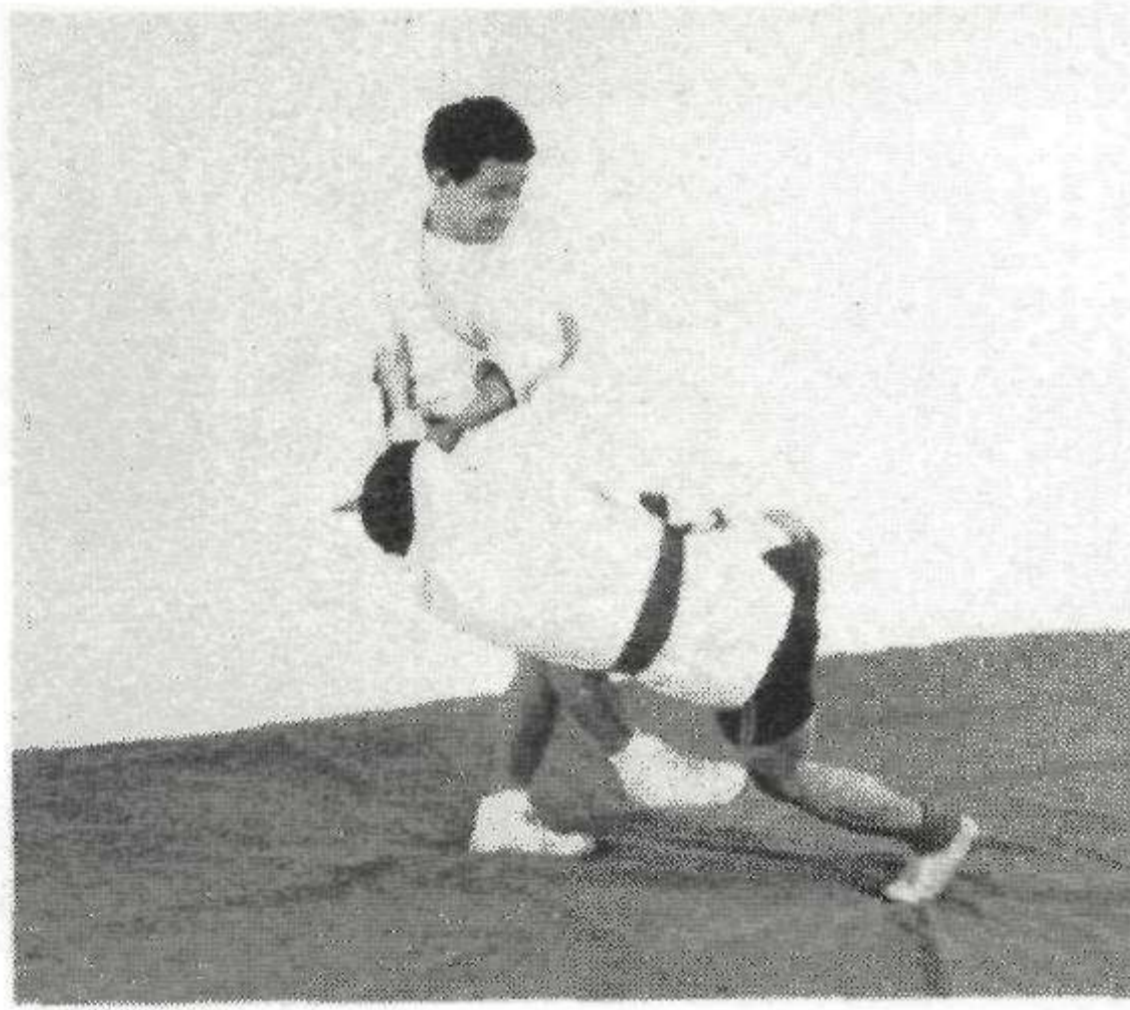
(1)



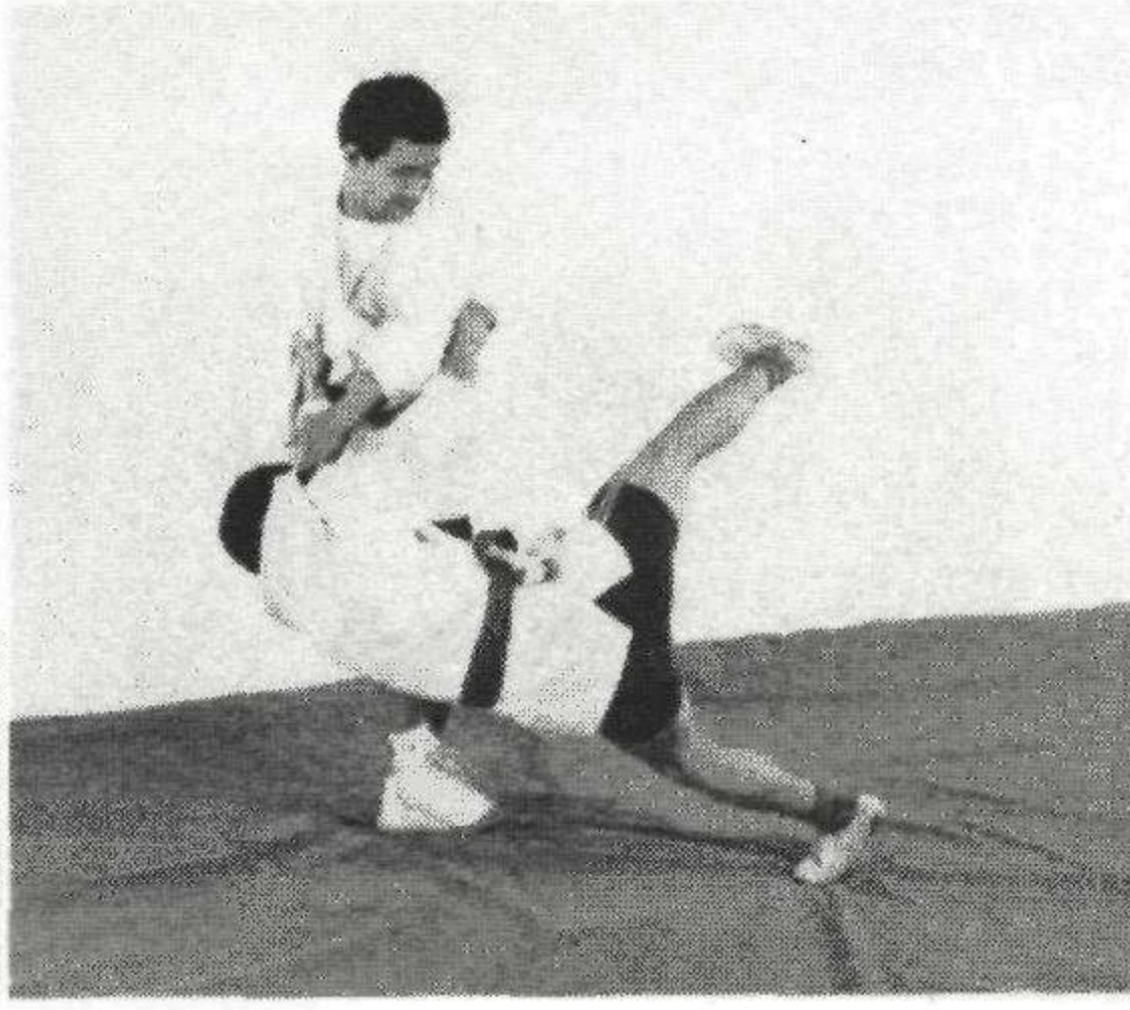
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(3)



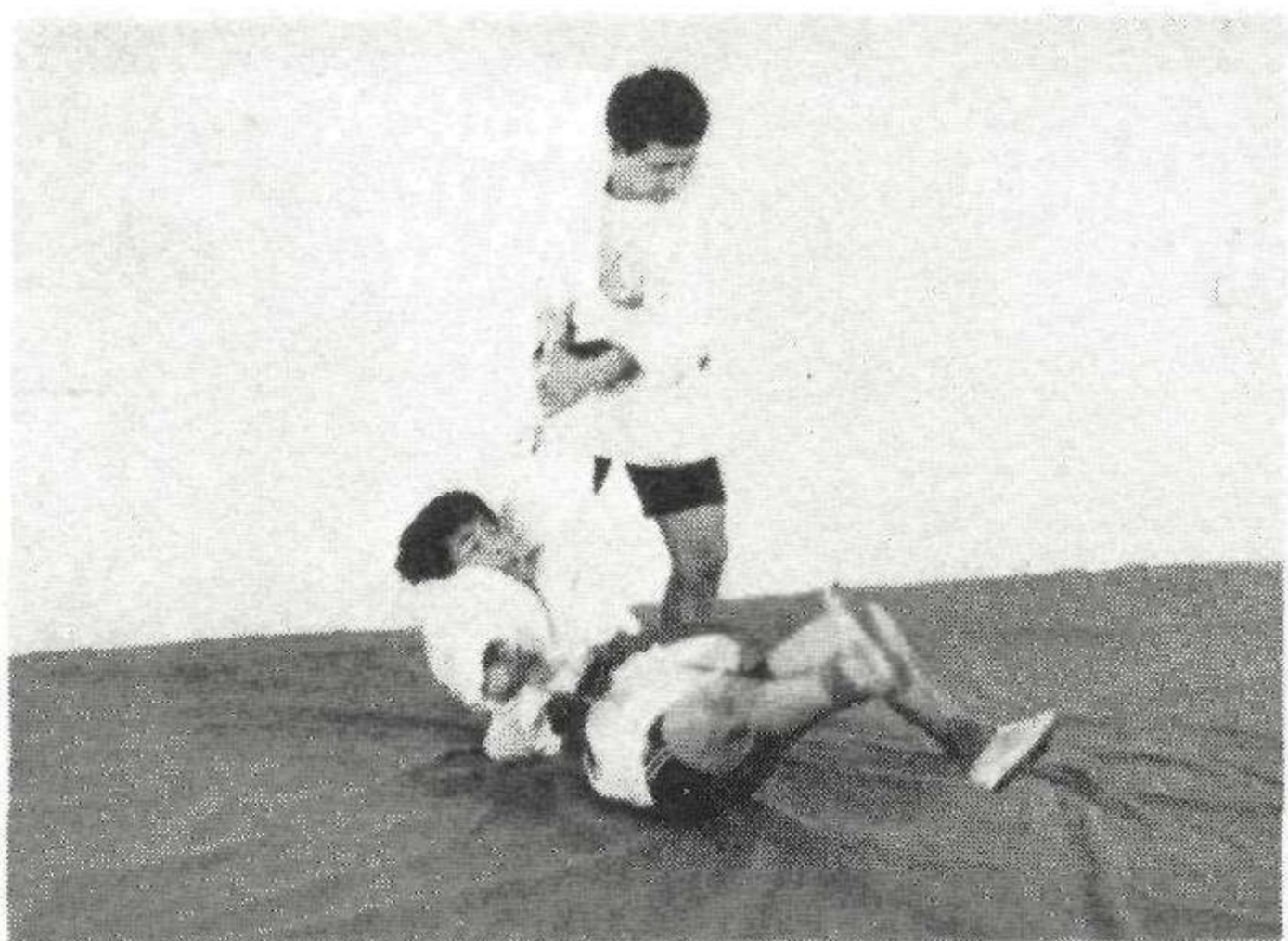
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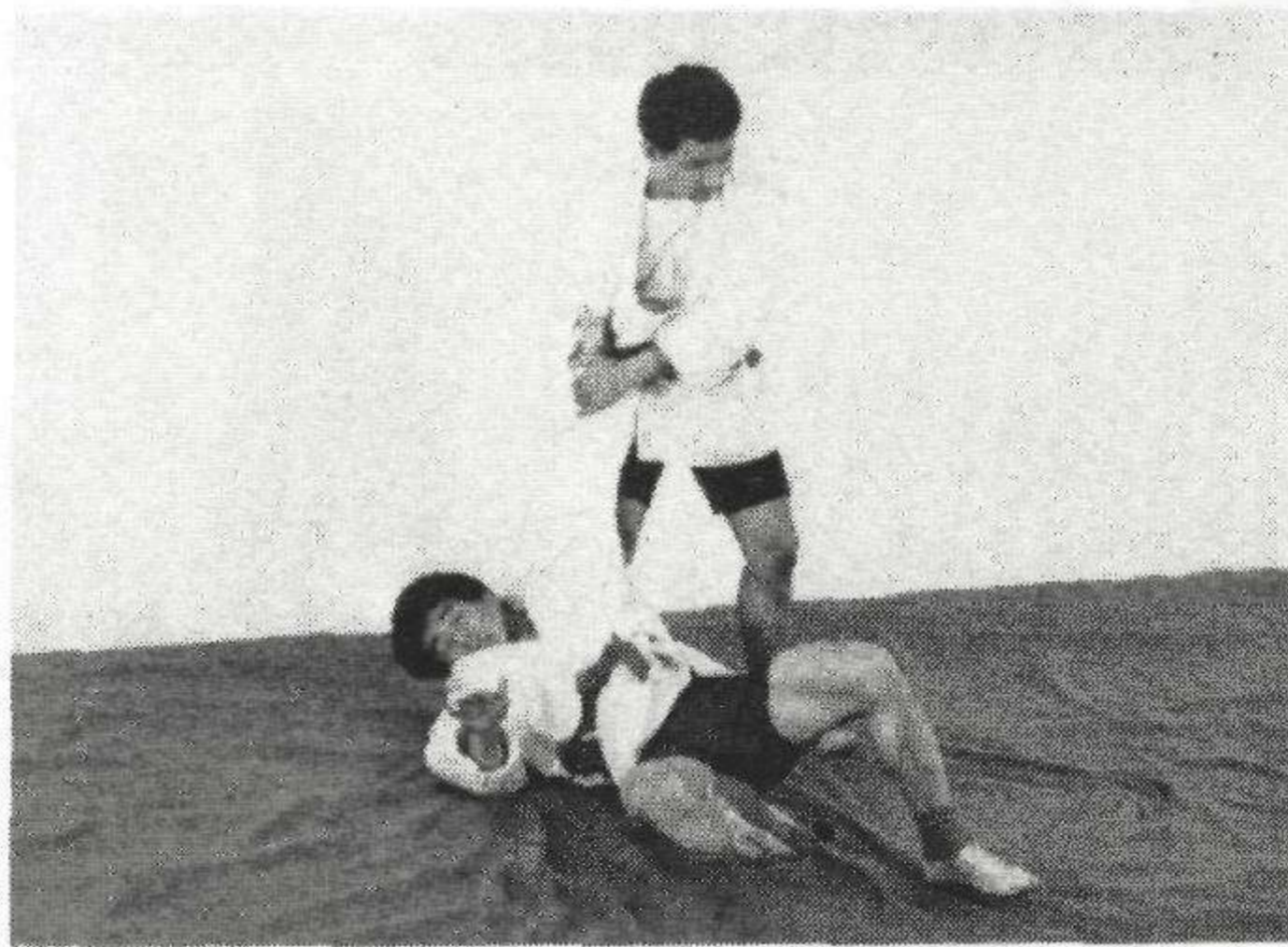
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(6)



(7)

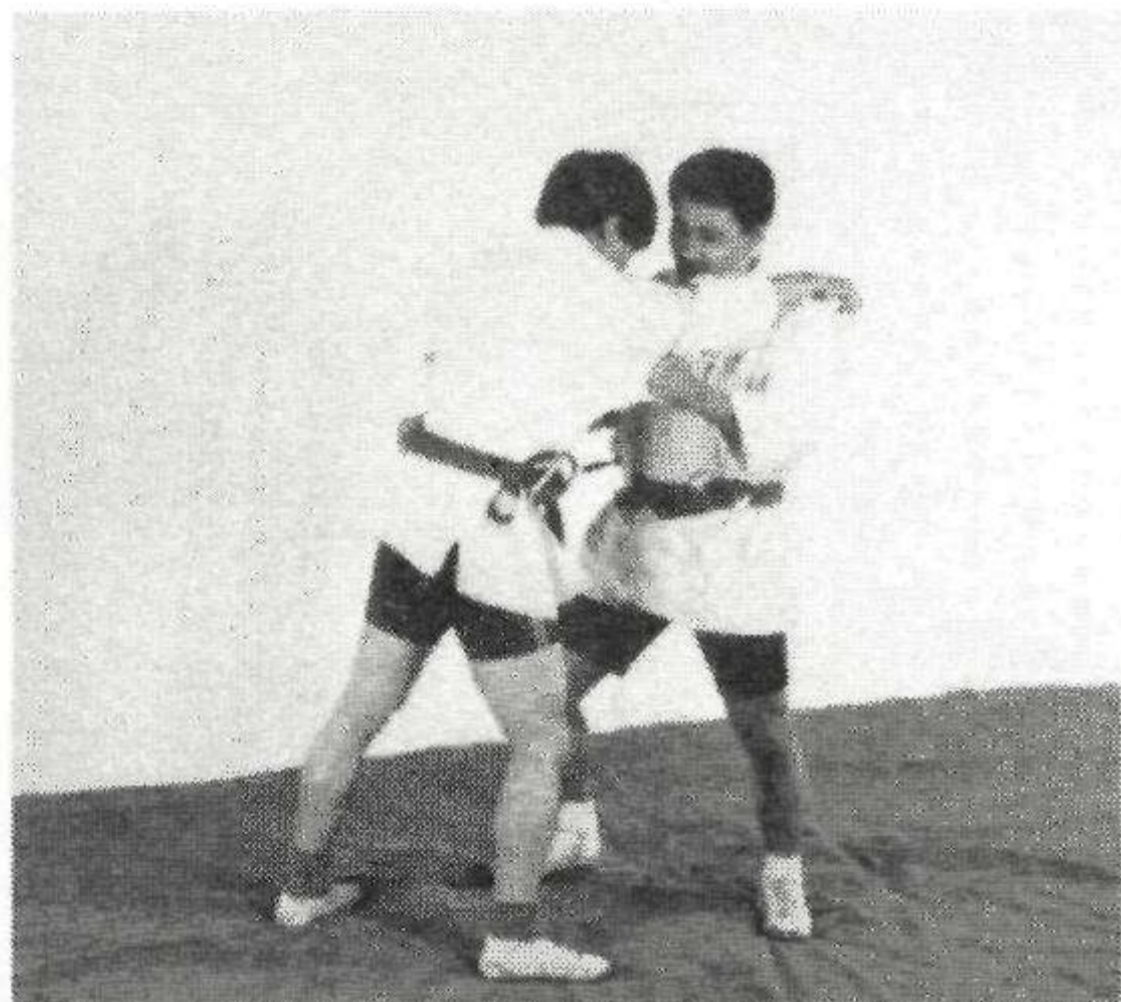
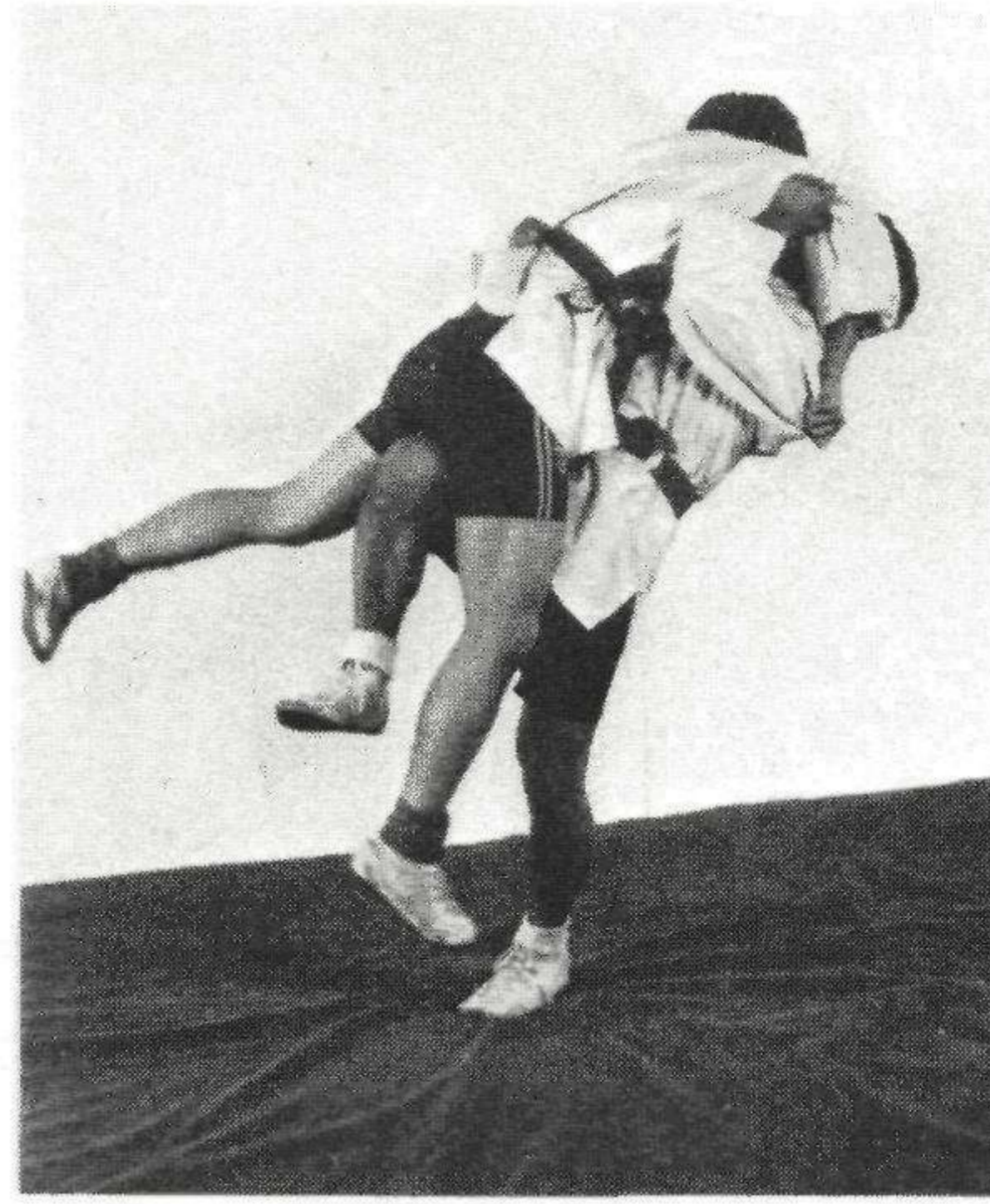


(8)

6 A. INNER THIGH THROW

Grasp the opponent with the right hand at the belt at the back and with the left at the left sleeve from beneath (1). Pull the opponent with the right hand, grapple him (2) and shift the body weight onto the left leg (3). Heave the opponent as high as possible on the right thigh (4-5). Then pulling with the right hand at the belt downwards and pushing the opponent to the right and upwards with the left (6), turn him back down, and throw on the mat, putting the right foot to the right (8).

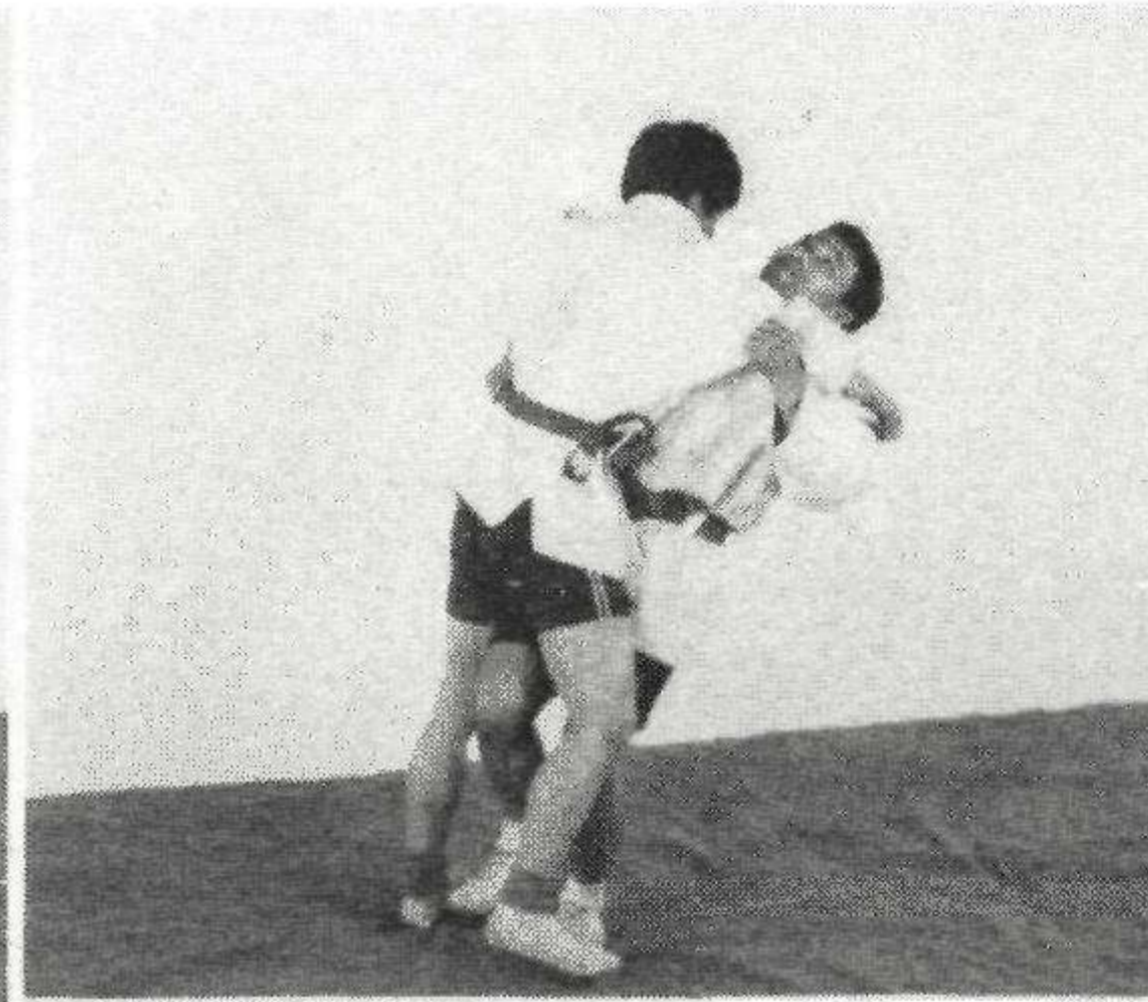
Safeguarding - by the belt. Self safeguarding - left side fall (9).



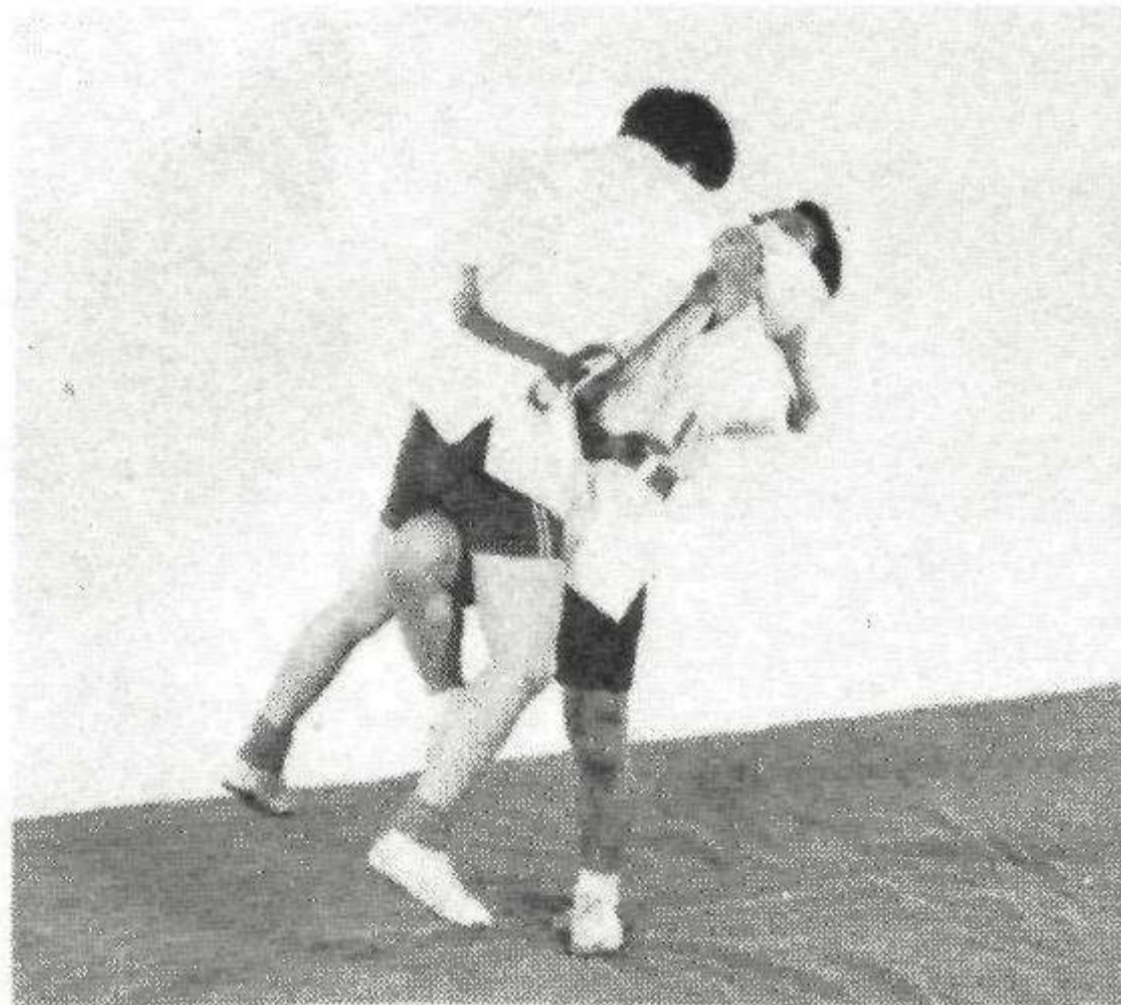
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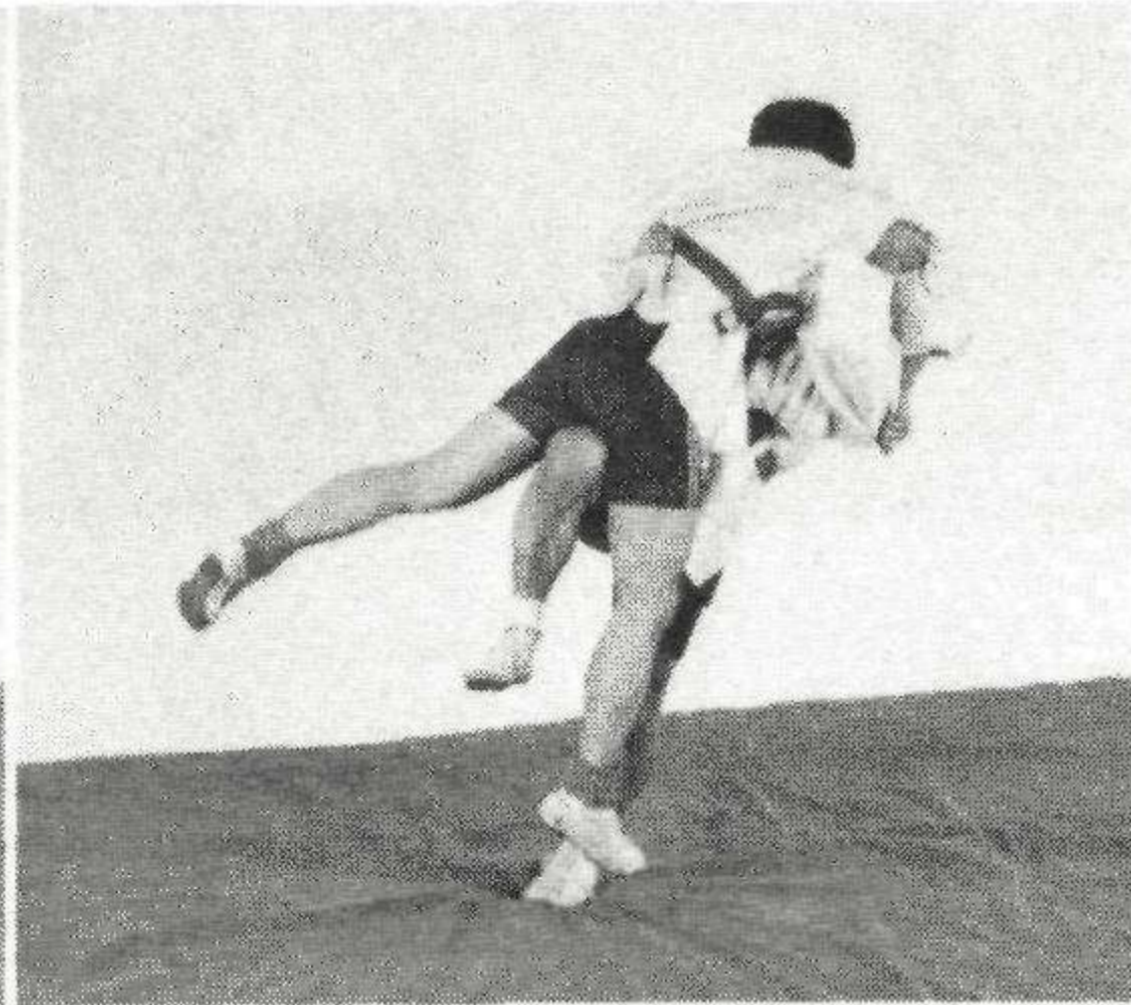
(2)



(3)



(4)



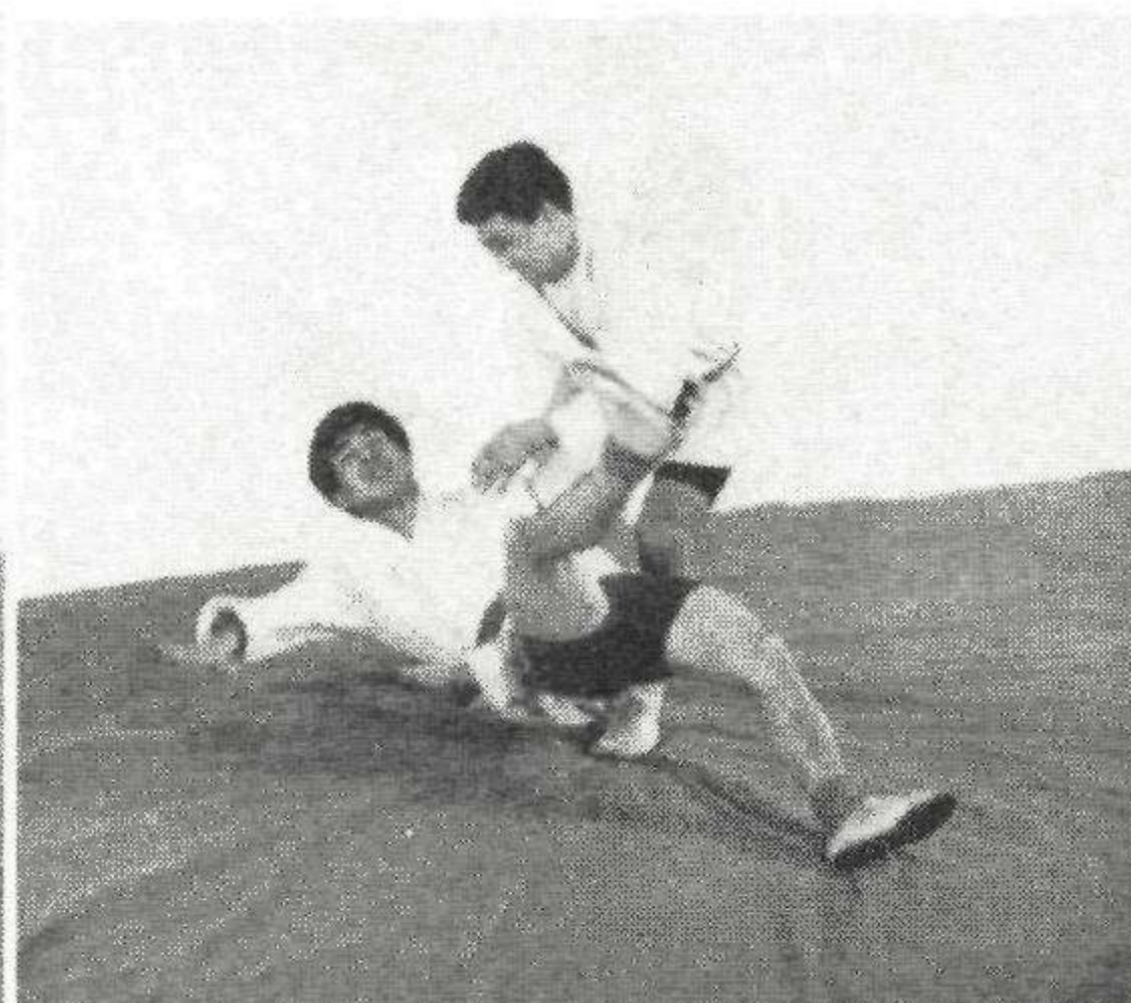
(5)



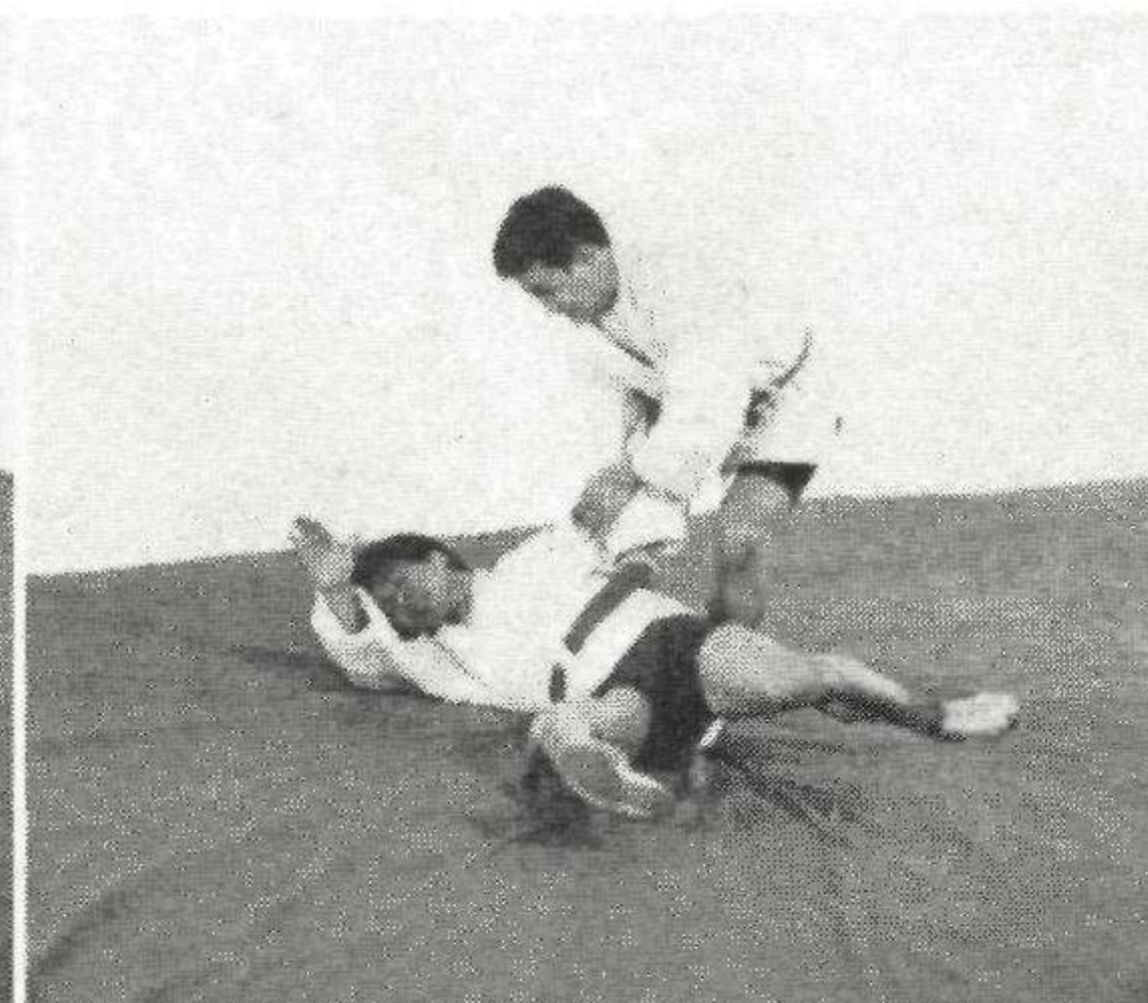
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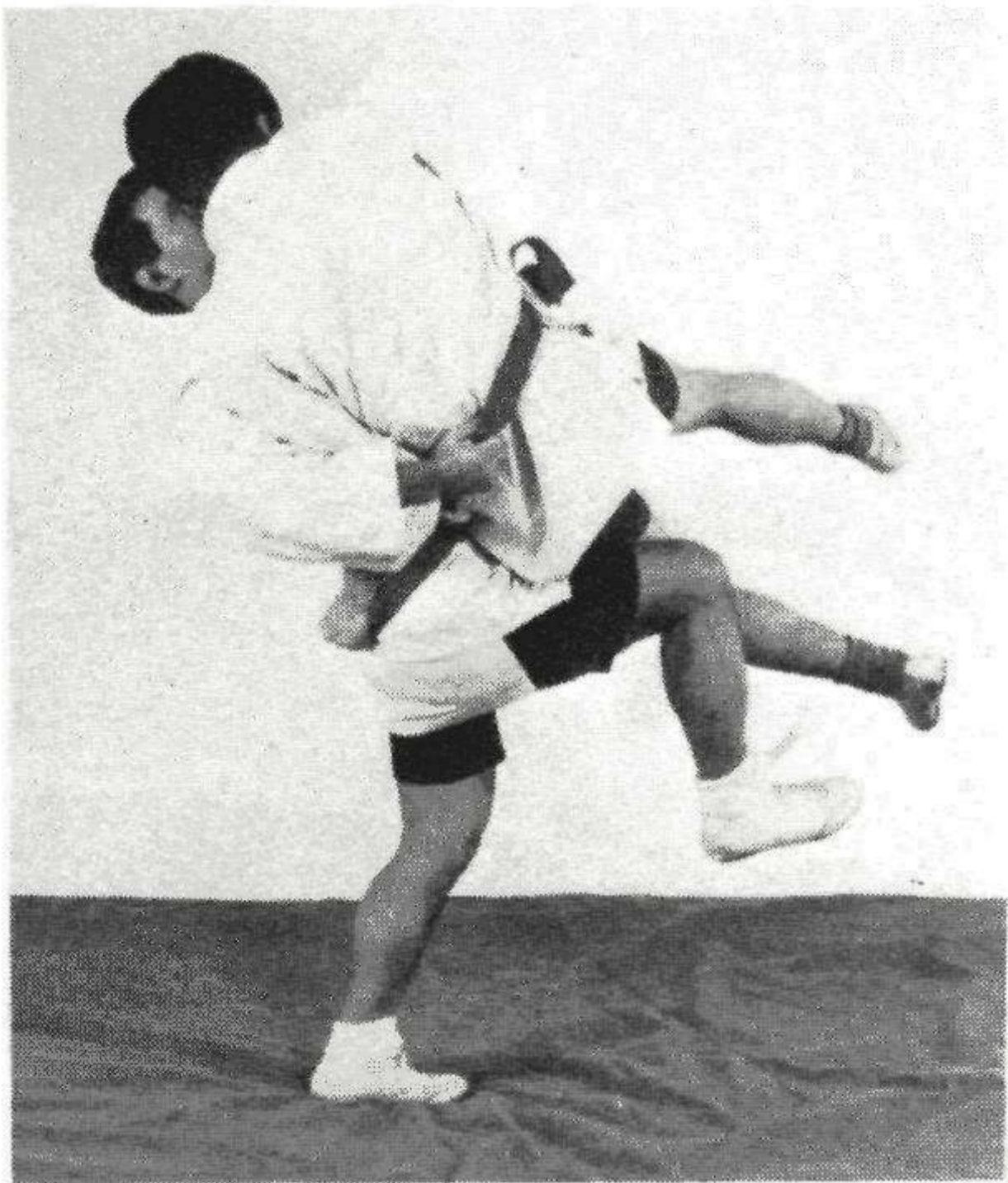
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(8)



(9)



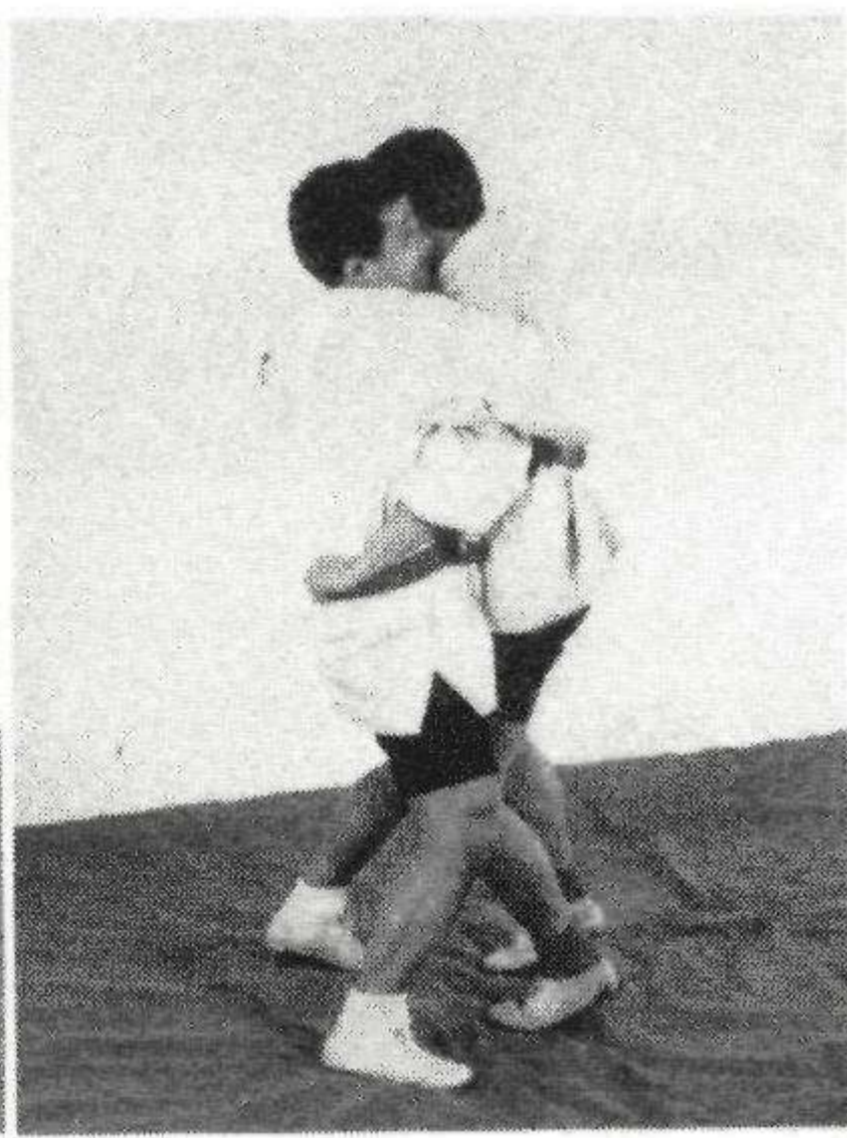
6 B. OUTER THIGH THROW

Grasp the opponent with the right hand at the belt at the back and with the left at the right sleeve underneath (1). Pull the opponent, grapple (2), then, bending, lift him up from the ground (3). Heave the opponent with the right thigh from the left upwards and to the left (4). Twirling the opponent back down (5), put the right foot to the right and throw the opponent on the mat (6).

Safeguarding – at the belt. Self safeguarding – right side fall (7).



(1)



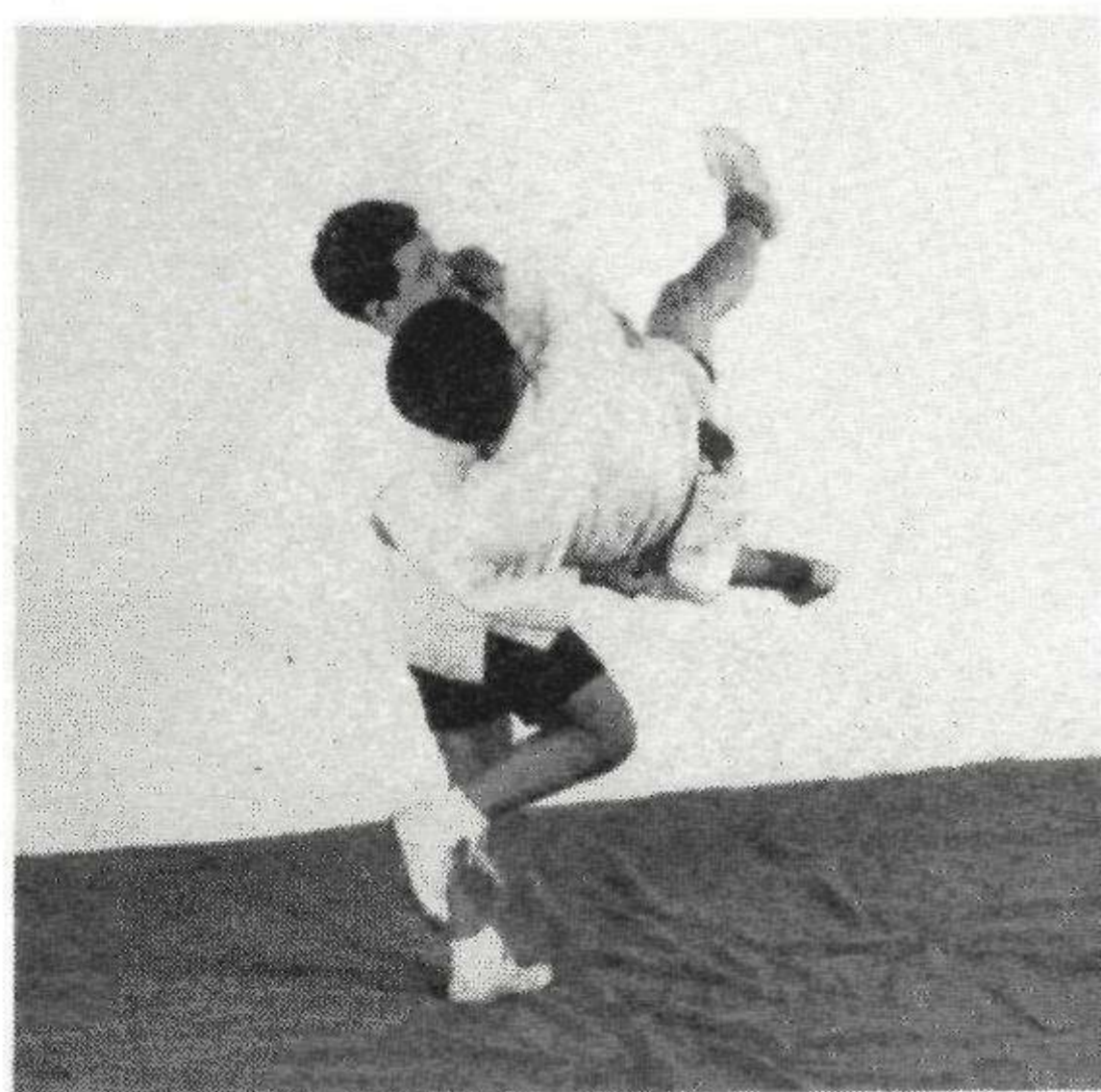
(2)



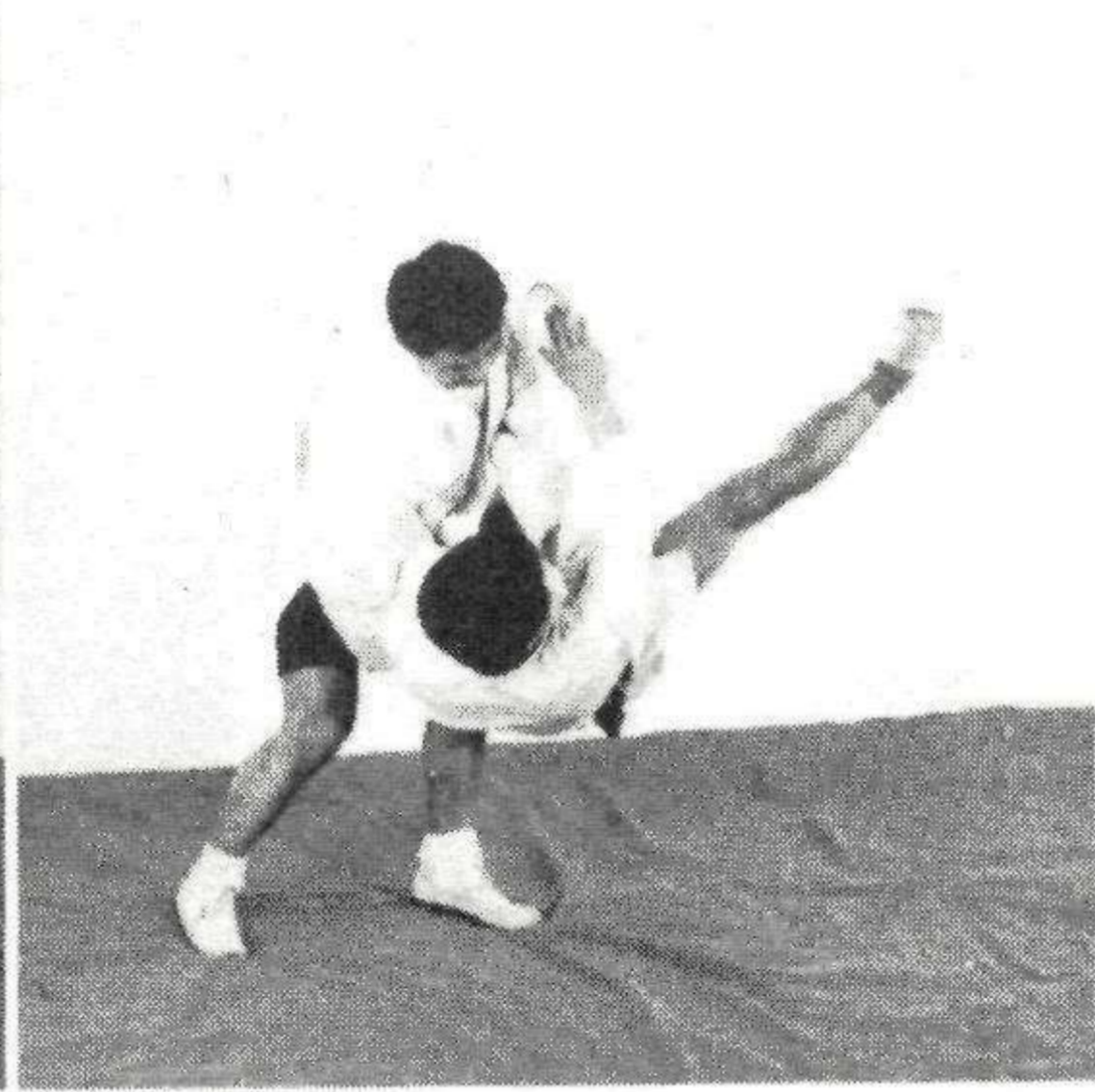
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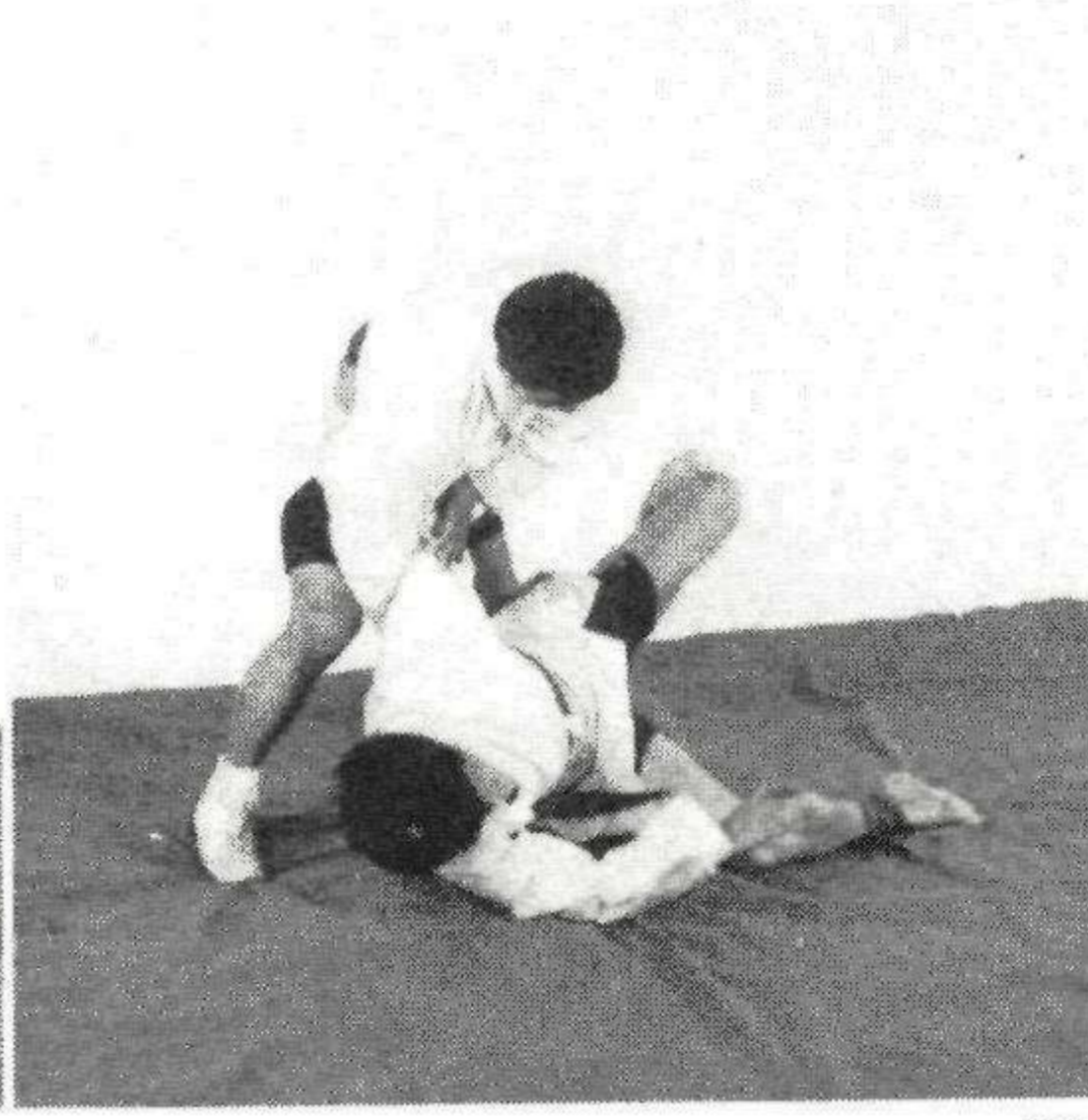
(4)



(5)



(6)

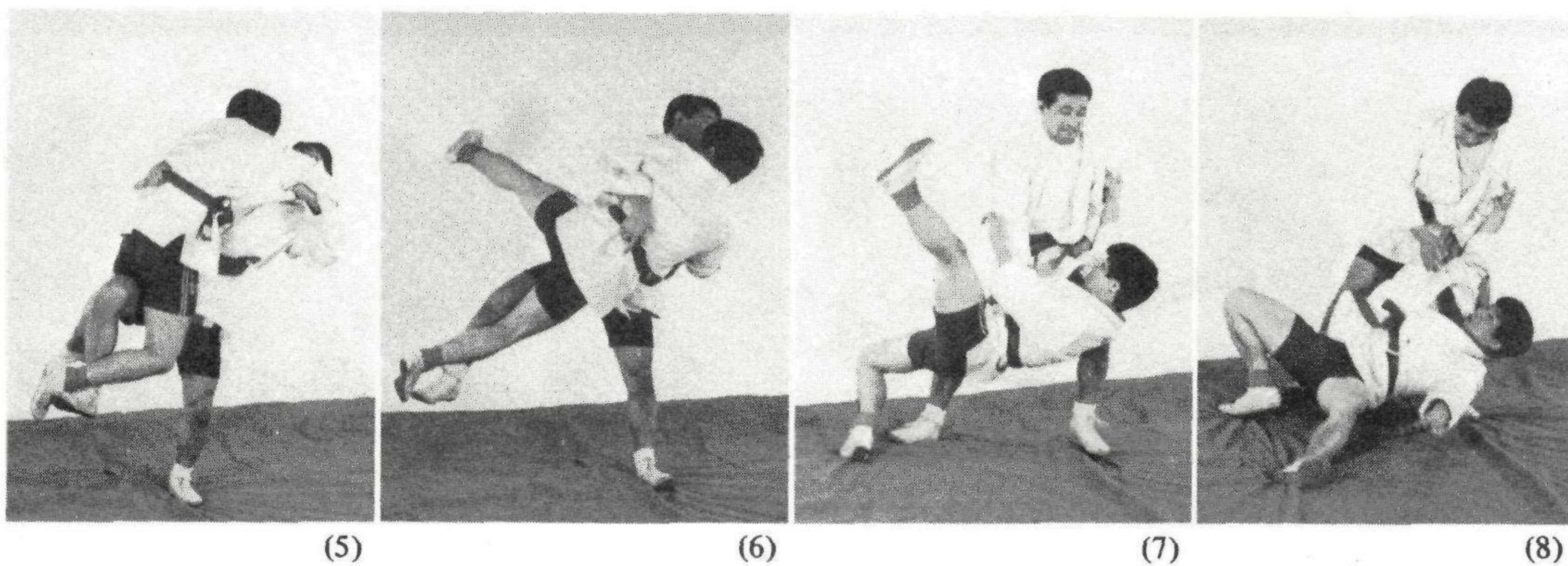
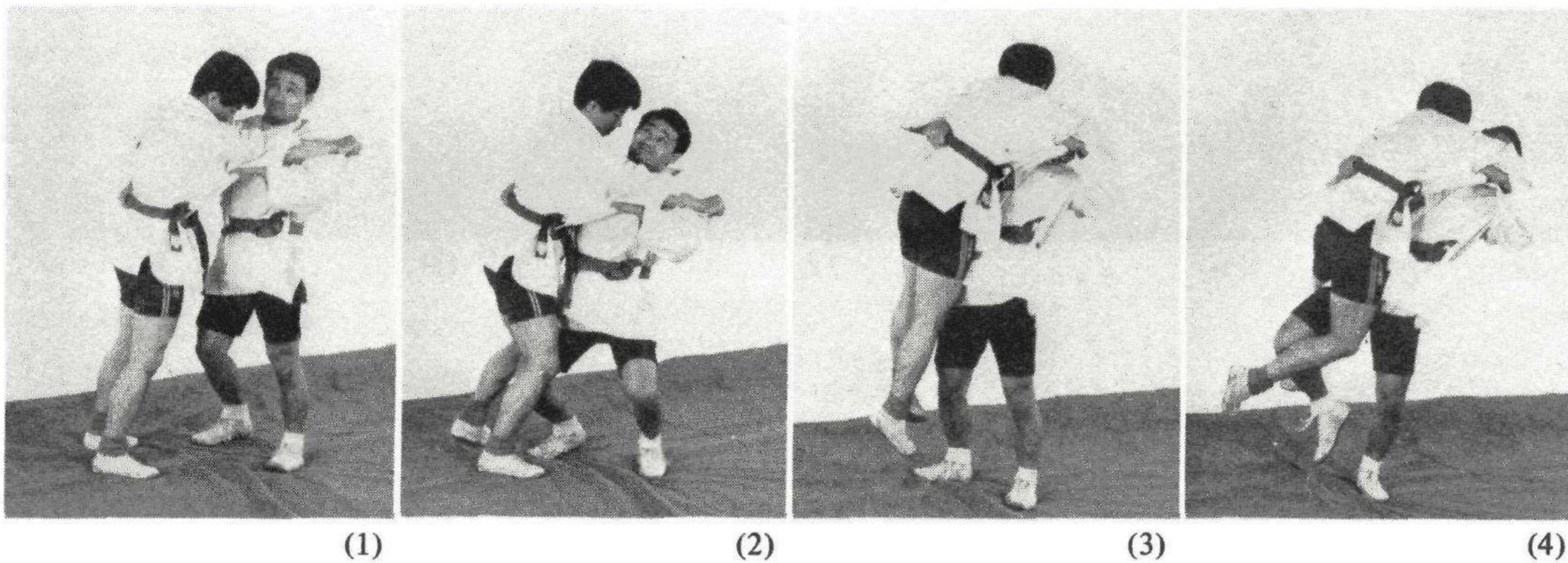
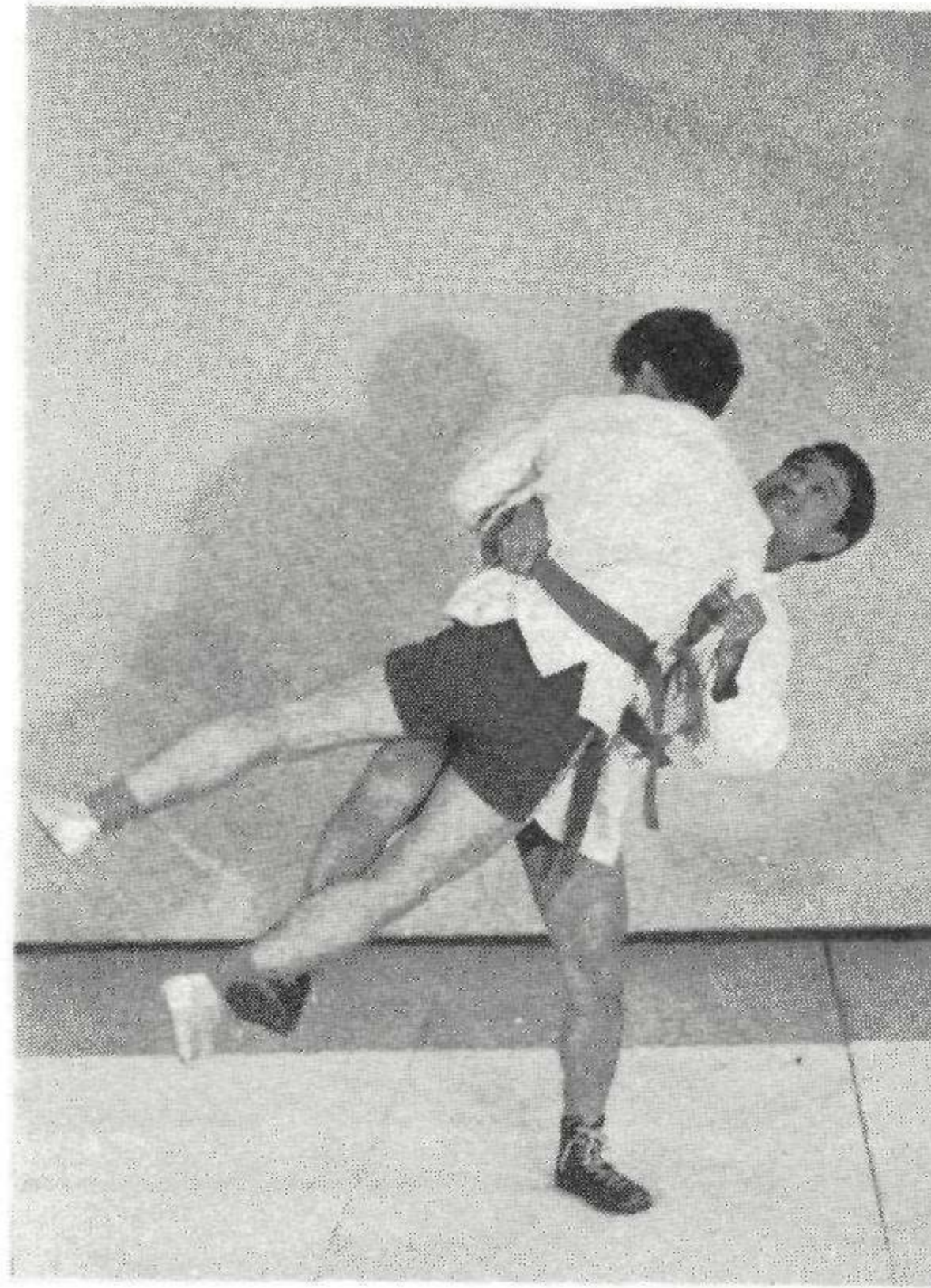


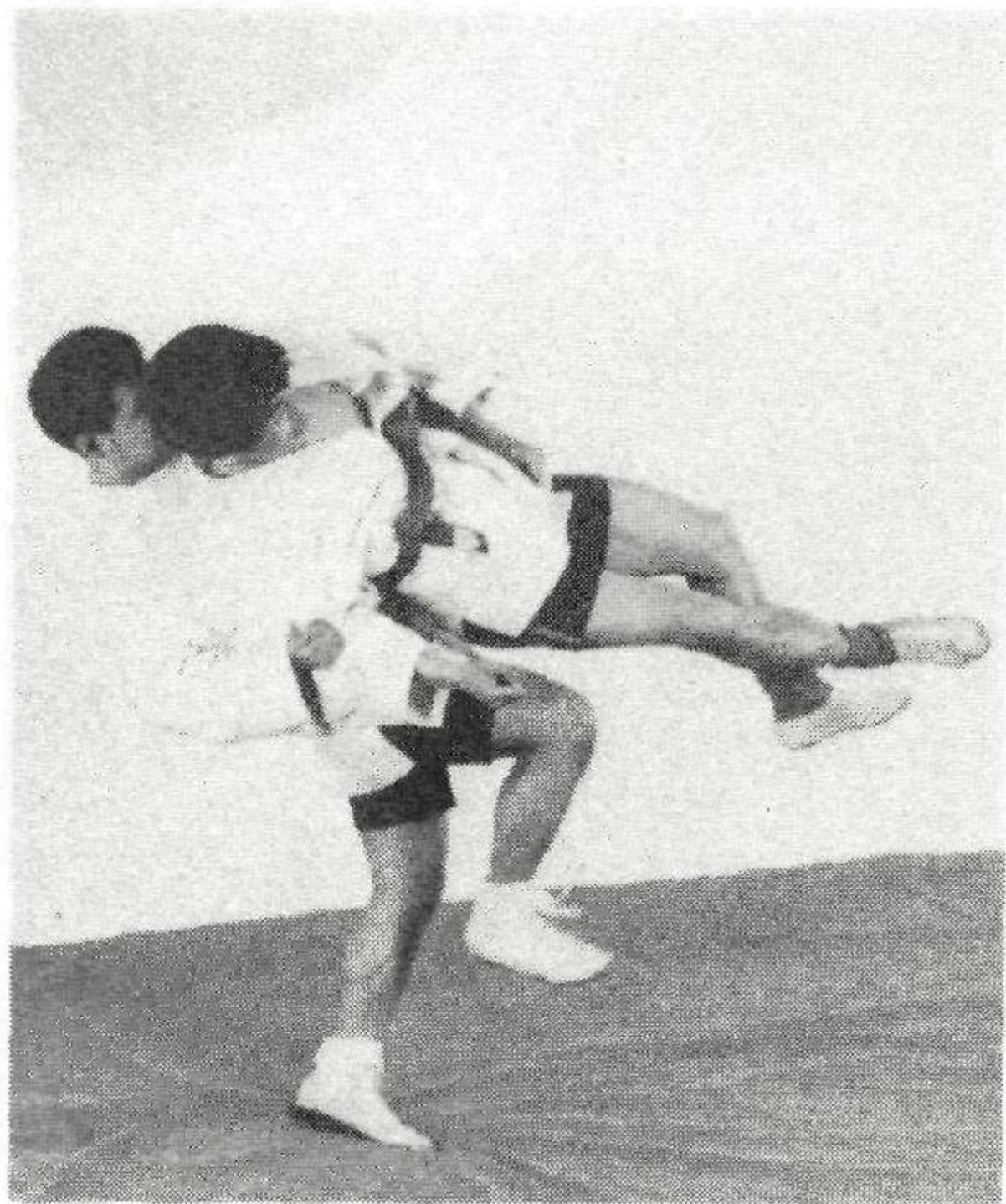
(7)

6 C. CORRESPONDING INSTEP LIFT

Grasp the opponent with the right hand at the belt and with the left at the right sleeve underneath (1). Bend the legs, grapple the opponent (2), then hollowing the back, lift him up from the ground (3). Shifting the body — weight onto the left leg (4), heave the opponent with the right knee upwards and to the right, pressing against his right knee (5). While heaving to the right and upwards, pull the opponent down with the left hand (6) and throw him on the mat (7).

Safeguarding — by the right sleeve. Self-safeguarding — left side fall (8).

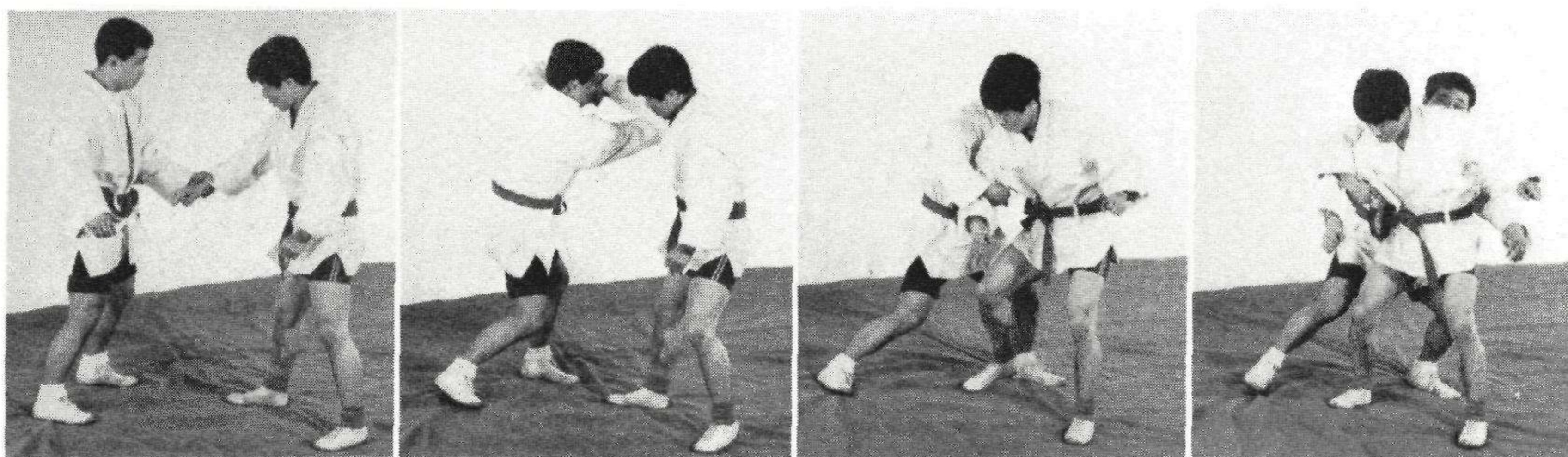




6 D. BACK THIGH LIFT

Grasp with the left hand opponent's right wrist (1). Do a step forward with the left foot, grasp opponent's right shoulder from beneath with the right hand (2), then pulling his arm to the right, compel the opponent to do a step with the right foot, twirling him. Embrace opponent's body with the left arm (5), then hollowing the back (6), heave the opponent up and to the right with the right thigh (7). At the moment of the fall put the right foot to the right (8), then getting hold of opponent's left arm with the left hand (9), throw the opponent on the mat (10).

Safeguarding – by the left arm. Self safeguarding – right side fall.



(1)

(2)

(3)

(4)



(5)

(6)

(7)



(8)

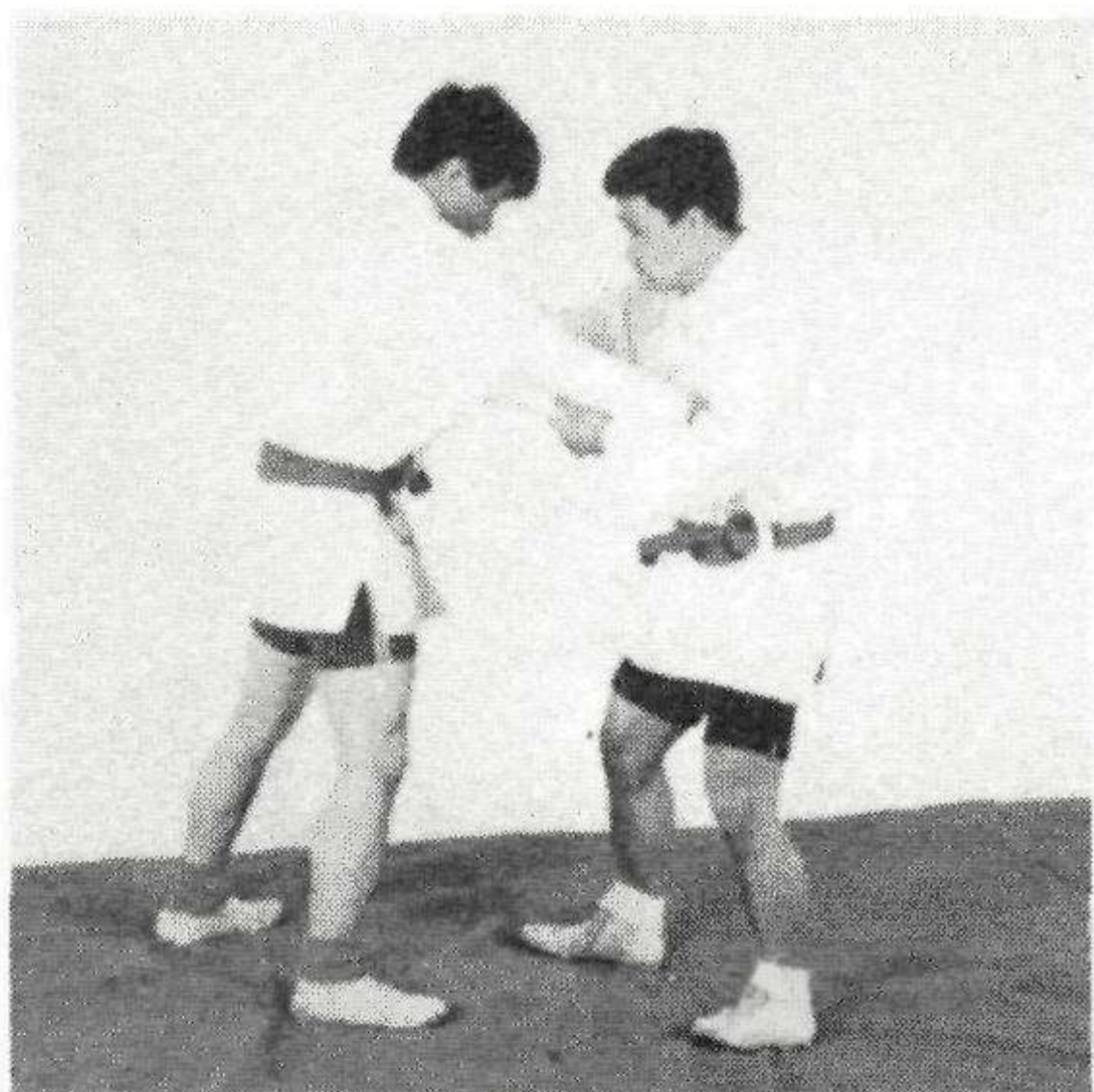
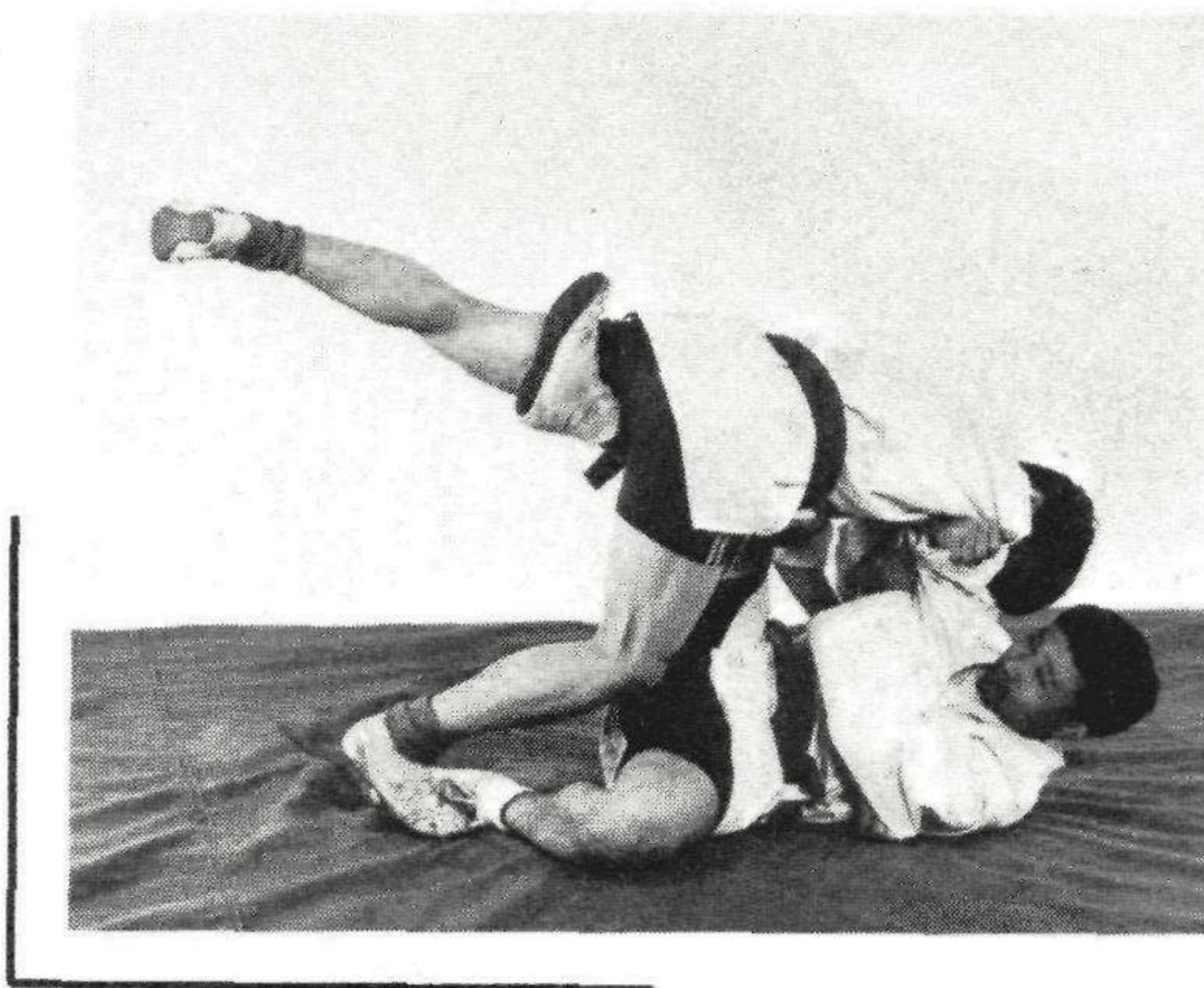
(9)

(10)

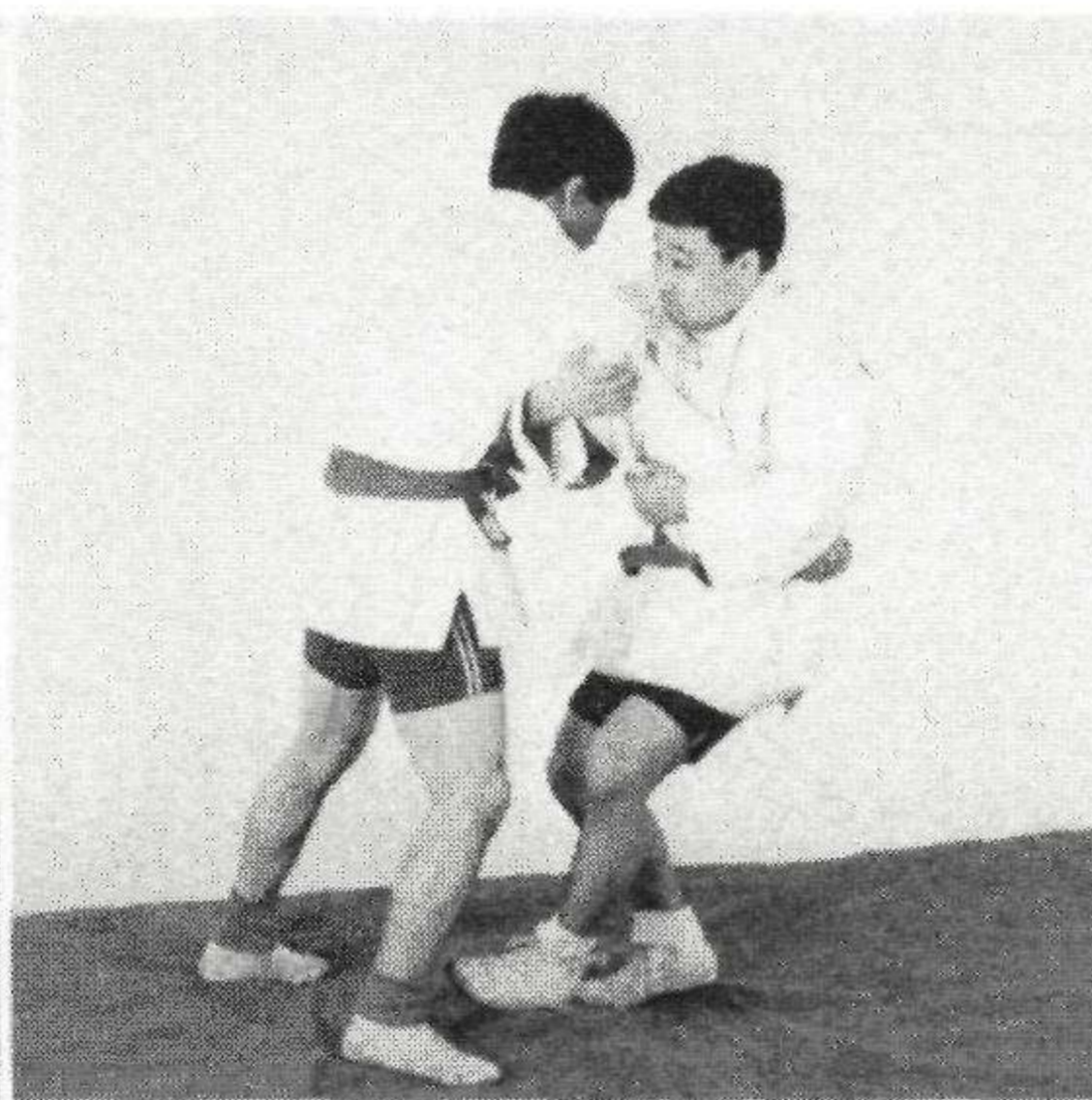
7 A. LEG THROW

Grasp the opponent under both elbows (1). Do a step forward with the left foot, then get hold of opponent's right shoulder from underneath with the right hand (2). Sitting down as close as possible to own left heel (3), press the knee against opponent's abdomen (4), then pulling the opponent over (5), throw him over the right leg (6) on the mat (7).

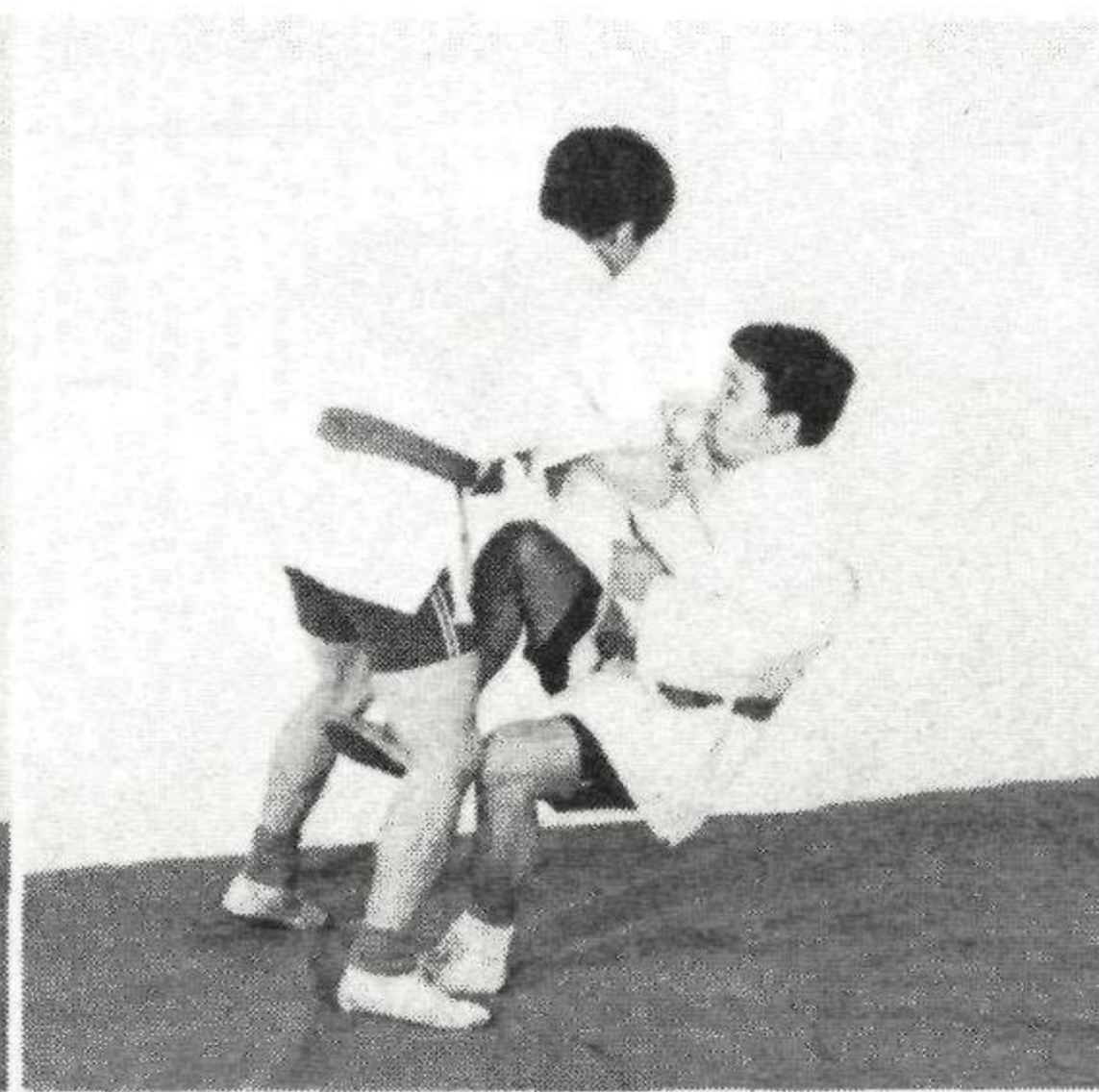
Safeguarding – shoulder tumble. Self safeguarding – back fall.



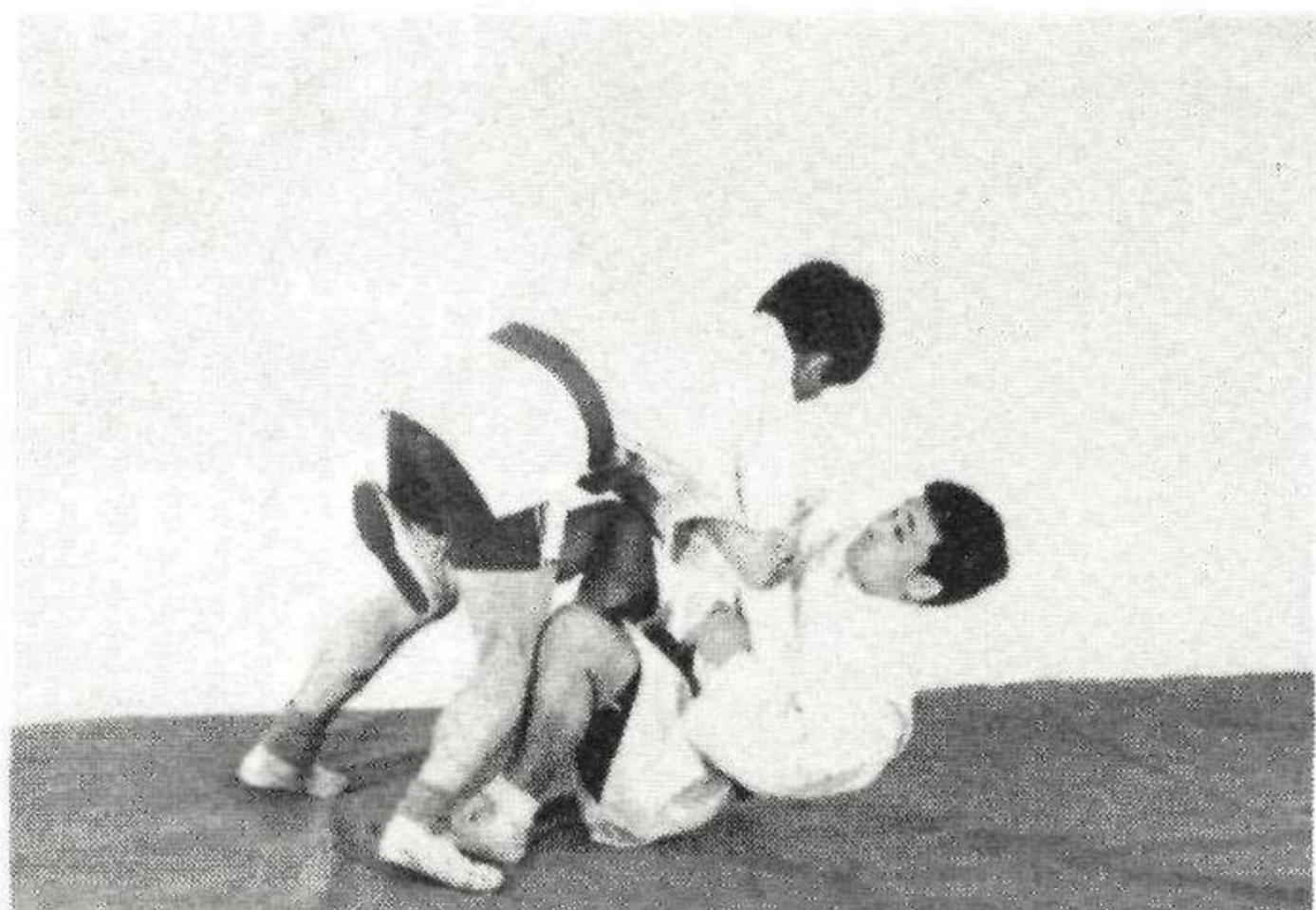
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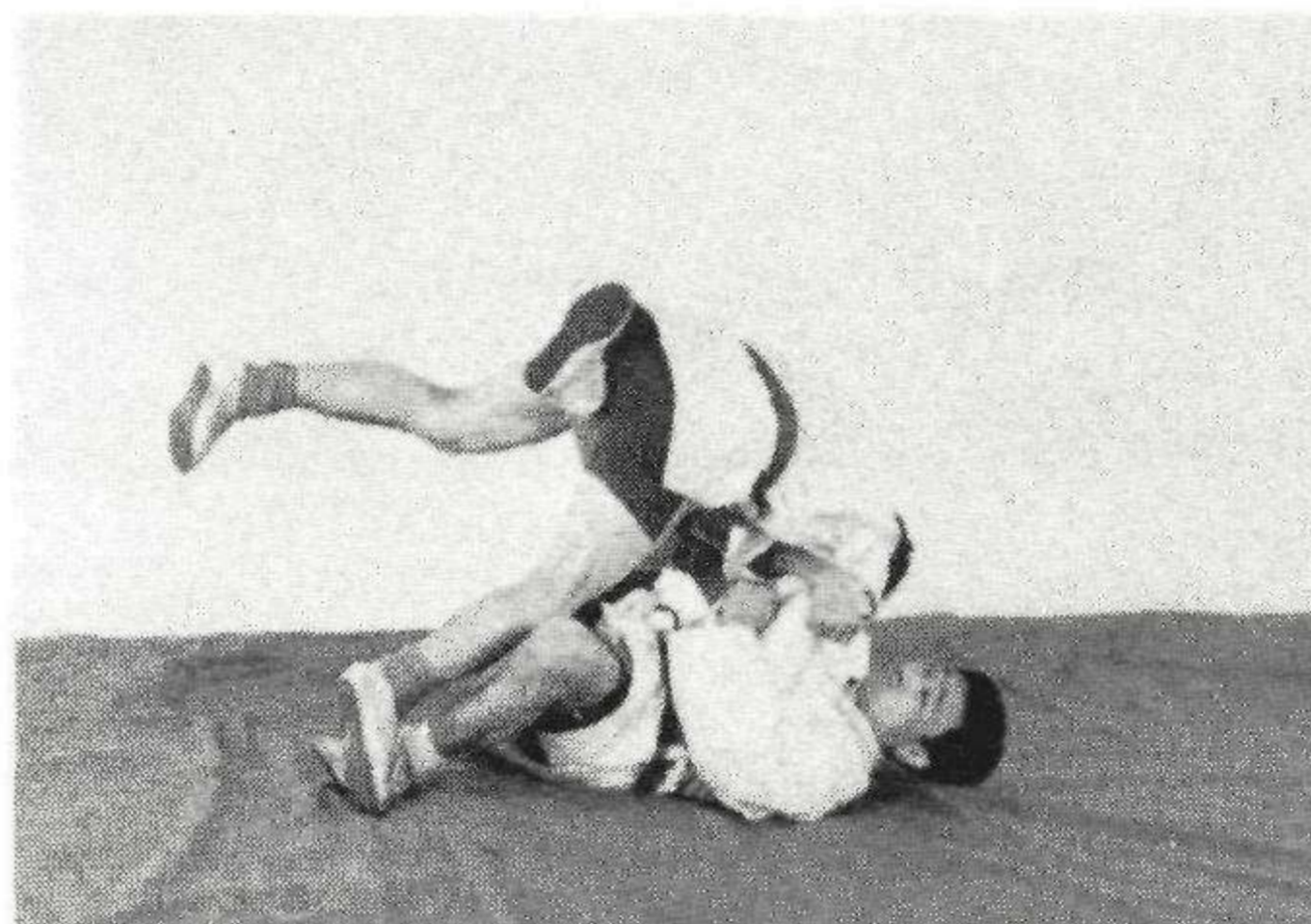
(2)



(3)



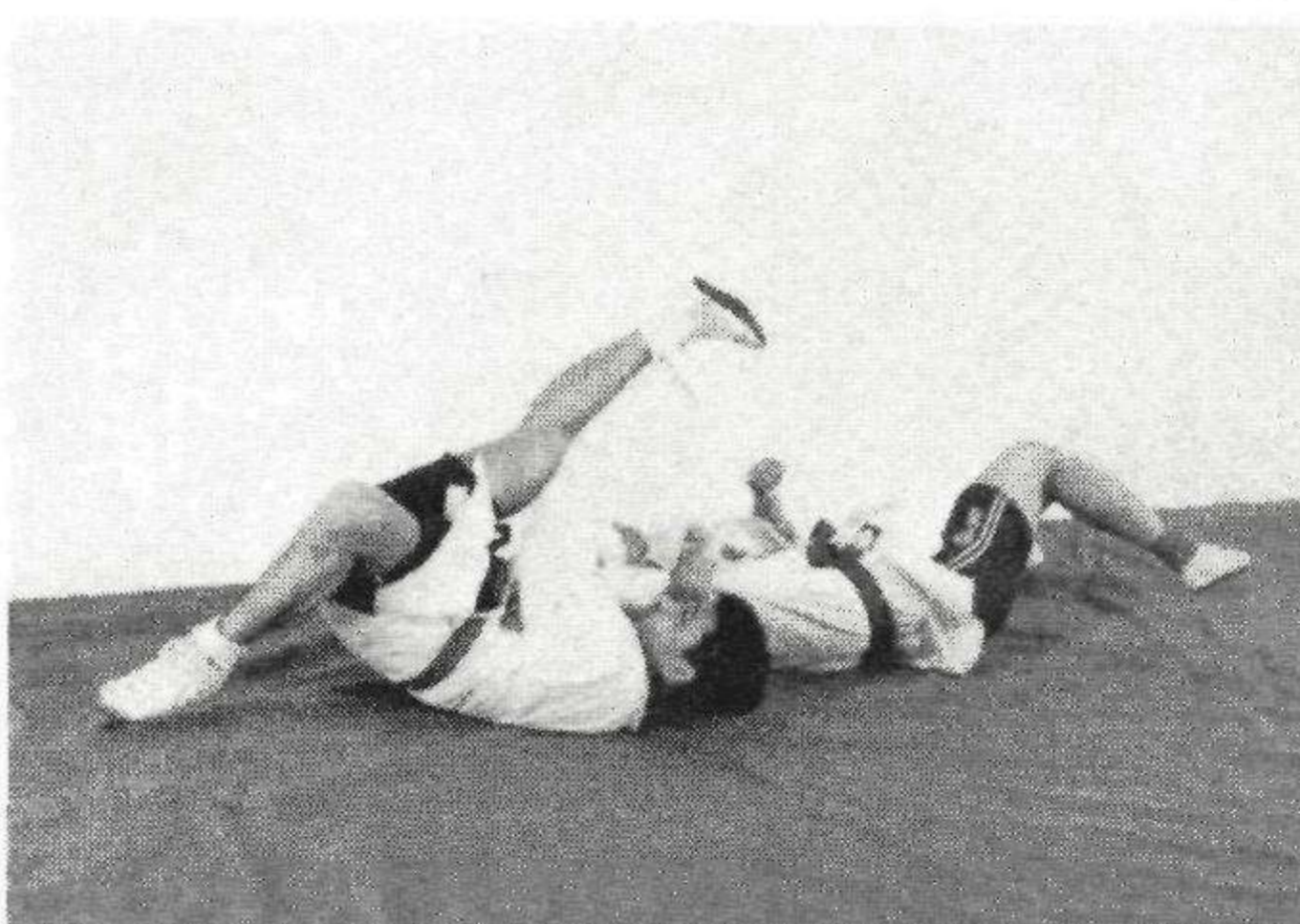
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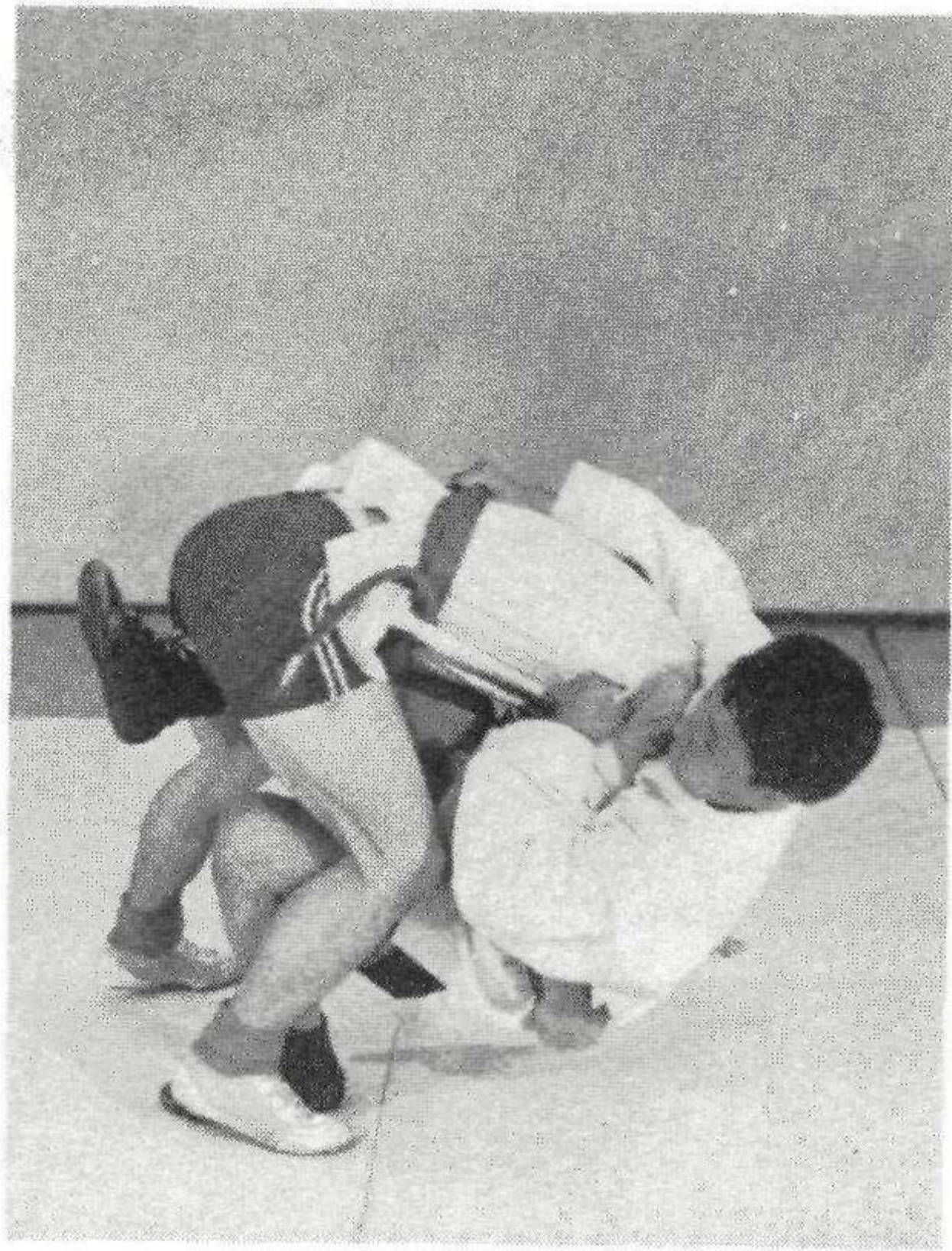
(5)



(6)



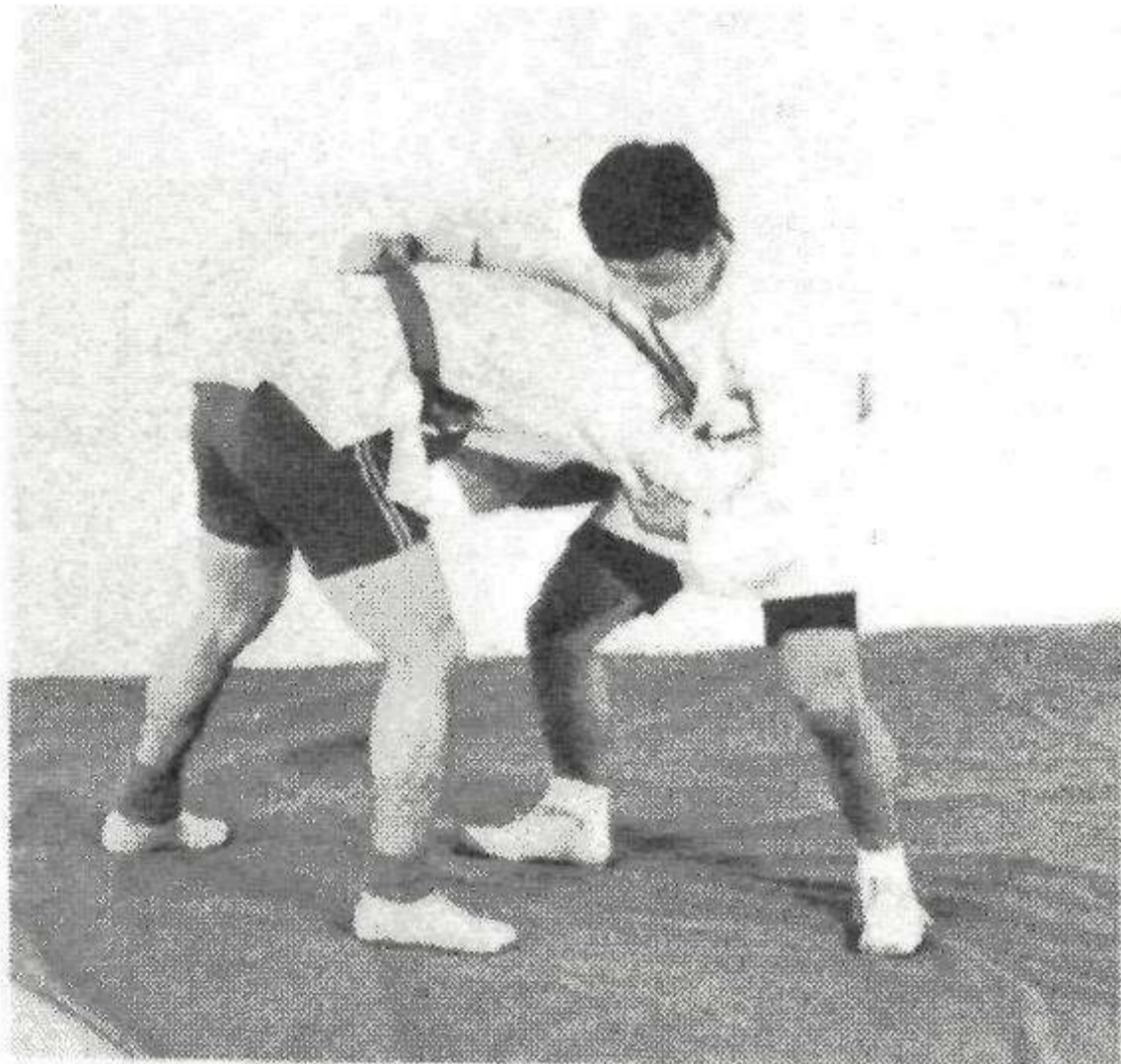
(7)



7 B. BELT THROW OVER THE HEAD

Grasp the opponent with the right hand at the belt over the right shoulder, and with the left under the right elbow (1). Do a step forward with the left foot (2), sit down as close as possible to own left heel (3), then pulling over (4), throw the opponent over the right leg (5) on the mat (6).

Safeguarding – shoulder tumble. Self safeguarding – back fall.



(1)



(2)



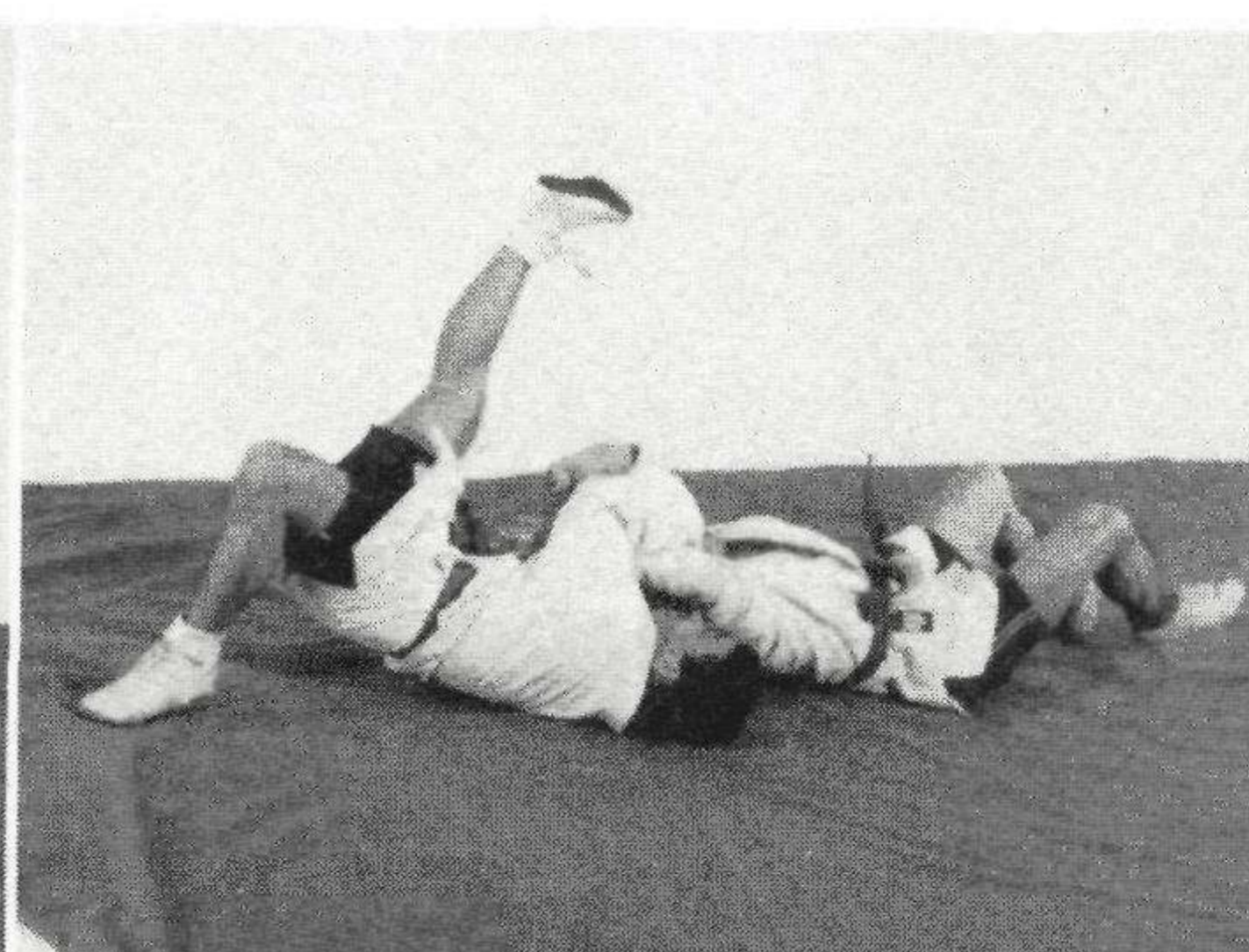
(3)



(4)



(5)

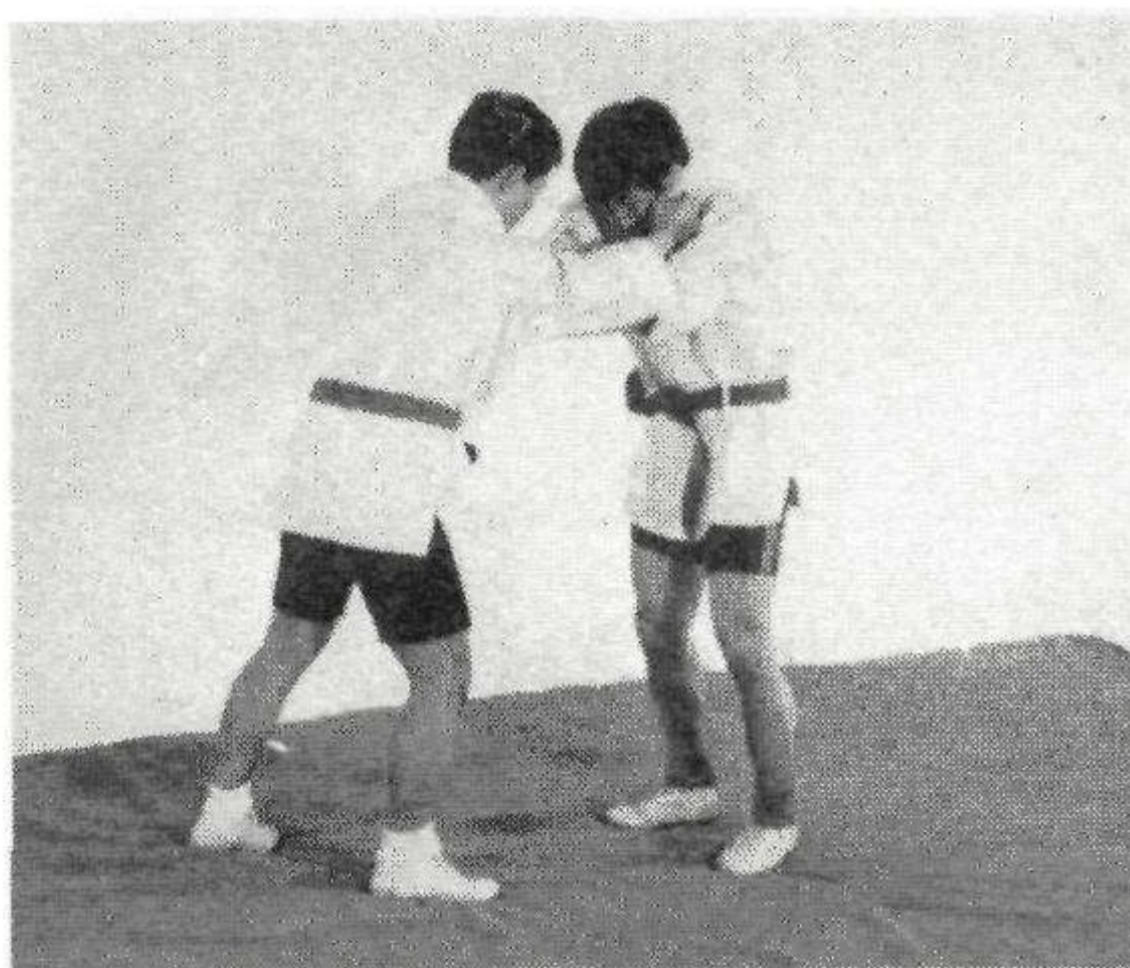


(6)

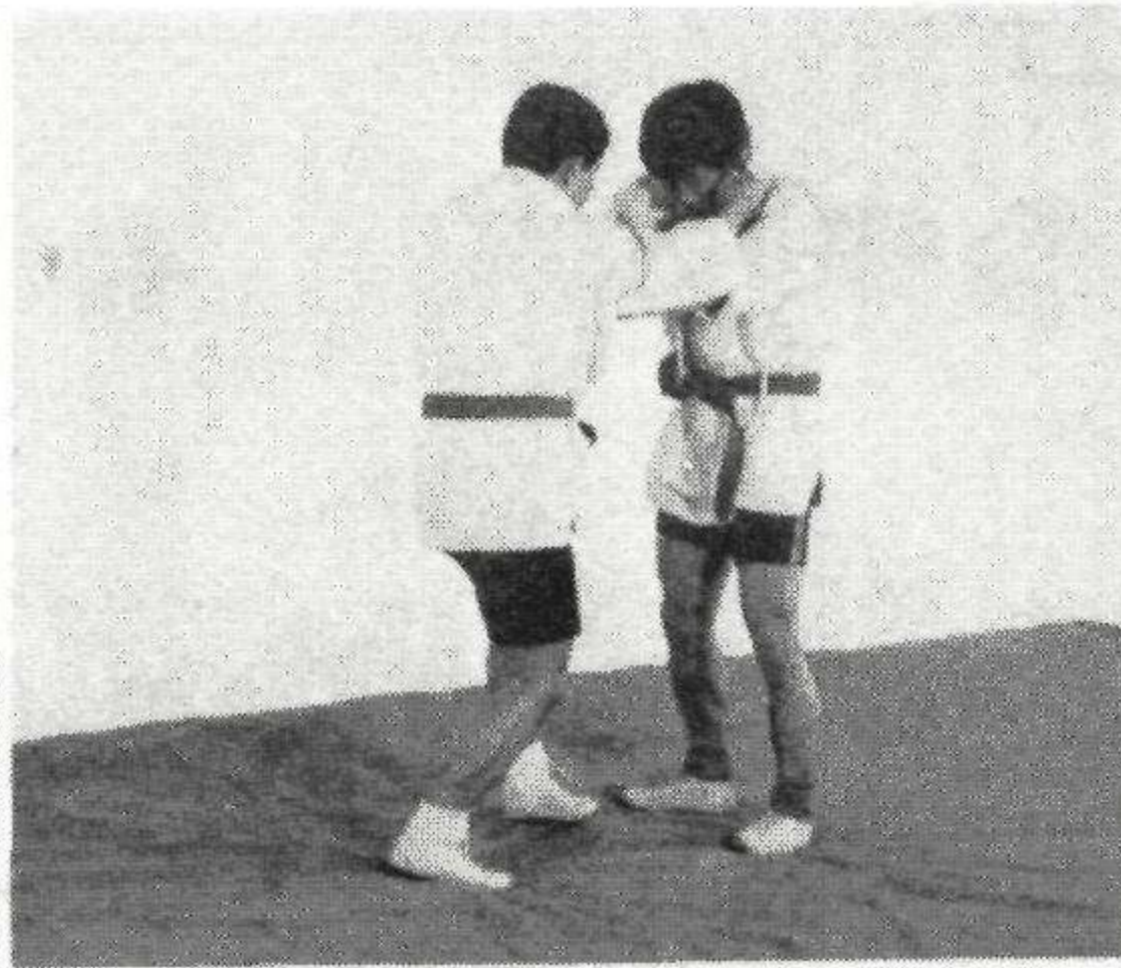
7 C. SUPPORTING LEGS HEAD THROW

Grasp the opponent at both sleeves from above (1). Do a step forward with the left foot (2). Sit down as close as possible to own left heel and press the right foot against opponent's belt (3). Lying down on the back, press the left foot against opponent's belt (4) and pull over with both hands (5). Unbending the legs sharply (6), throw the opponent over (7) on the mat (8).

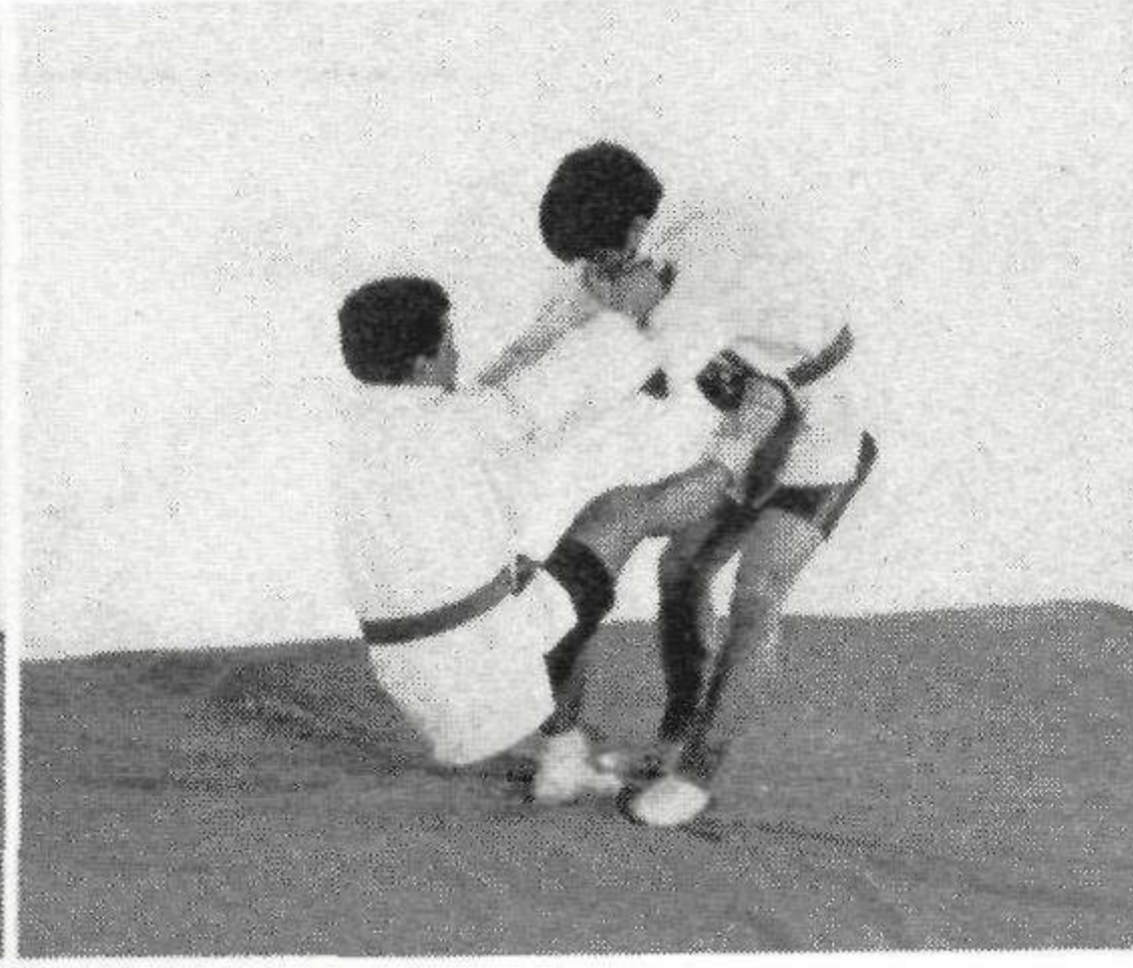
Safeguarding – forward tumble. Self safeguarding – back fall.



(1)



(2)



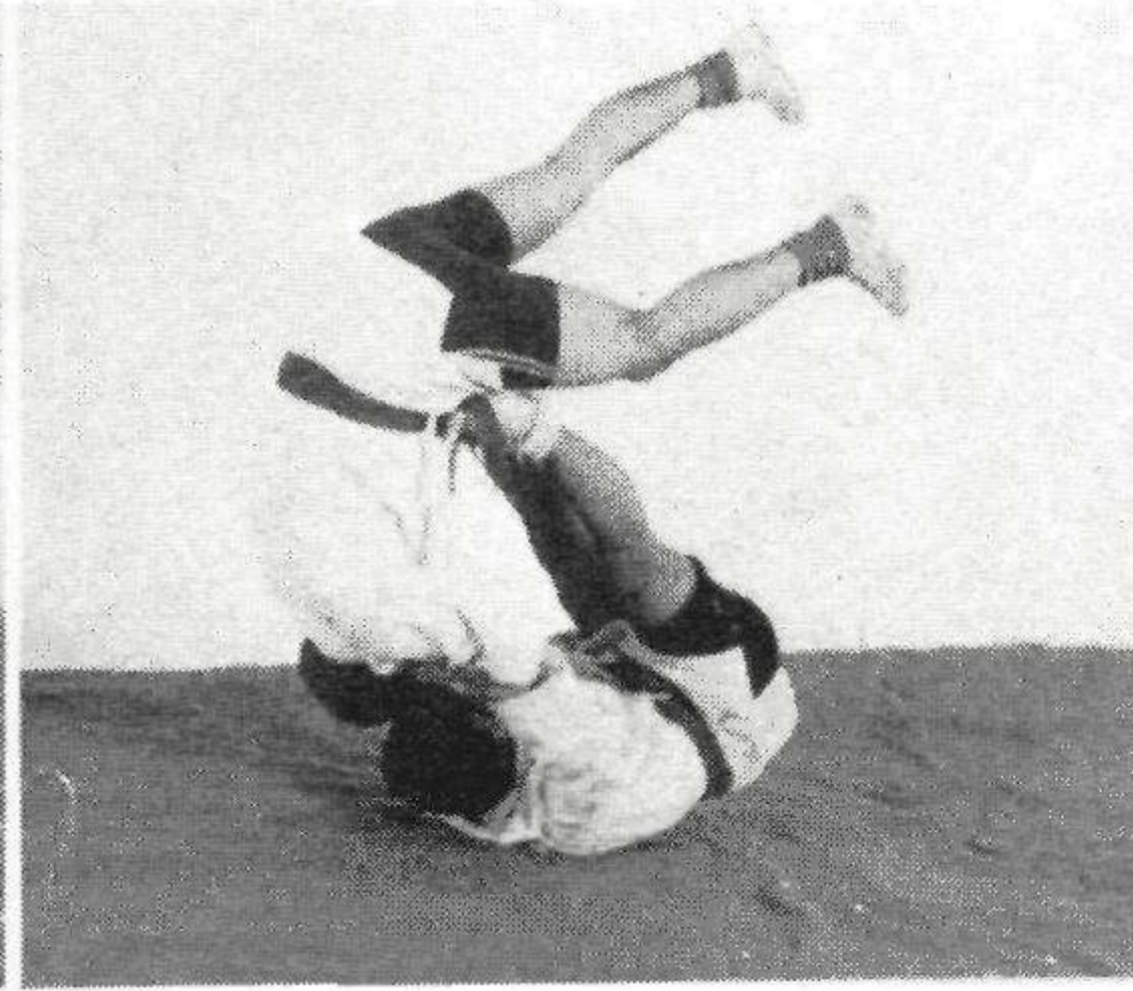
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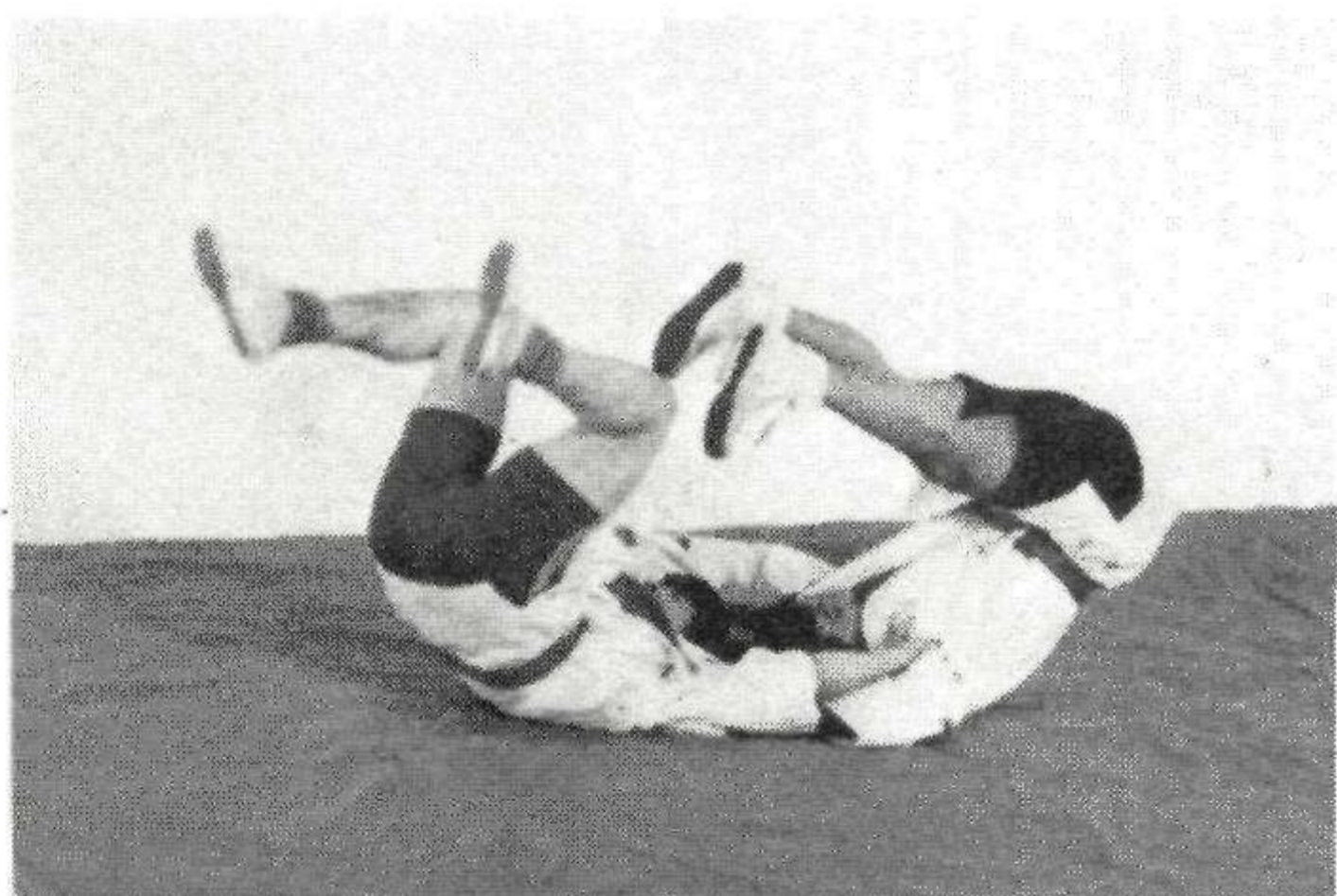
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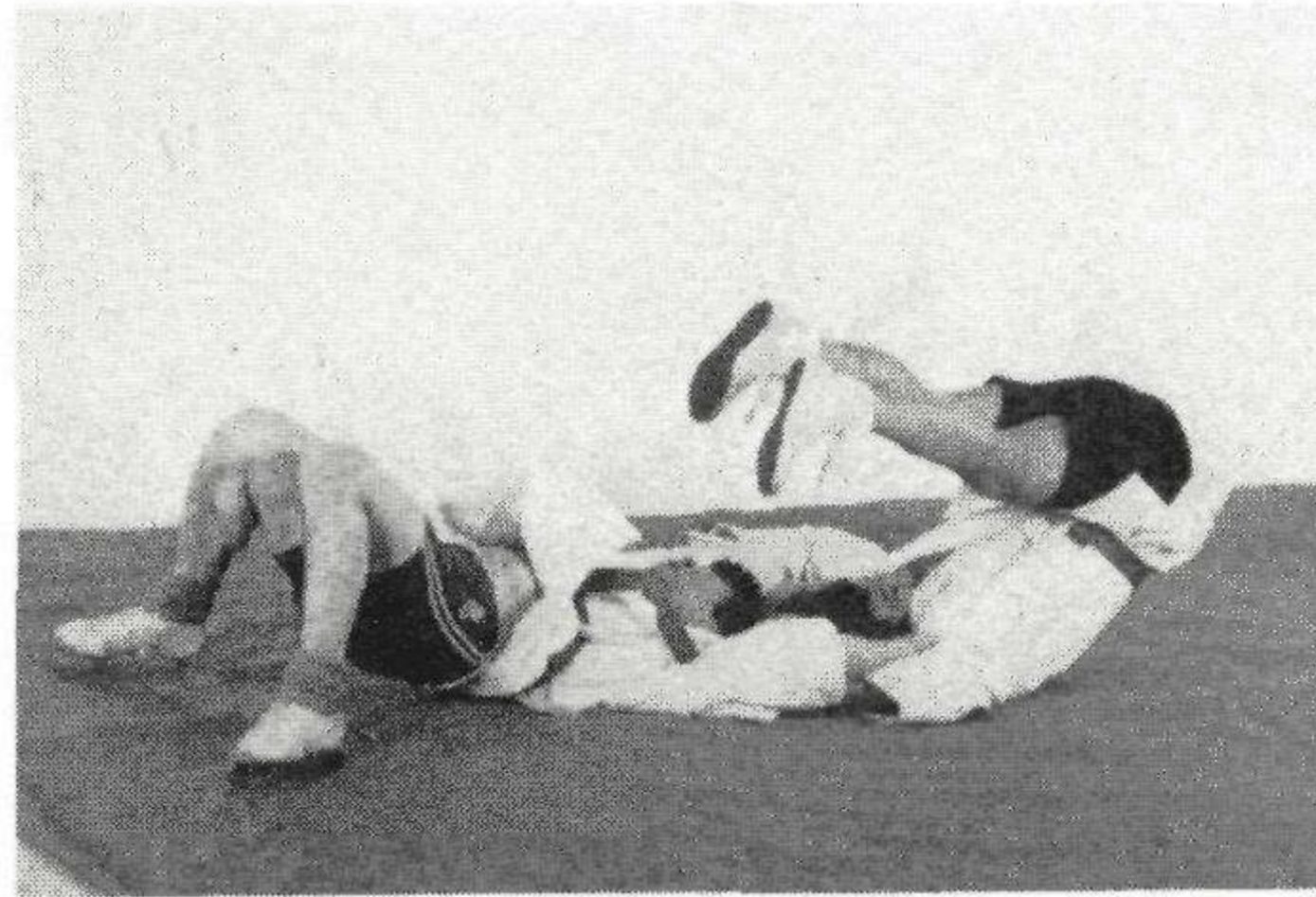
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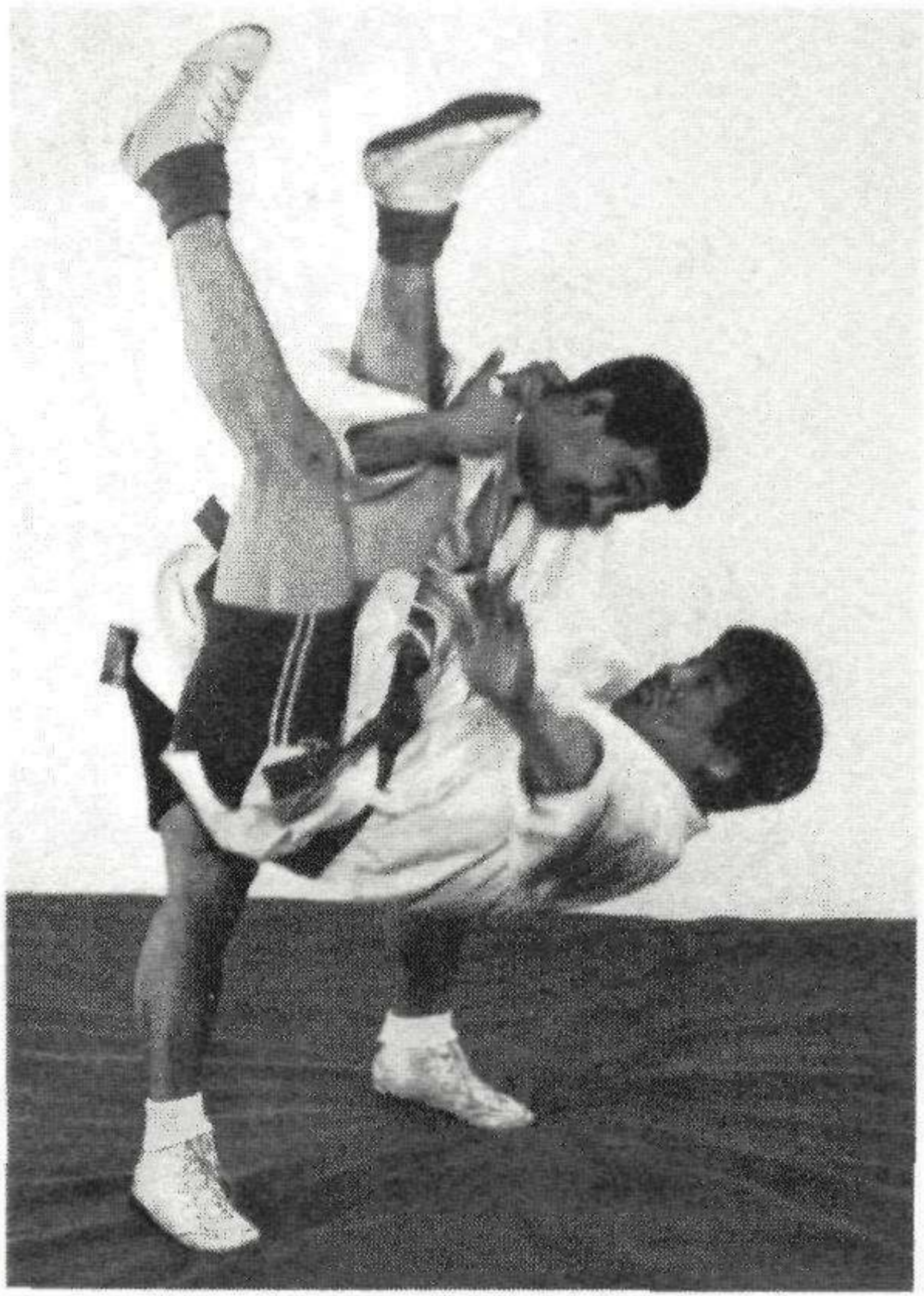
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(7)



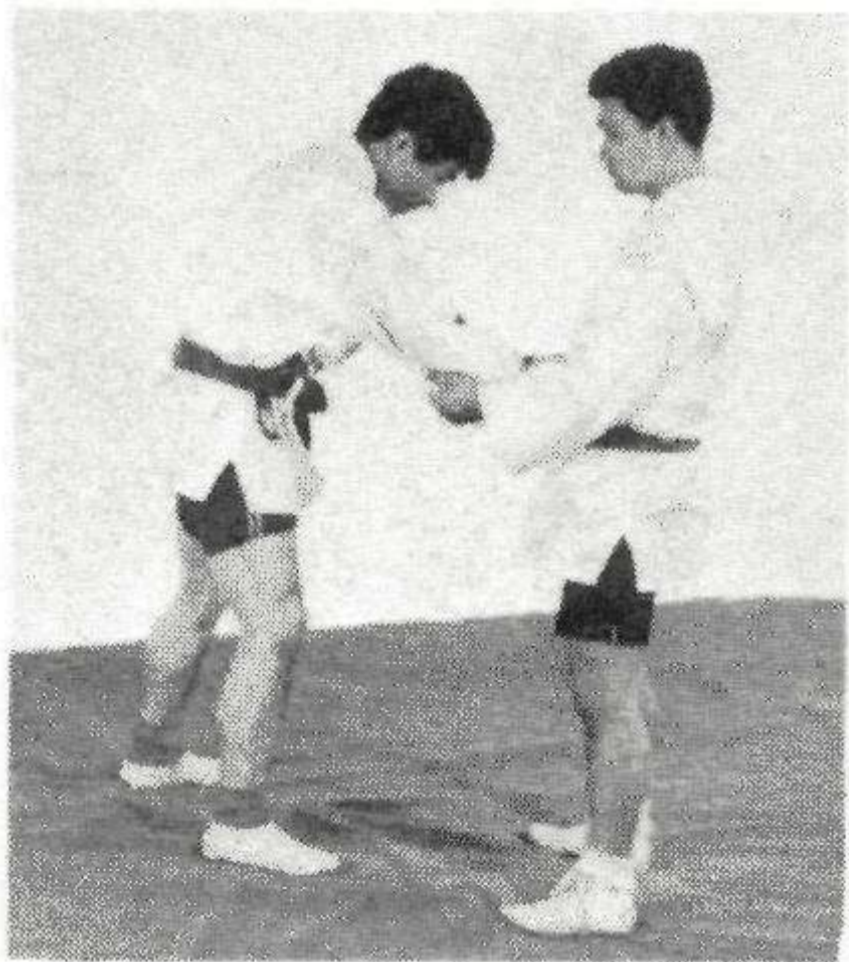
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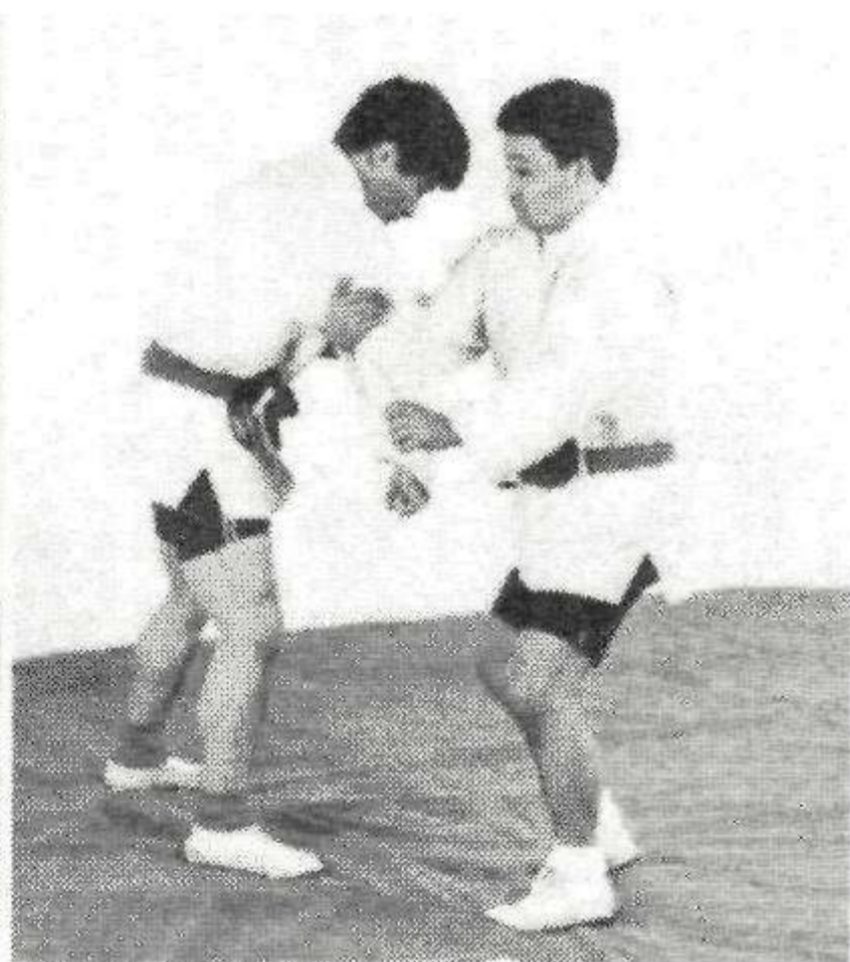
8 A. BACK OVERTURNING

Grasp opponent's right sleeve with the left hand (1). Getting hold of opponent's right shoulder from beneath with the right hand (2), pull the grasped arm to the right and downwards (3), till the opponent does a step forward with the right foot and turns his back (4). Embrace opponent's body with the left arm (5), then squatting grasp his right thigh from inside (6). Unbending the legs, heave the opponent (7), then lifting his right leg up to own right shoulder (8), release the left hand grip (9). Putting the left foot aside (10), throw the opponent on the mat back down.

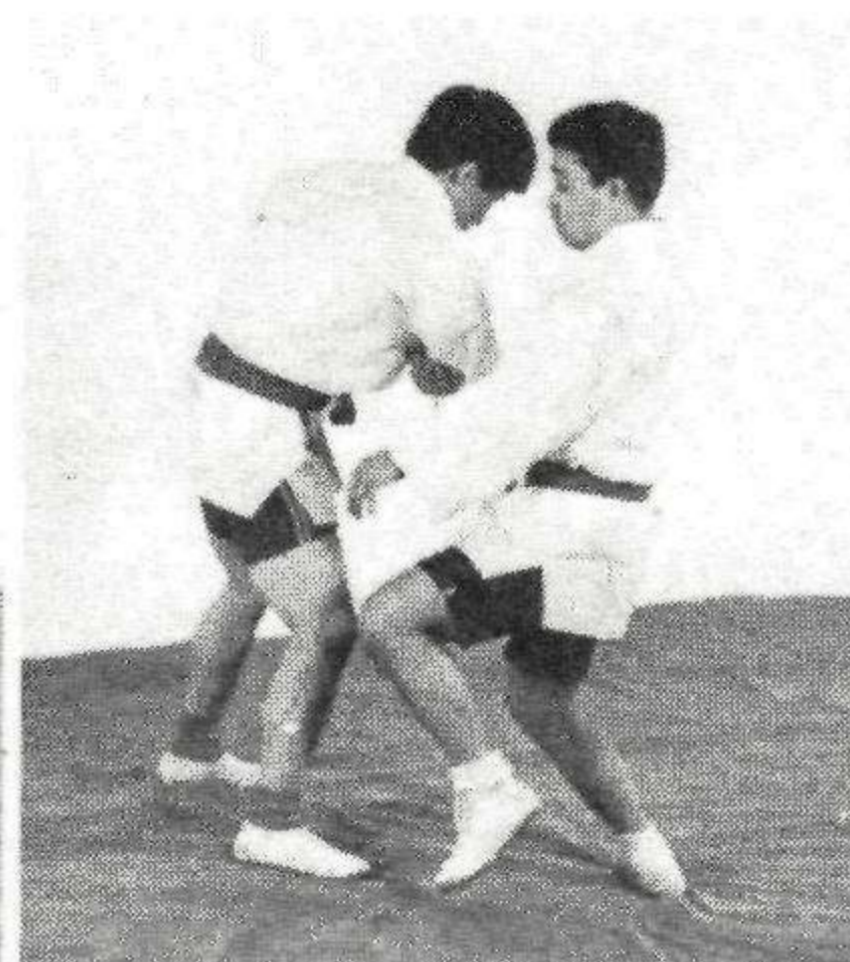
Safeguarding – by the right leg. Self safeguarding – back fall (11).



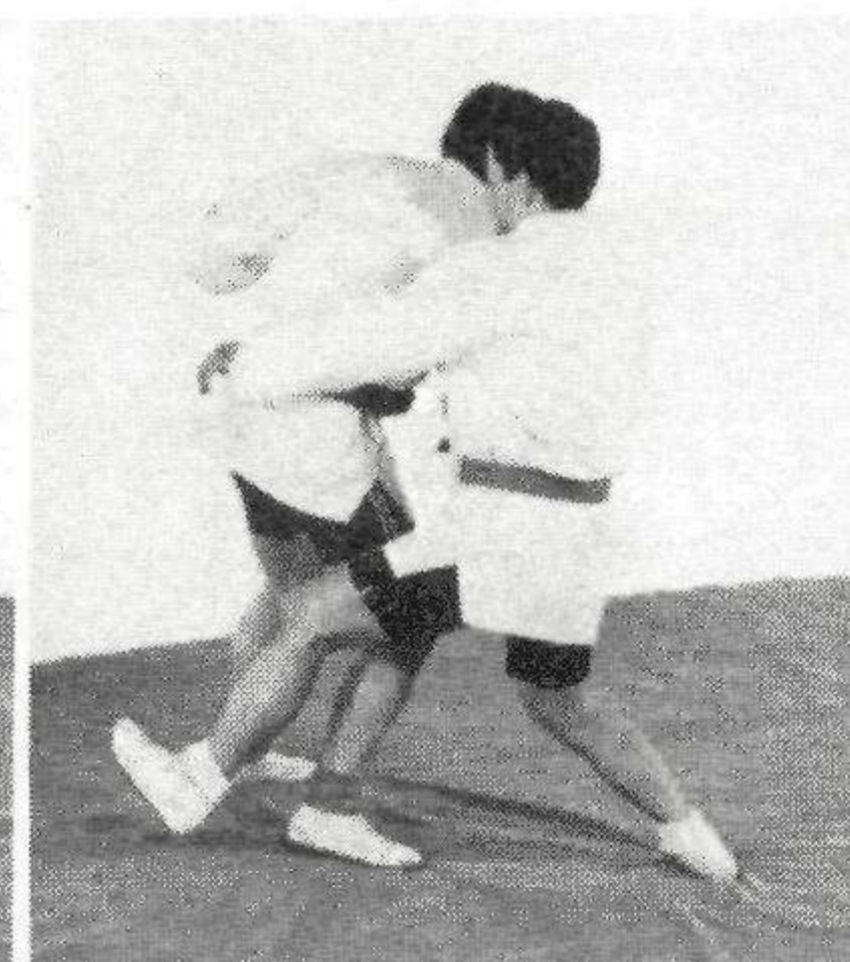
(1)



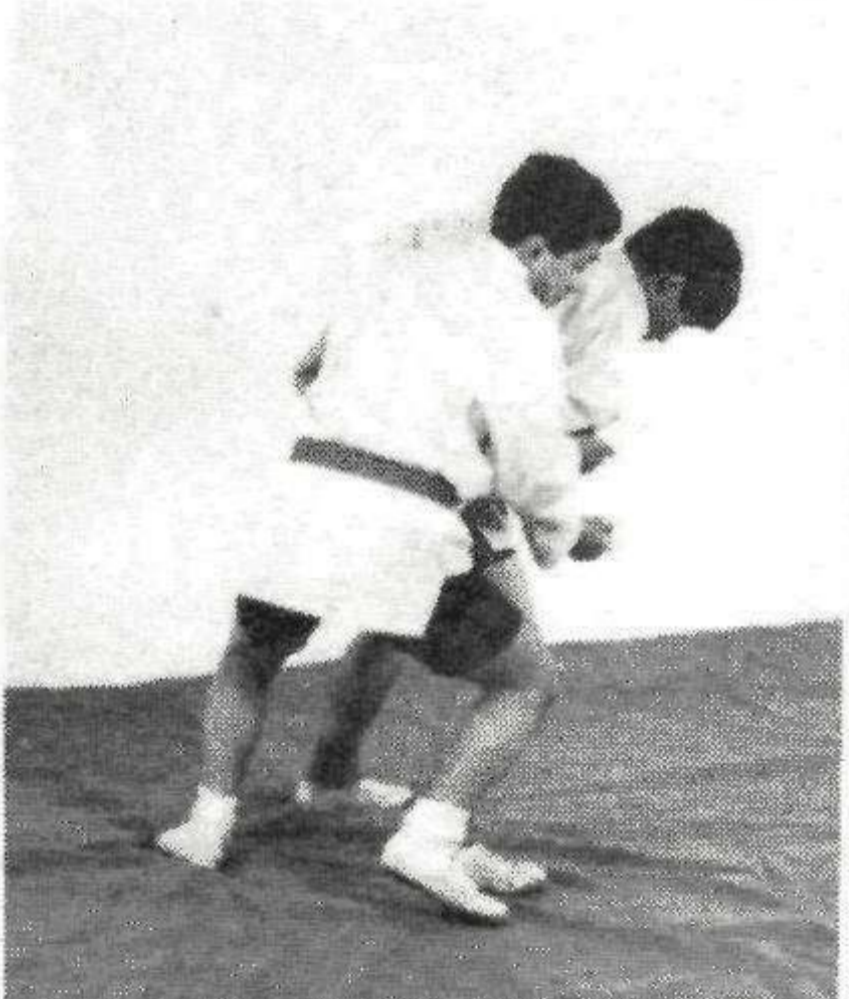
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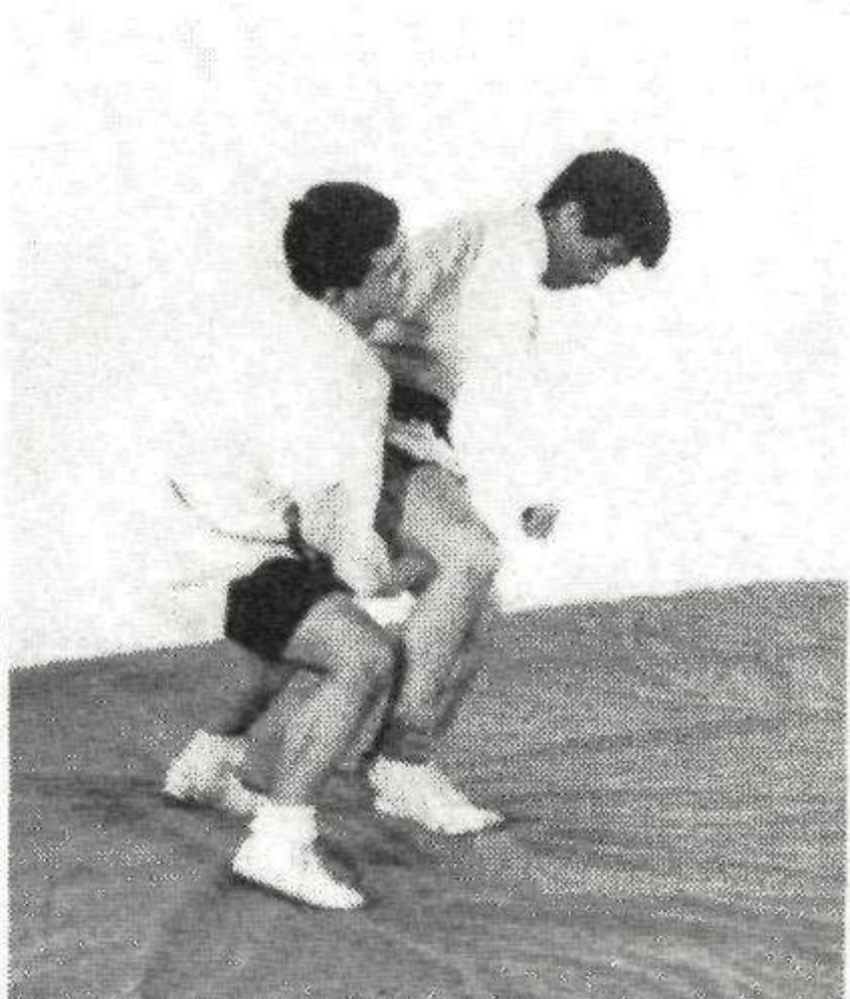
(3)



(4)



(5)



(6)



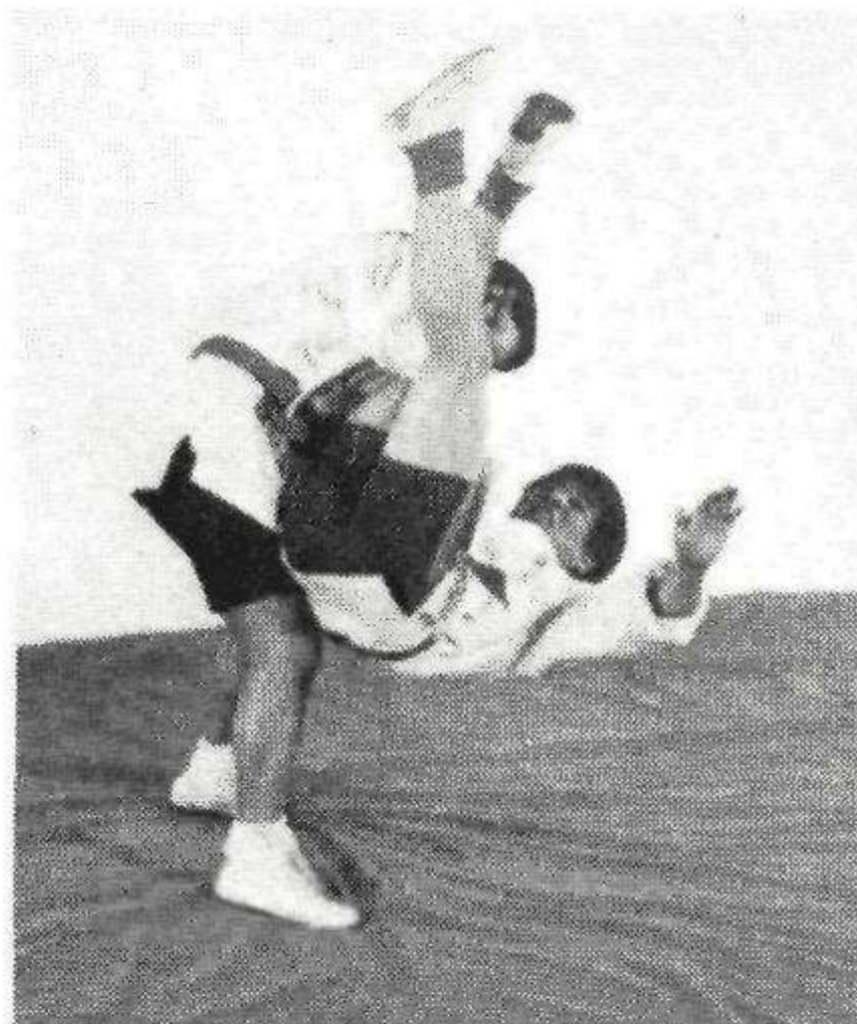
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(8)



(9)



(10)

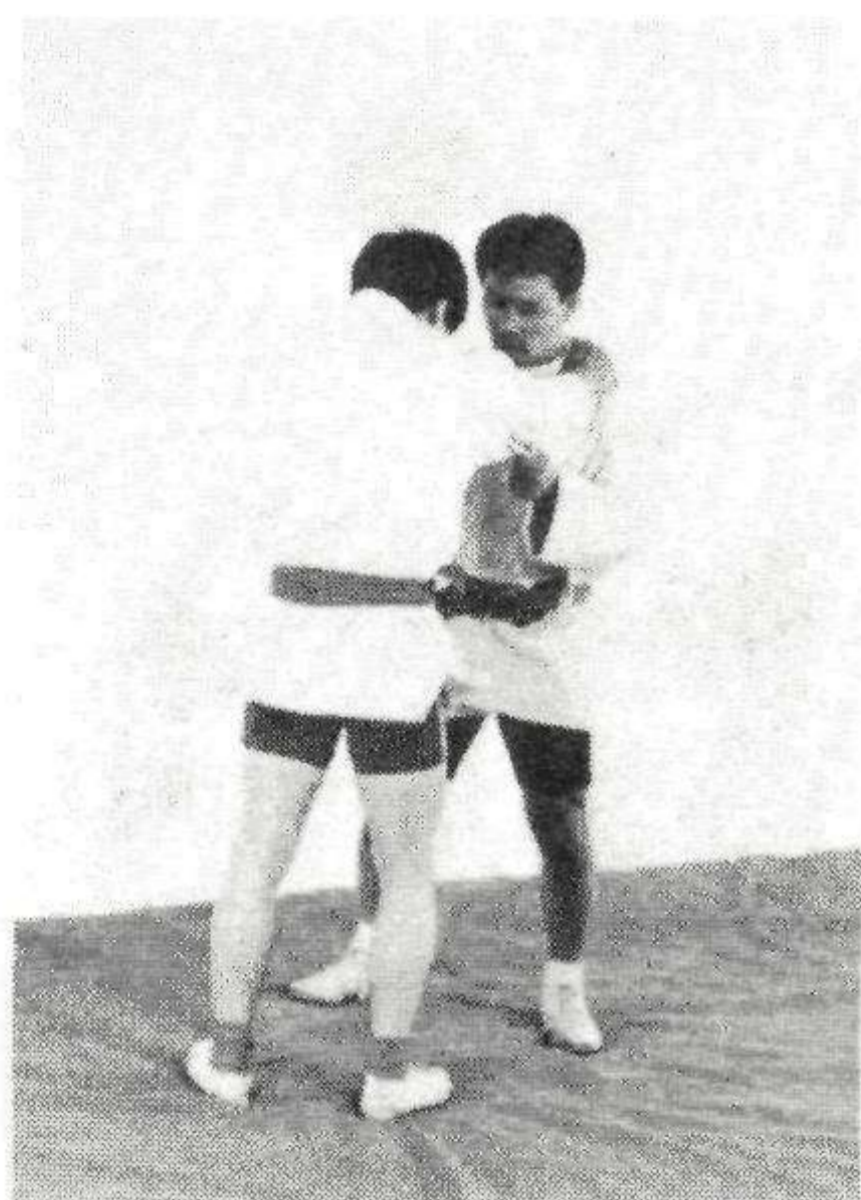
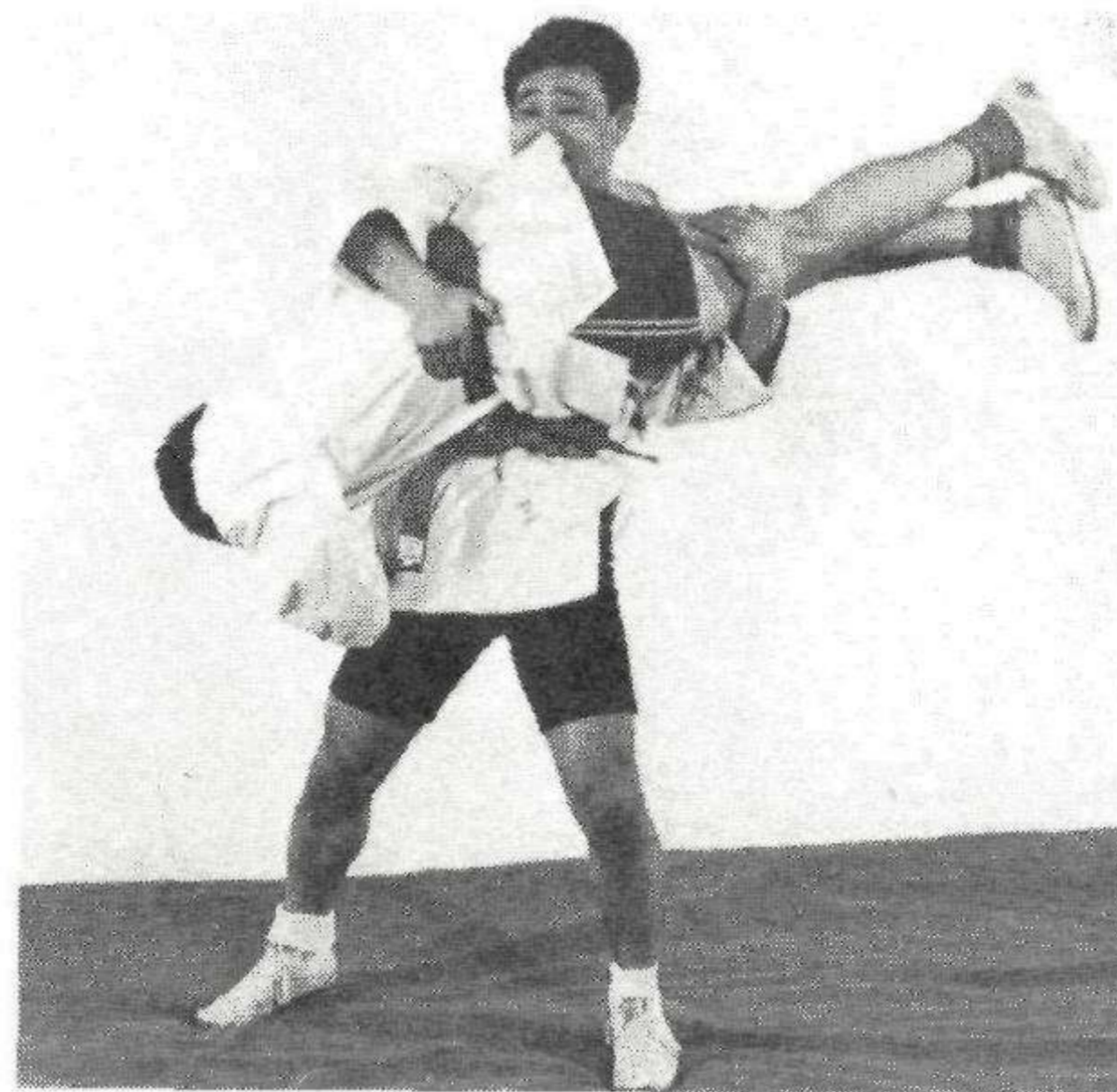


(11)

8 B. SIDE OVERTURNING

Grasp the opponent with both hands under the elbows (1). Releasing the right hand grip, do a step forward with the left foot and duck under opponent's right arm (2). Pulling the right leg up (3), squat and embrace with the right arm opponent's body from the back and with the left around the loin (4). Unbending the legs, heave up the opponent (5), then lifting him at the hips (6), drop on the mat (7).

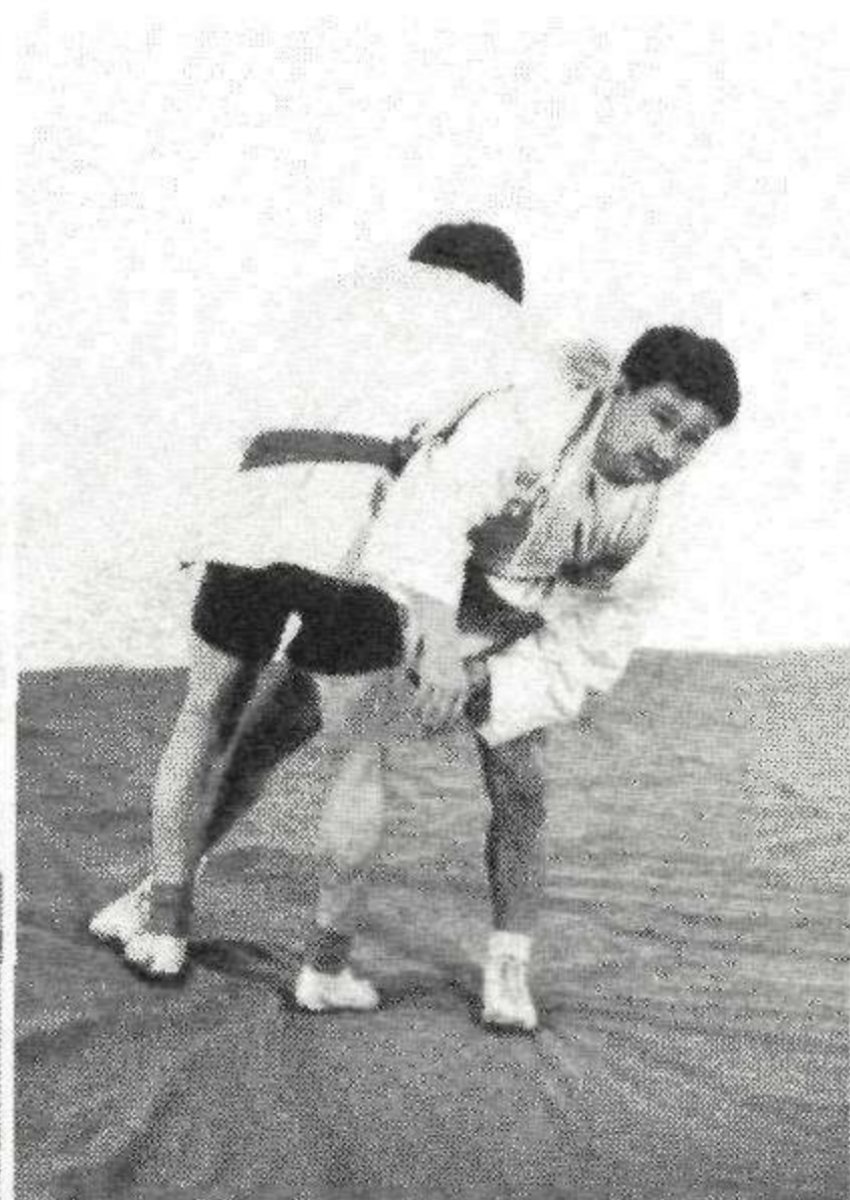
Safeguarding — by both hips. Self safeguarding — back fall (8).



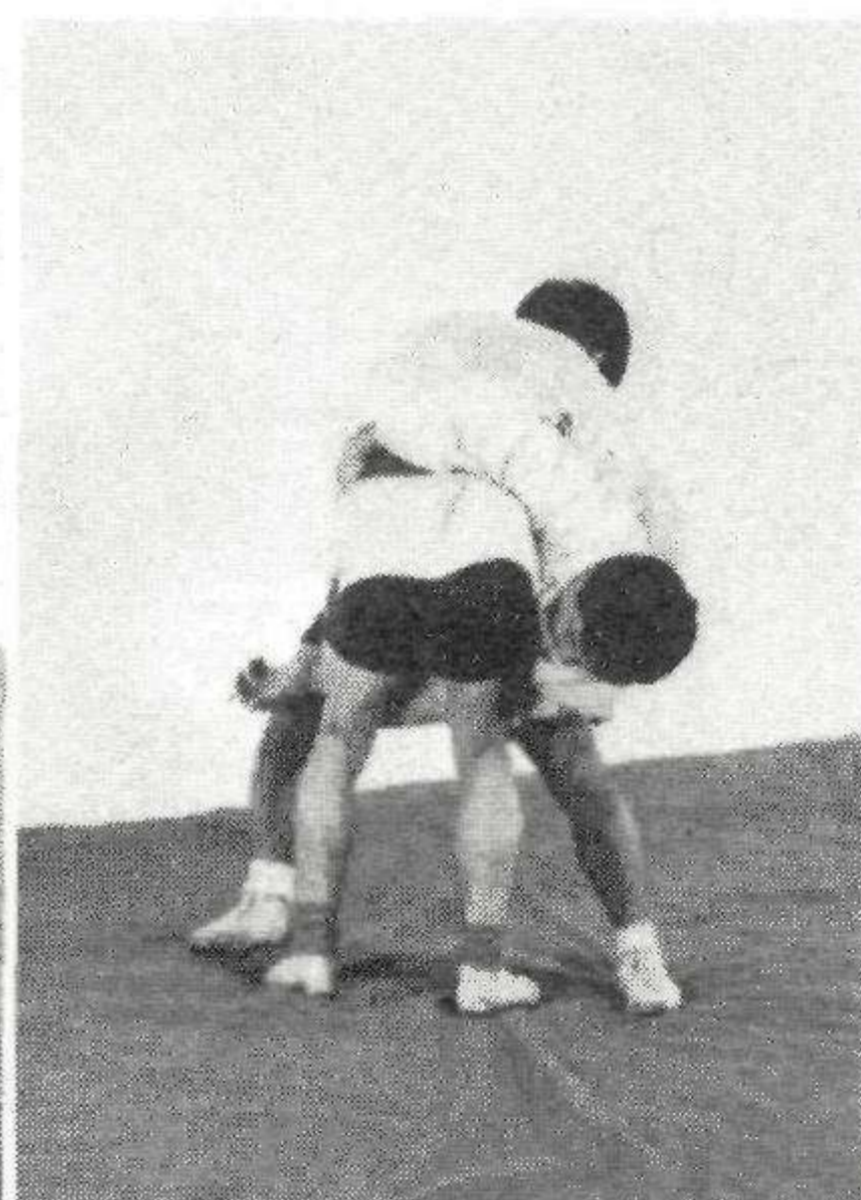
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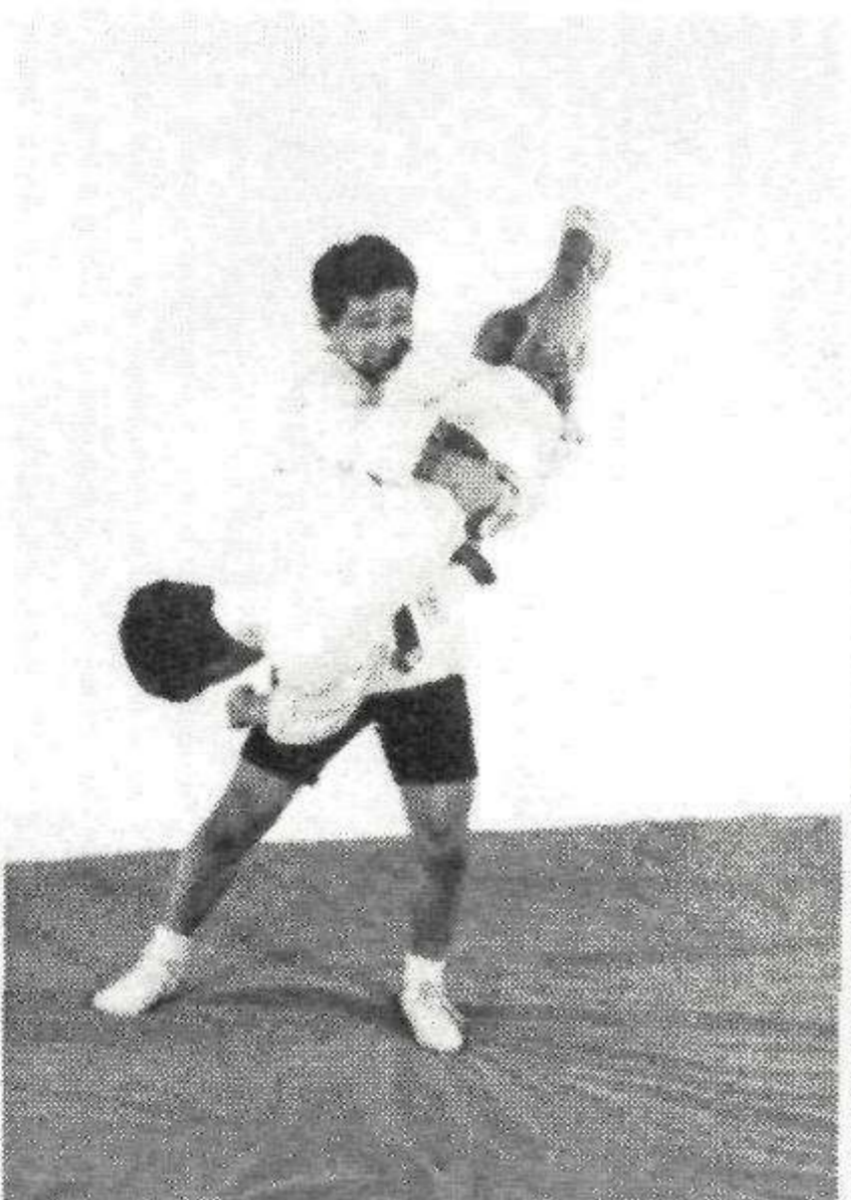
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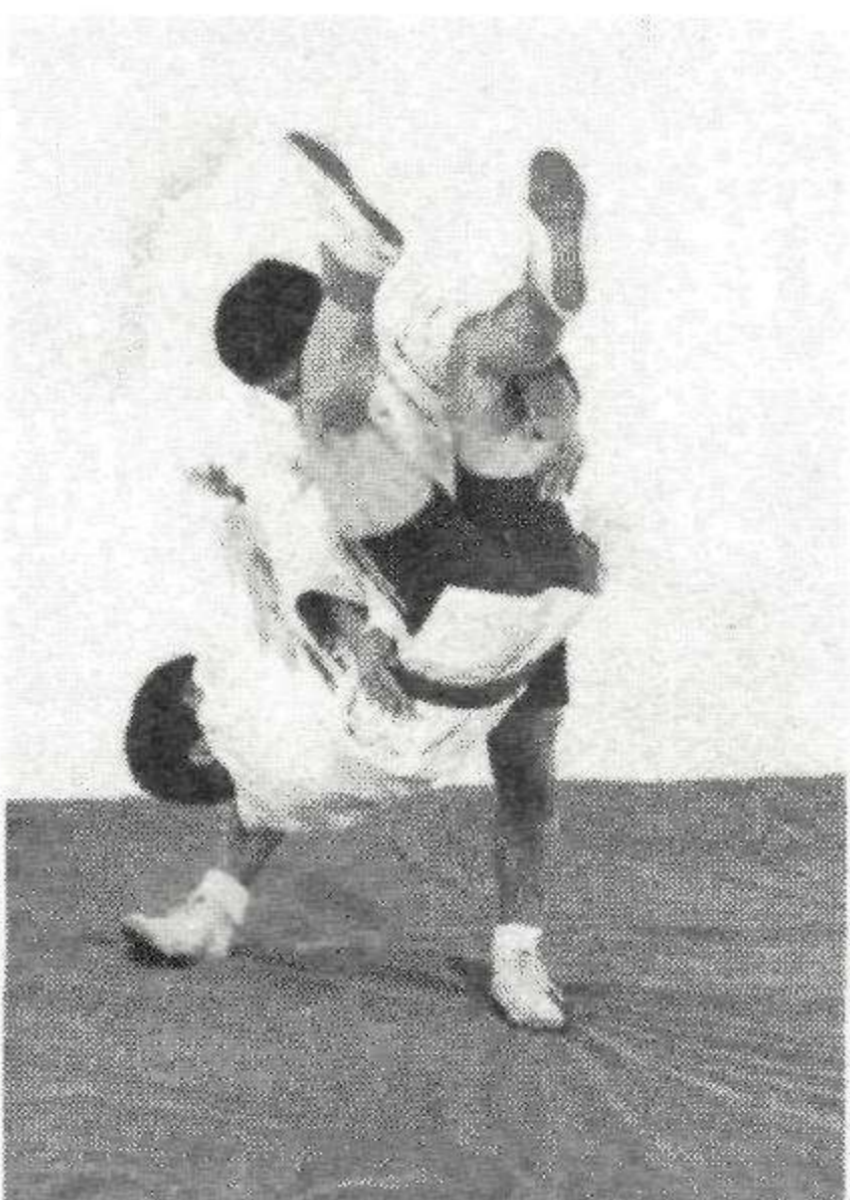
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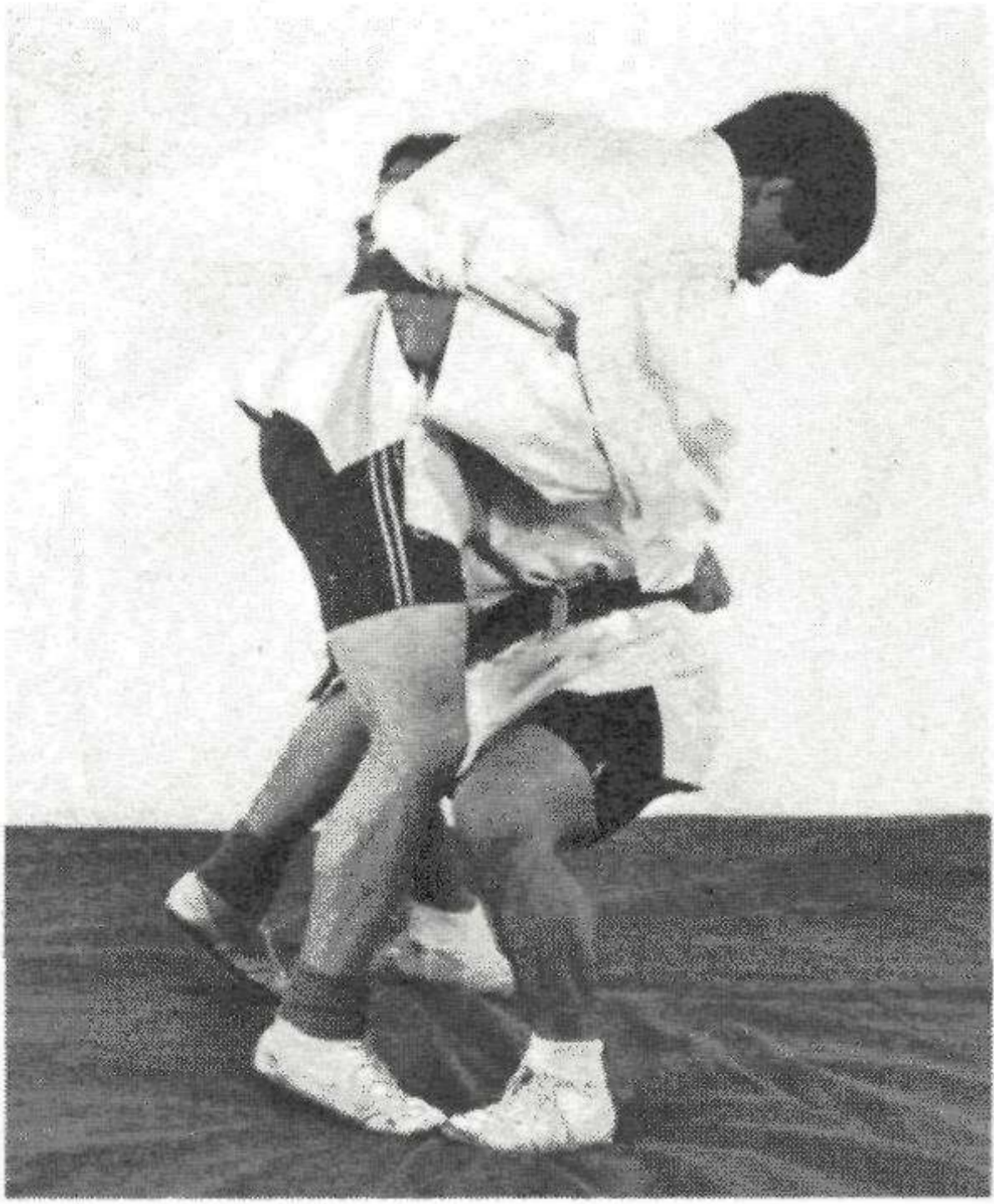
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(7)



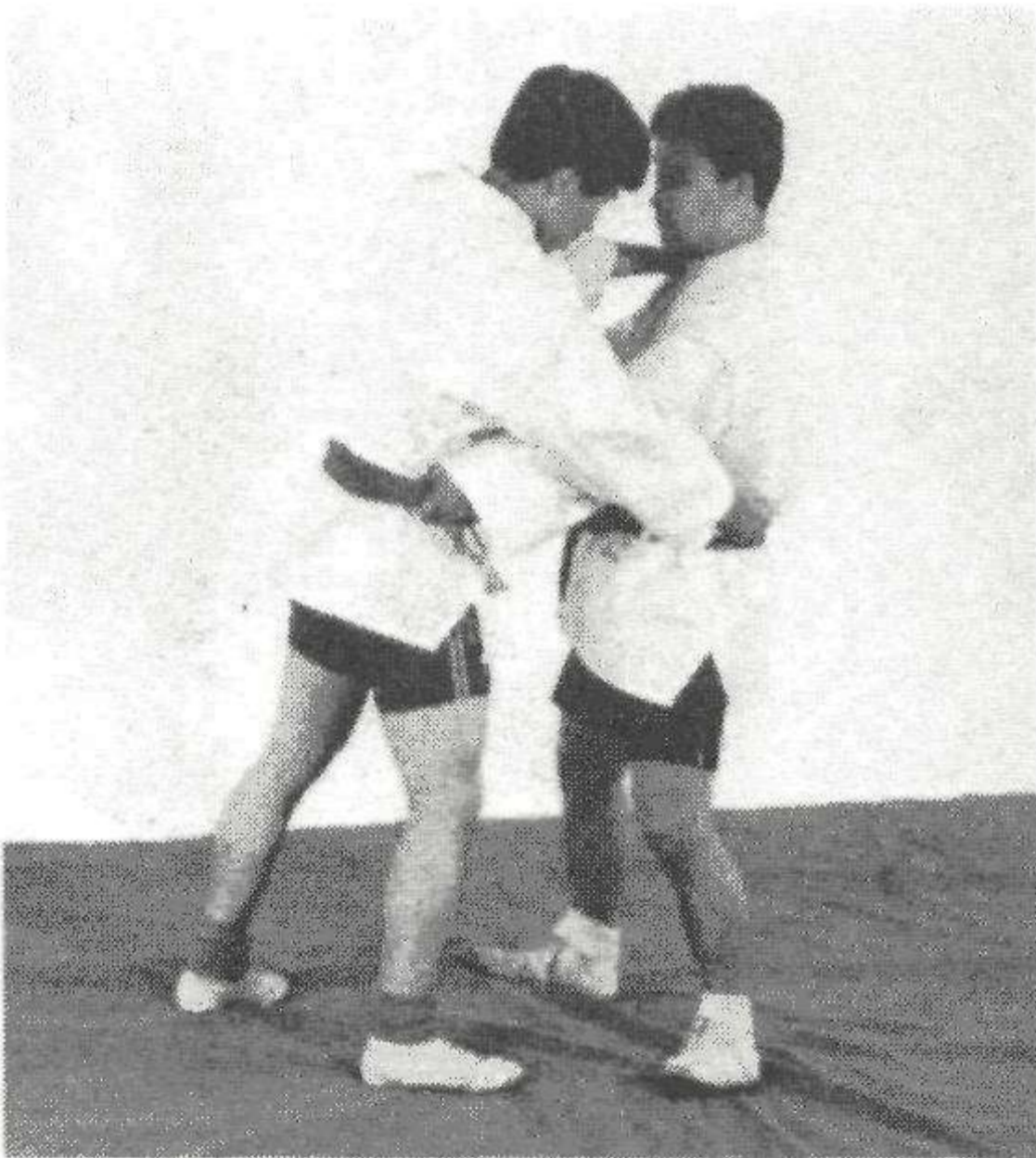
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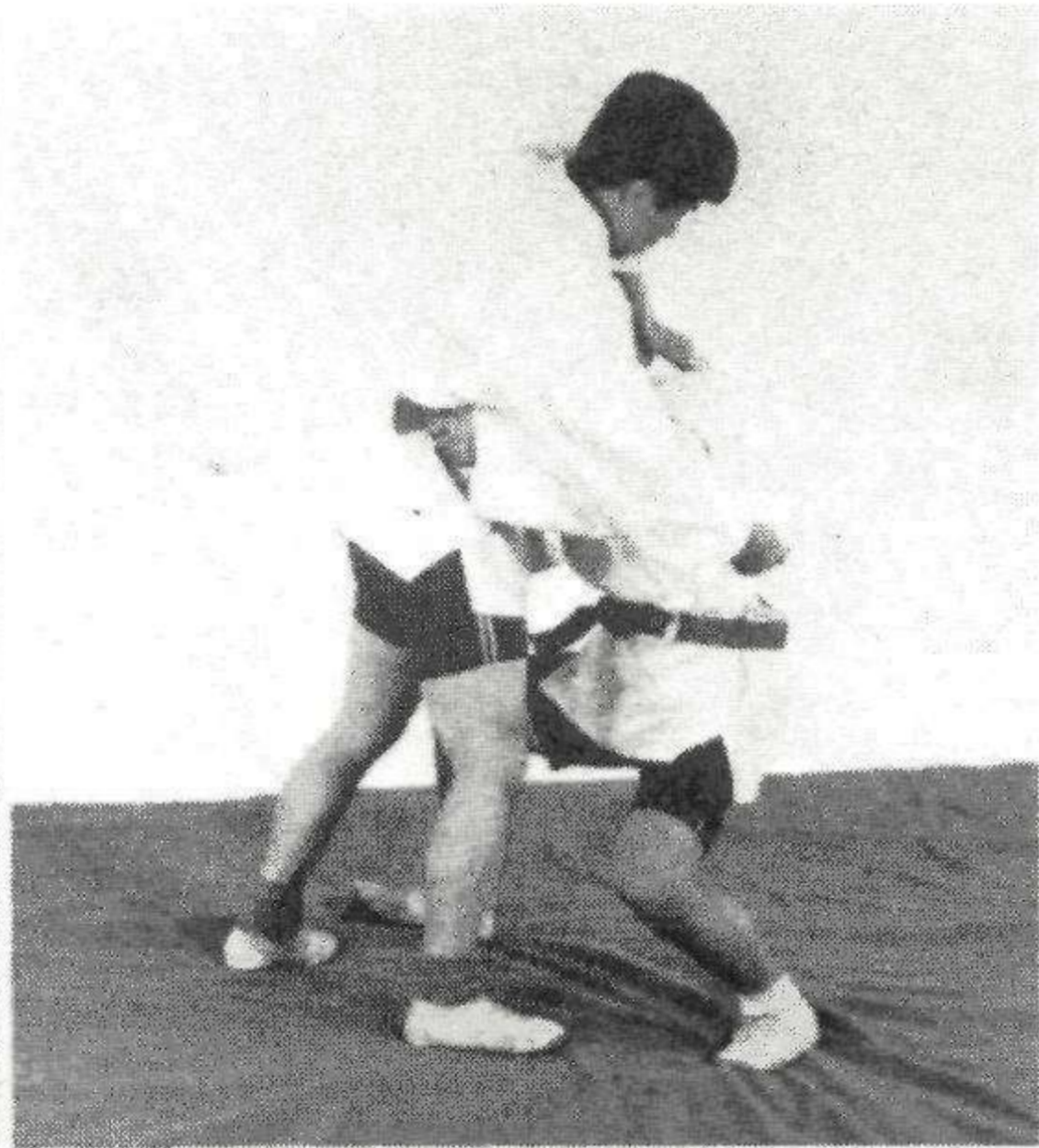
8 C. BELT AND OUTWARD LEG GRIP OVER-TURNING

Grasp the opponent with the left hand at the belt and with the right under the left elbow (1). Do a step forward with the left foot, release the right hand grip (2), then squatting, clasp opponent's left leg from outside (3). Uprising, lift the opponent off the ground (4), raise the clasped leg to the right shoulder (5), put the left foot aside (6) and throw the opponent on the mat (7).

Safeguarding — by the leg and the belt. Self safeguarding — back fall.



(1)



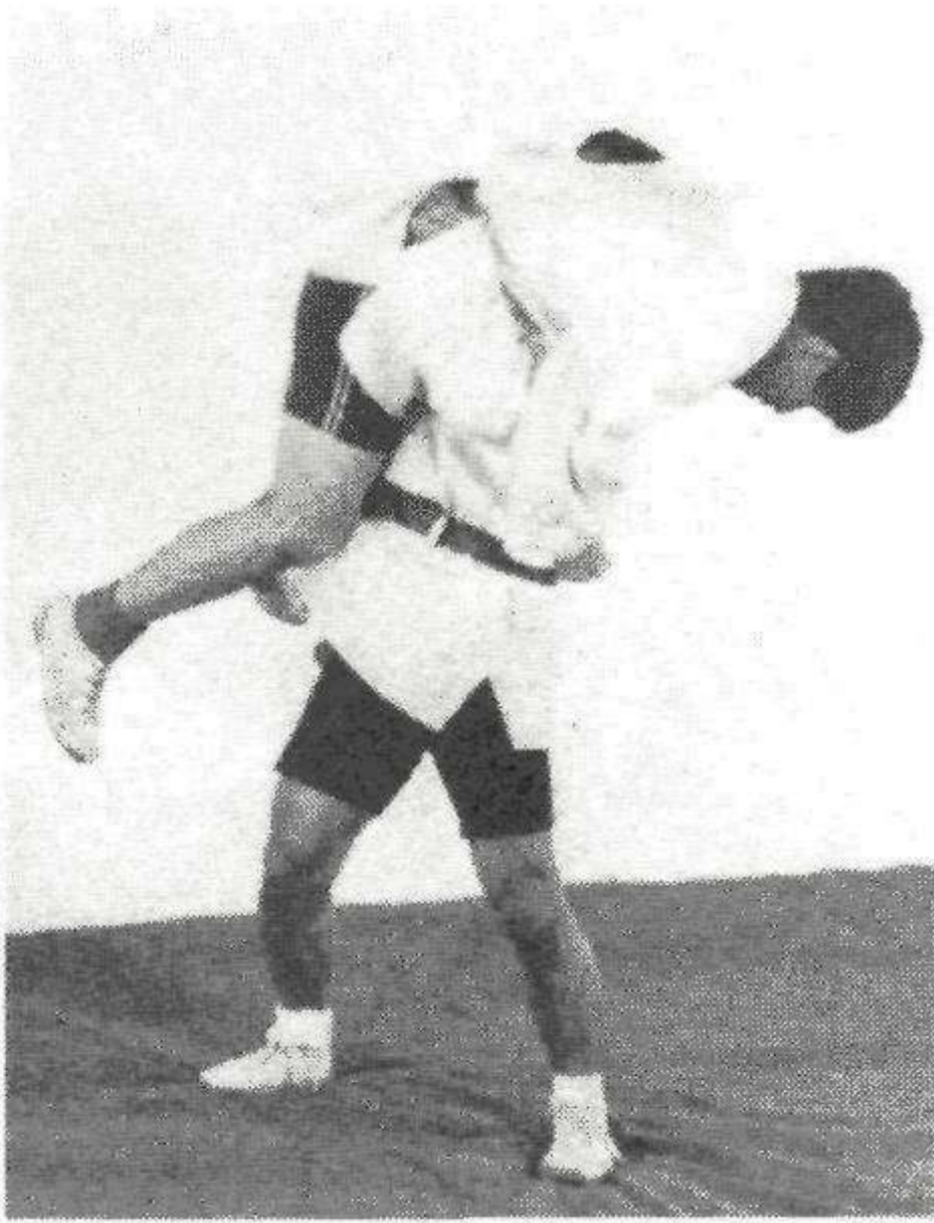
(2)



(3)



(4)



(5)



(6)

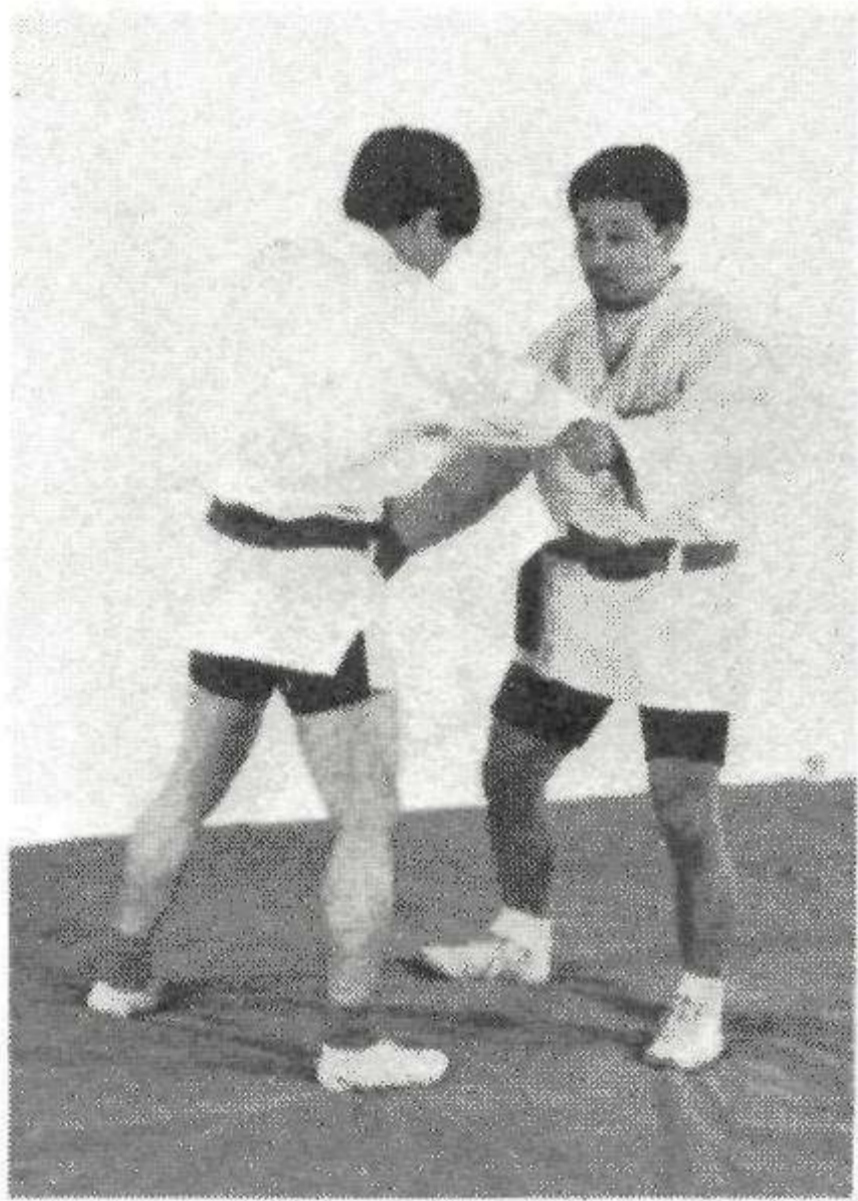
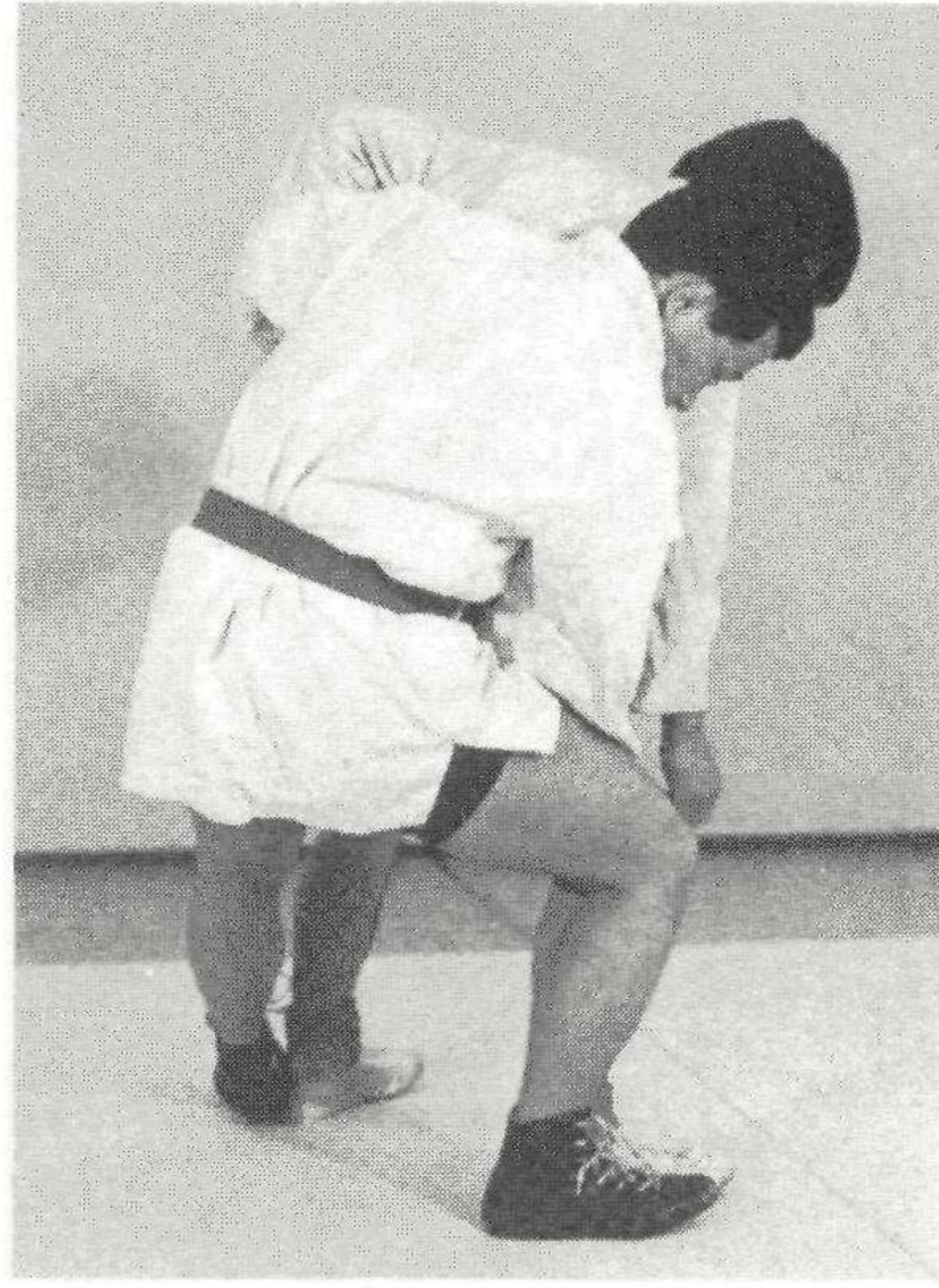


(7)

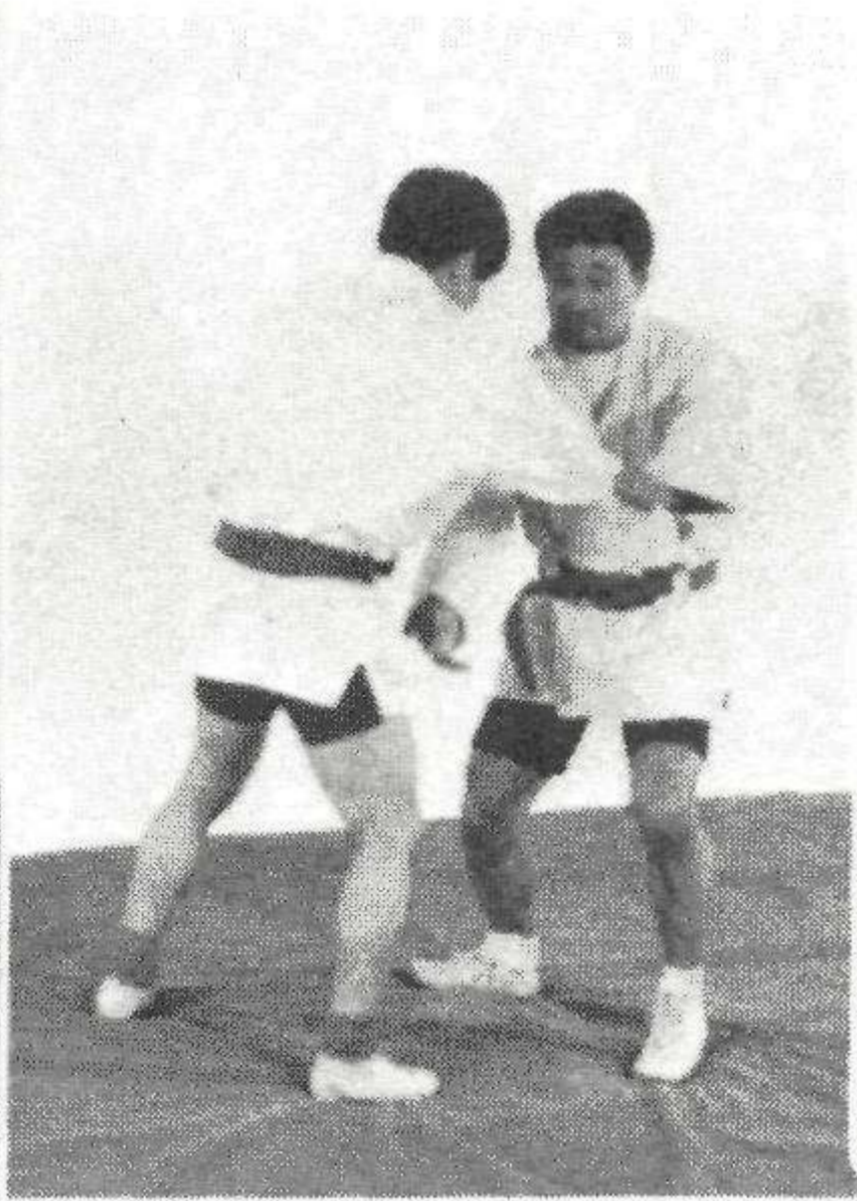
8 D. BACK OVERTURNING WITH FALL

From the main stance (1) release the right hand grip (2), then grasping with the right hand opponent's right shoulder (3), tug to the right till the opponent does a step with the right foot (4). Embrace opponent's body with the left arm, then releasing the right hand grip (5), clasp his thigh from the back (6). Putting the right foot on the heel, right from opponent's feet, throw the opponent over your left shoulder (7) on the mat (8).

Self safeguarding - back fall.



(1)



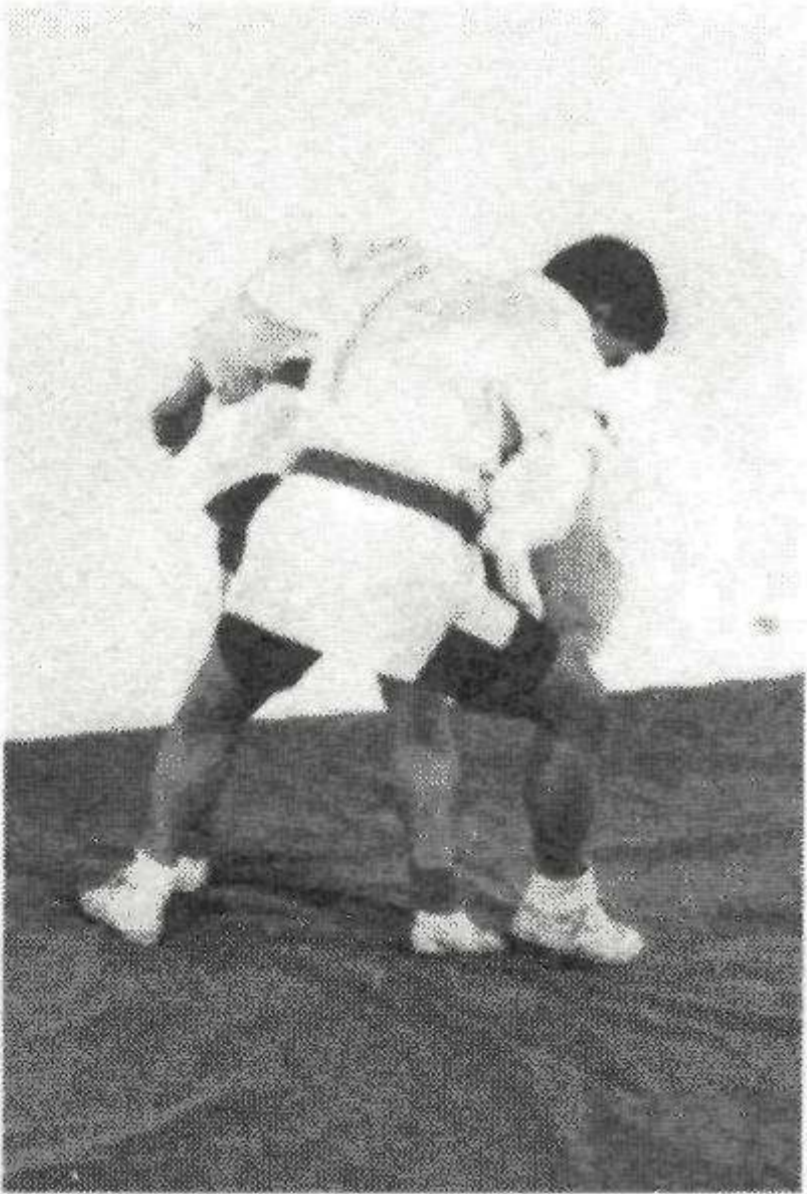
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(3)



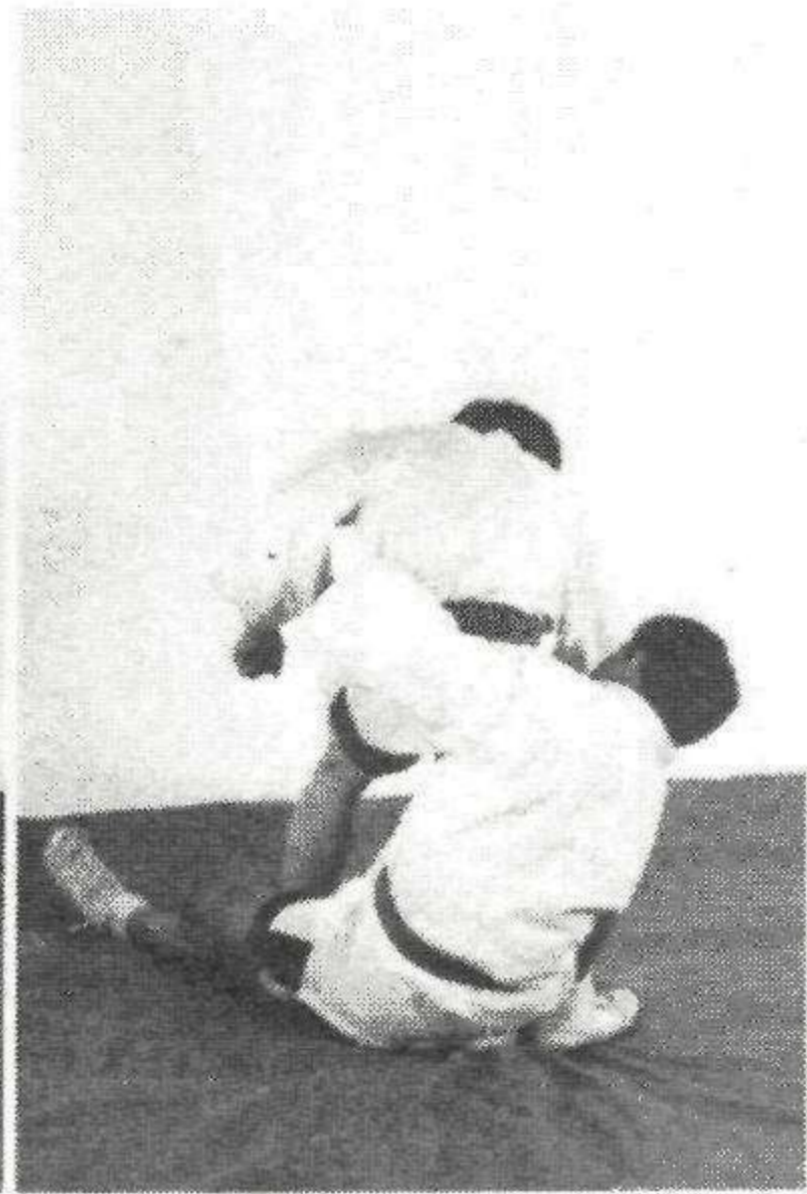
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(5)



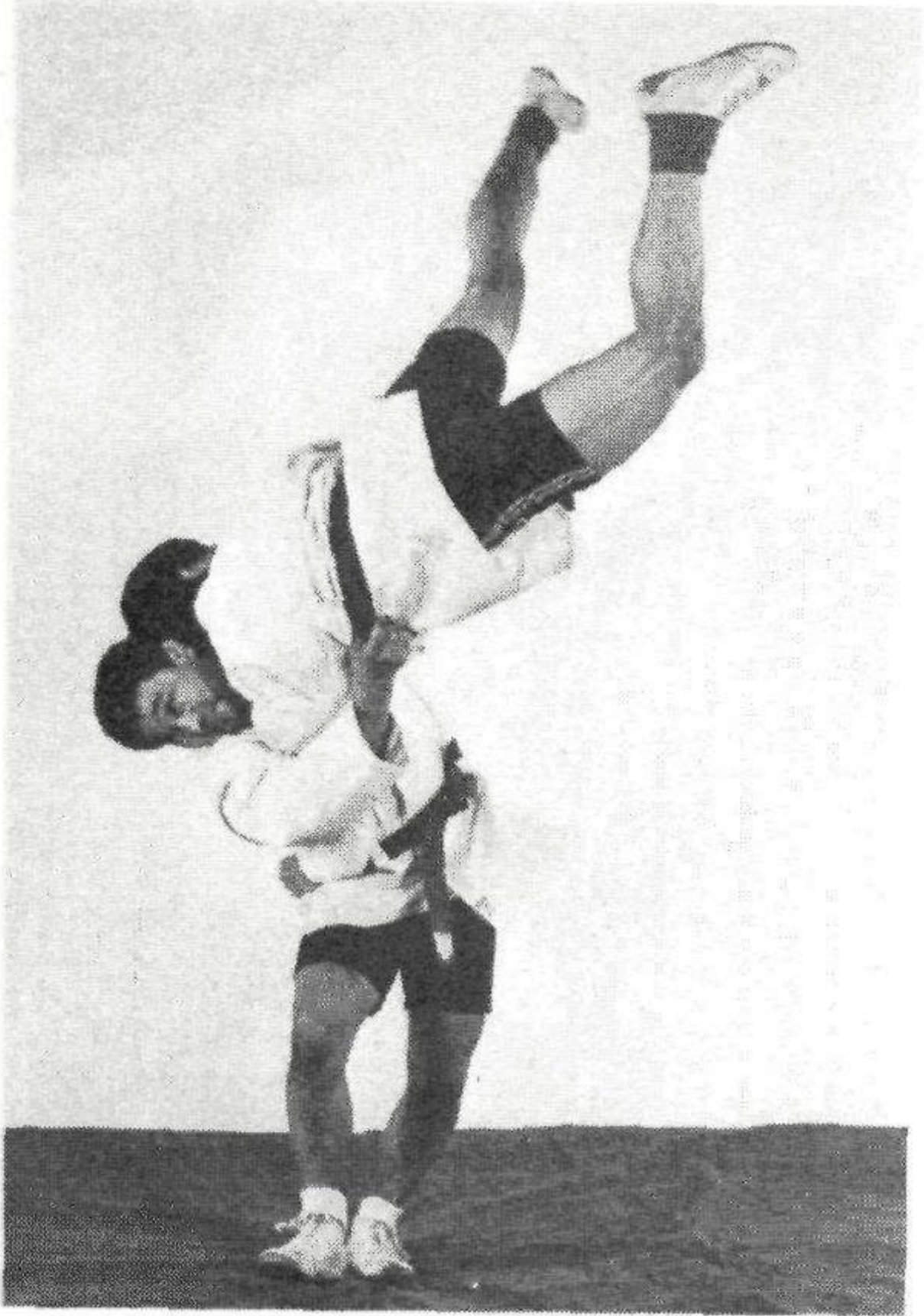
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(7)



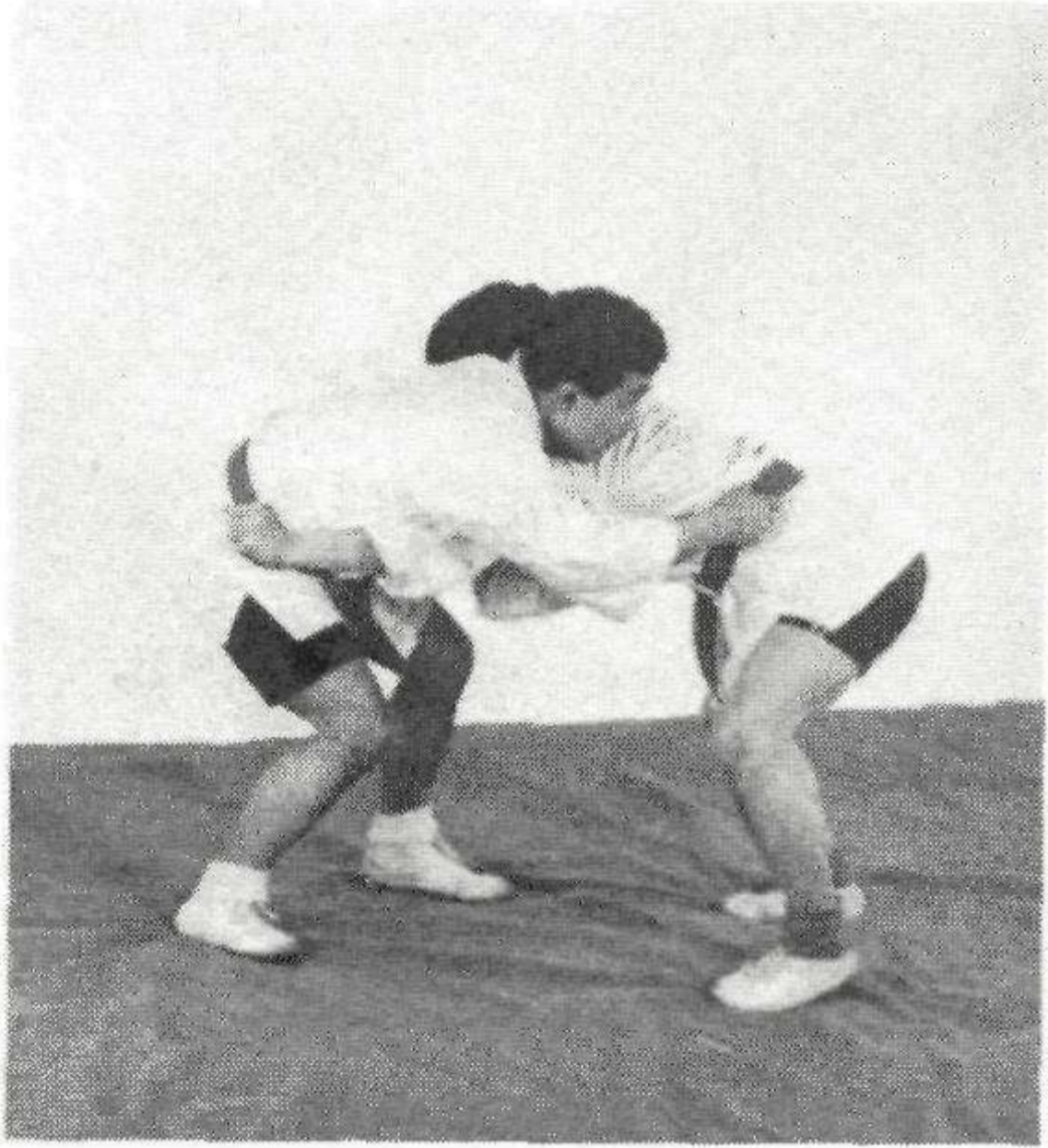
(8)



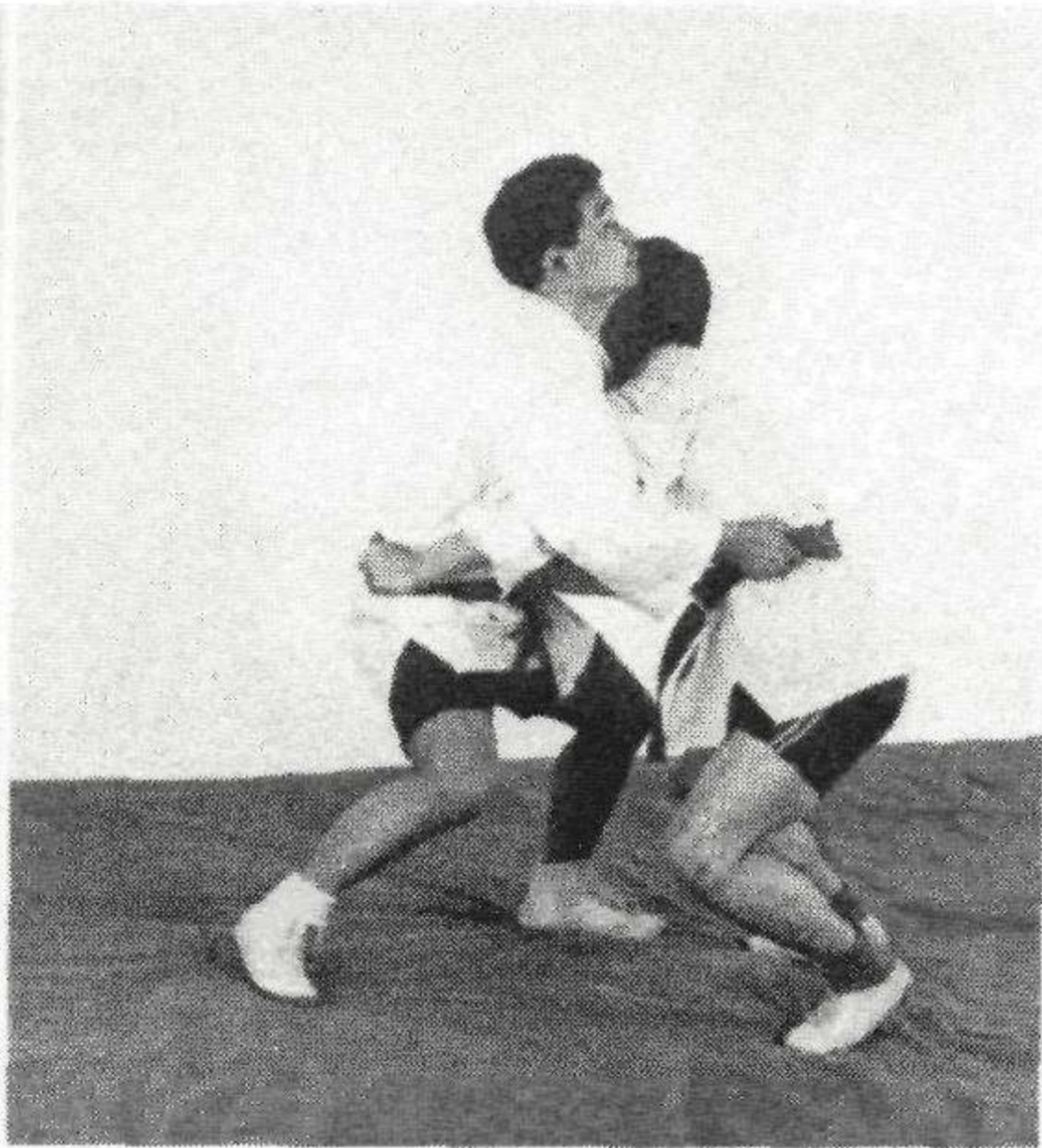
8 E. BACK AND FORE BELT GRIP OVERTURN- ING

Grasp the opponent at the belt from the front with the left hand and at the belt from the back with the right hand (1). Squatting, pull the opponent (2), then unbending the legs, lift him off the ground (3). Putting the right foot aside, twirl the opponent back down (4) and drop (5).

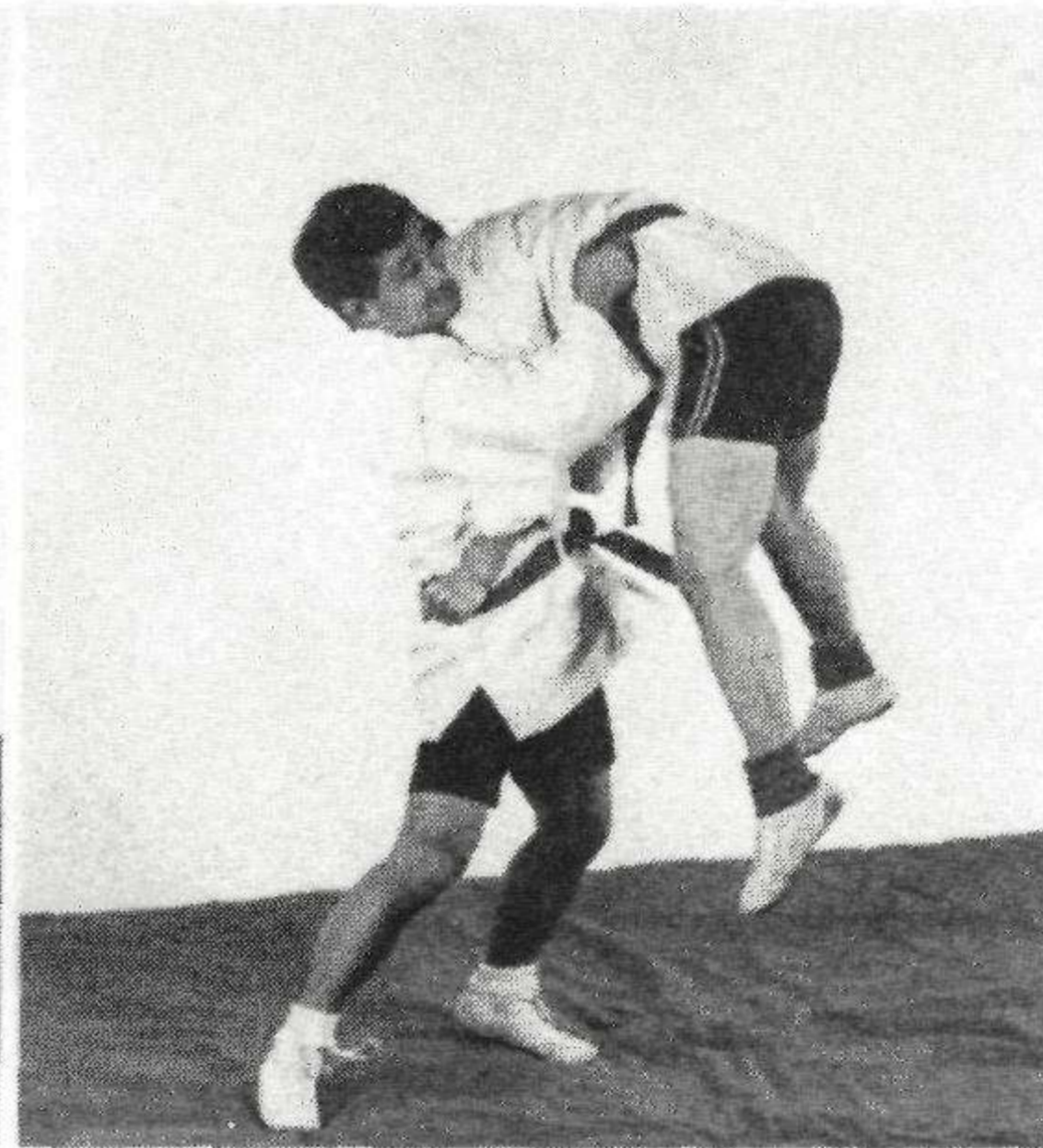
Safeguarding — by the belt. Self safeguarding — left side fall.



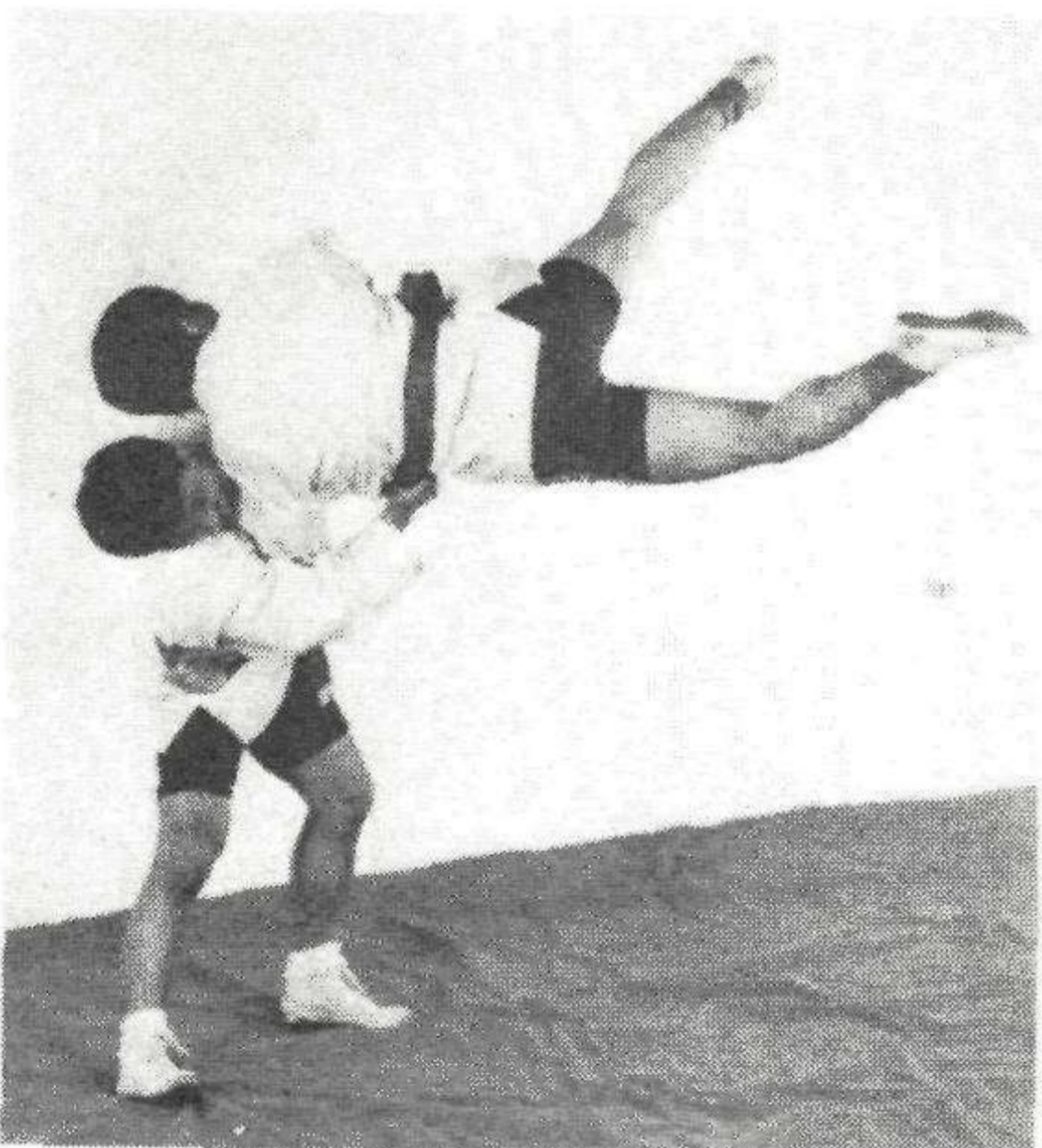
(1)



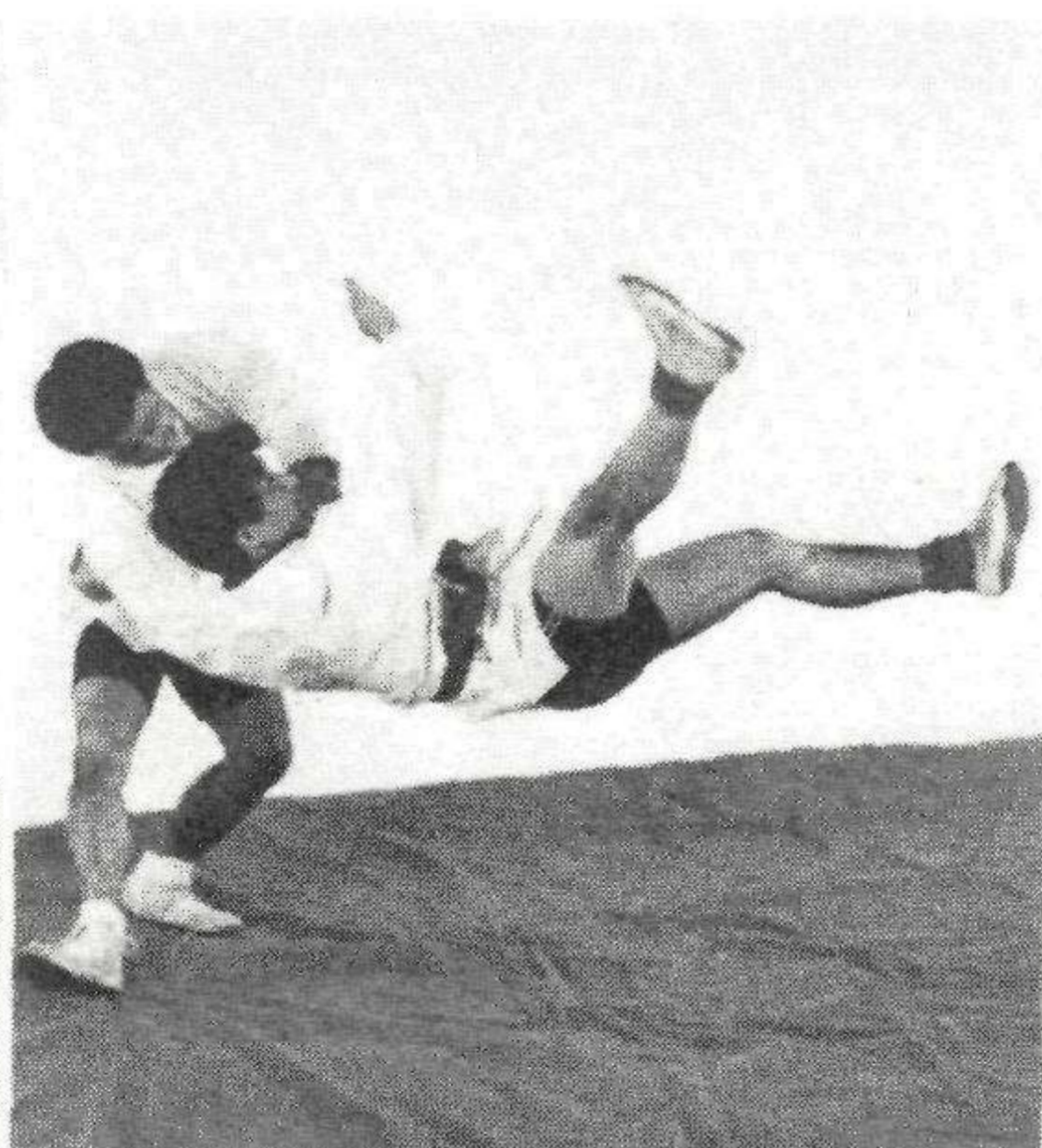
(2)



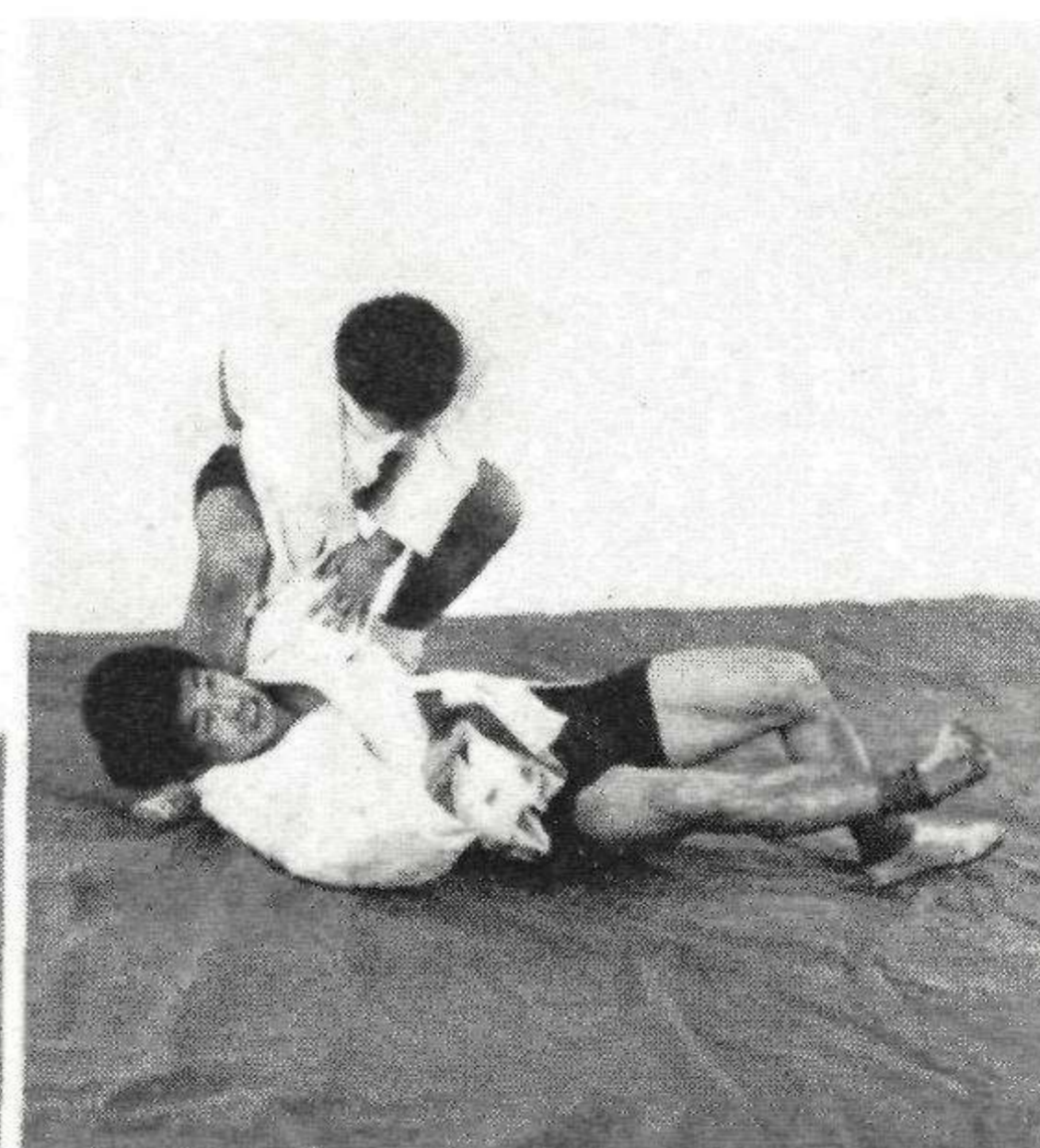
(3)



(4)



(5)

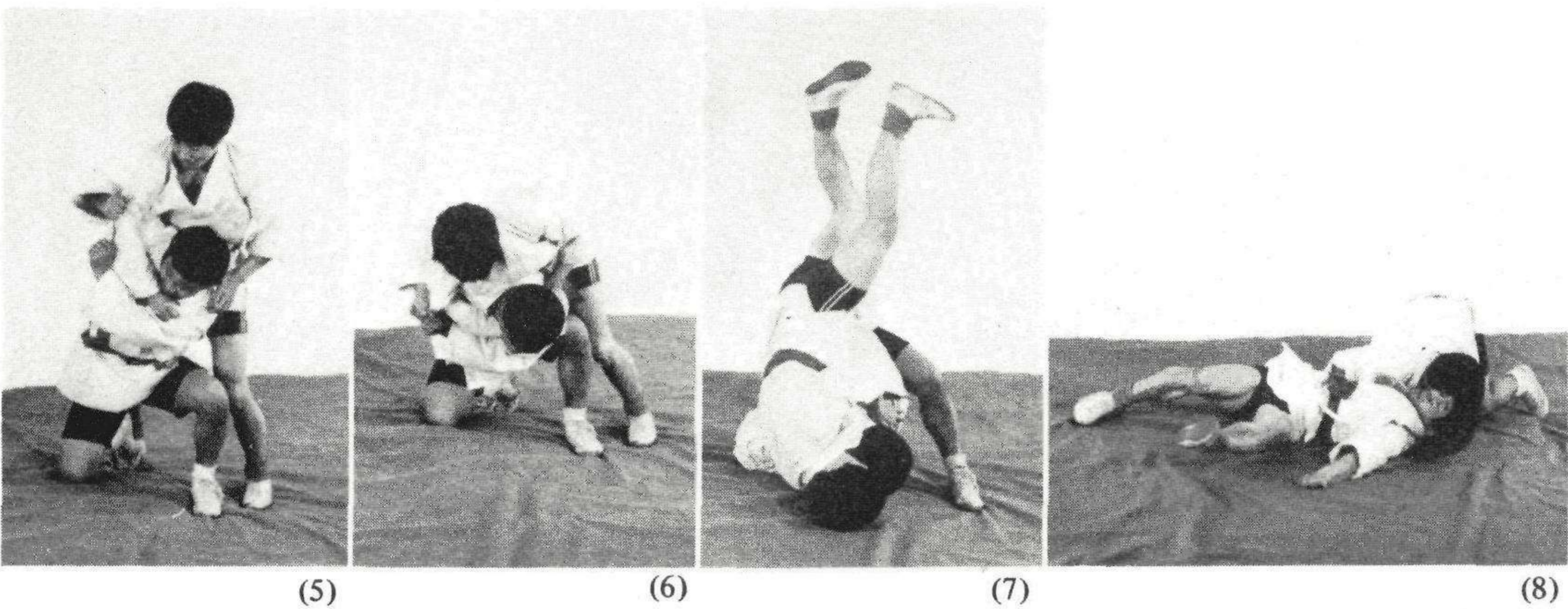
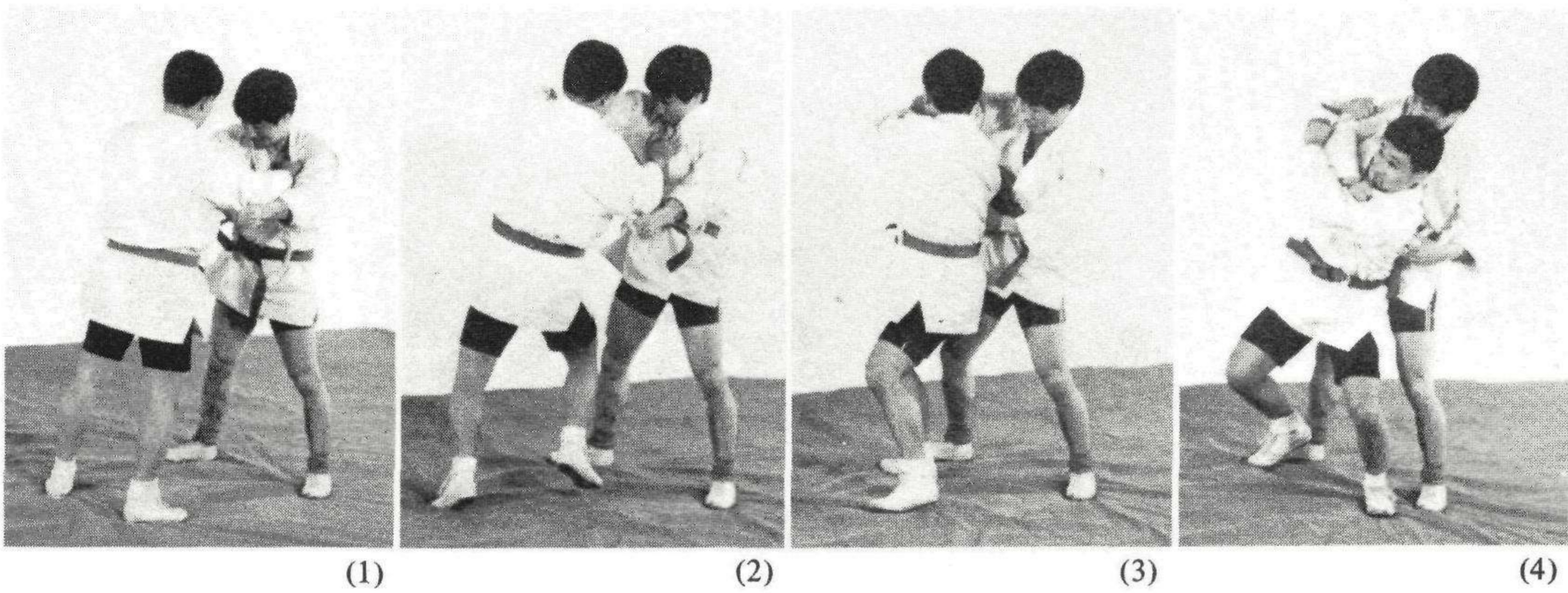
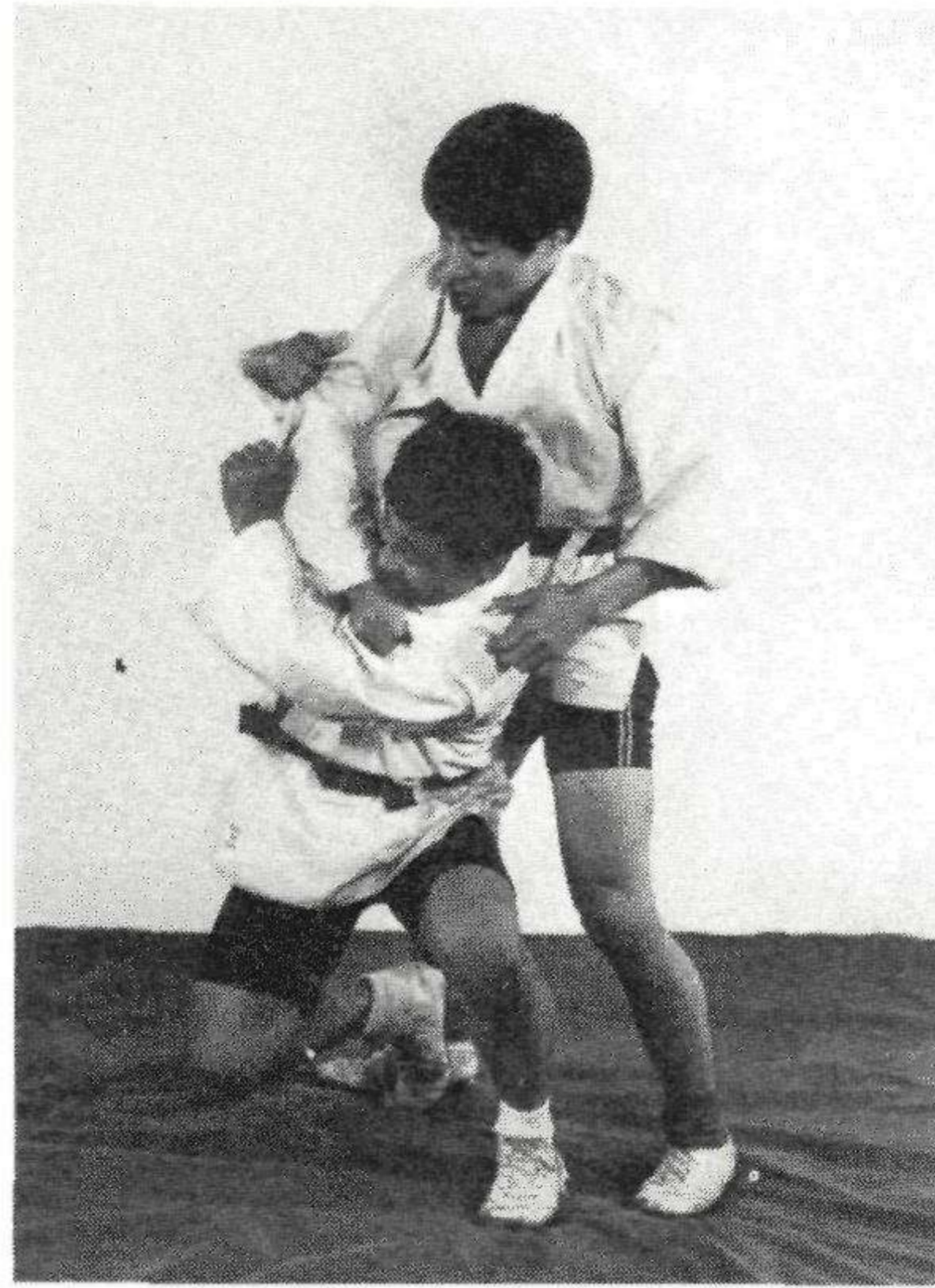


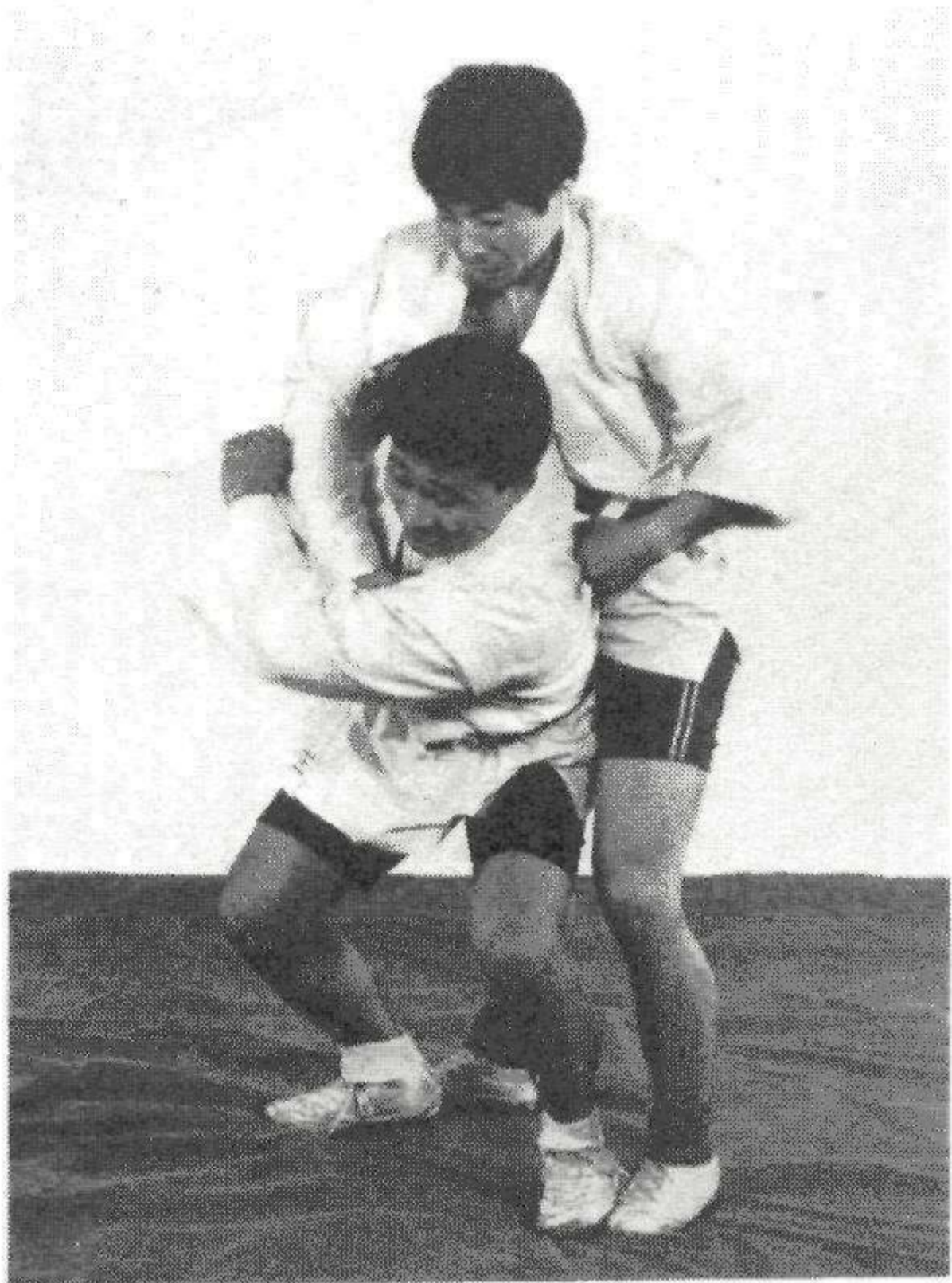
(6)

9 A. KNEELING SHOULDER THROW

Grasp the opponent under both elbows (1). Do a step forward with the right foot (2), putting it on the heel between opponent's legs on one line with his toes. Clasp opponent's right arm from beneath with the right hand, turn to the left (3). Tripping opponent's hips with the loin (4), kneel down (5), then bowing low (6), throw him on the mat (7).

Safeguarding – by the right sleeve. Self safeguarding – left side fall (8).

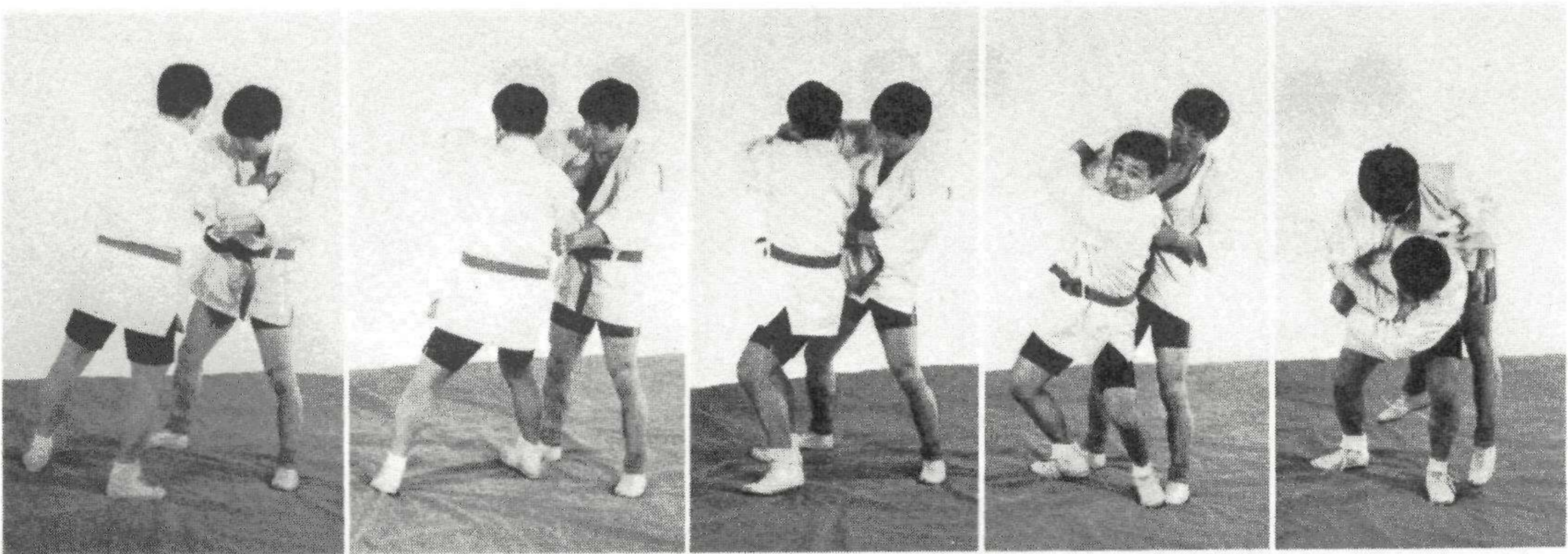




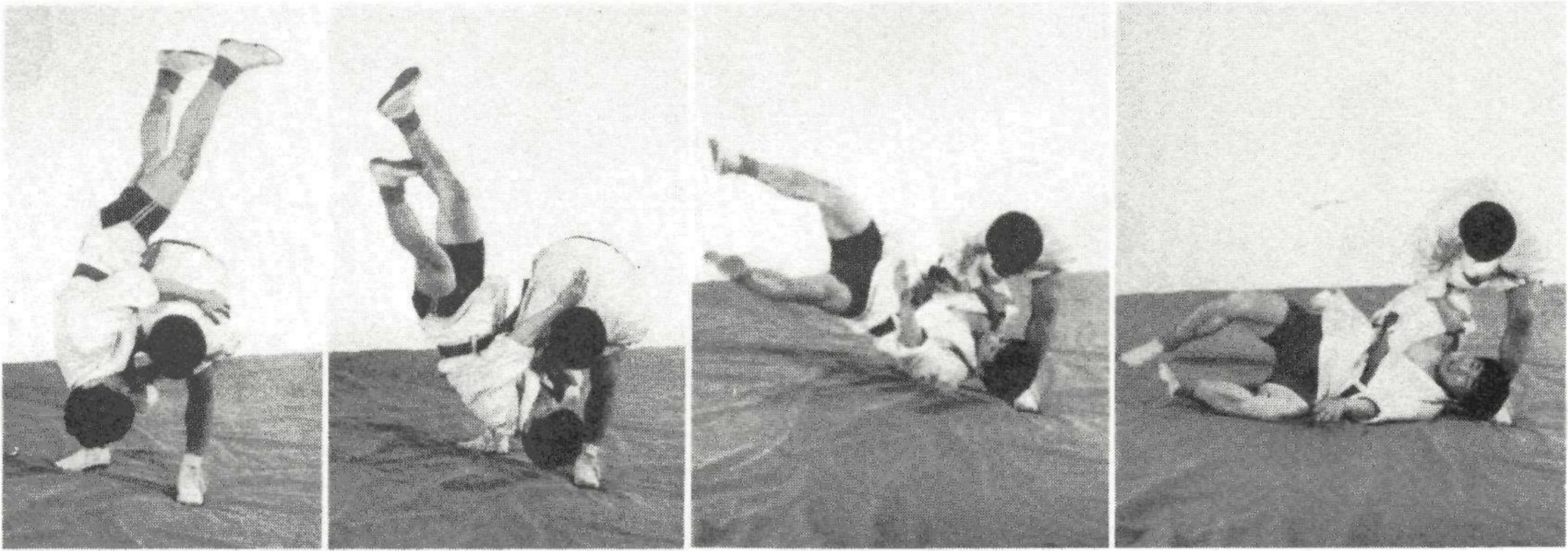
9 B. CHEST JACKET GRIP SHOULDER THROW

Grasp the pressing opponent with the left hand under the right elbow and with the right hand at the right lapel (1). Do a step forward with the right foot (2), turn to the left (3), then bending the legs, pull the left leg up to the right (4) one. Unbending the legs, trip the opponent with the loin (5), then bowing (6), throw the opponent (7) on the mat (8).

Safeguarding – by the right sleeve and the lapel. Self safeguarding – left side fall (9).



(1) (2) (3) (4) (5)

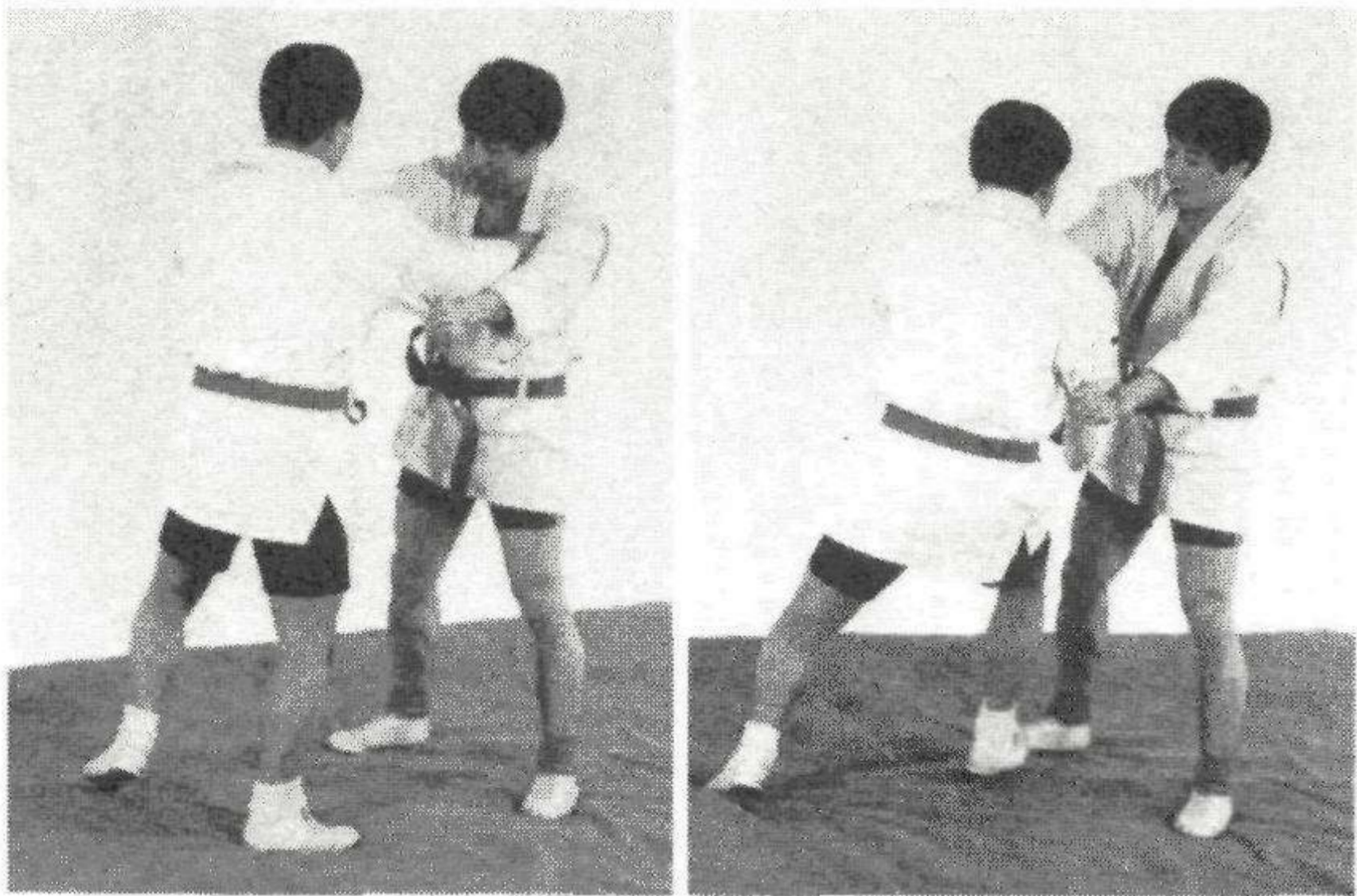
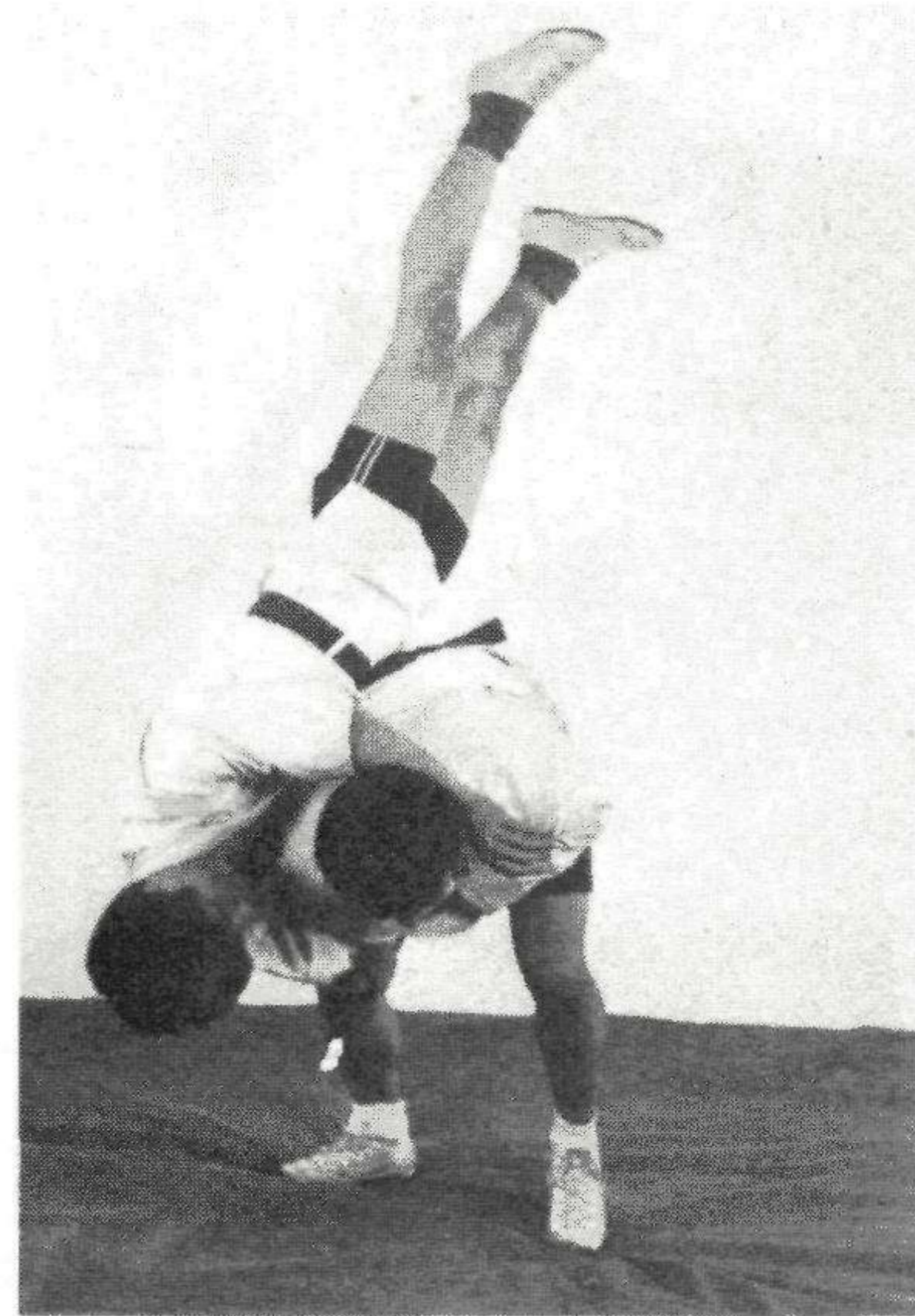


(6) (7) (8) (9)

9 C. CROSSING SHOULDER THROW WITH "V" GRIP

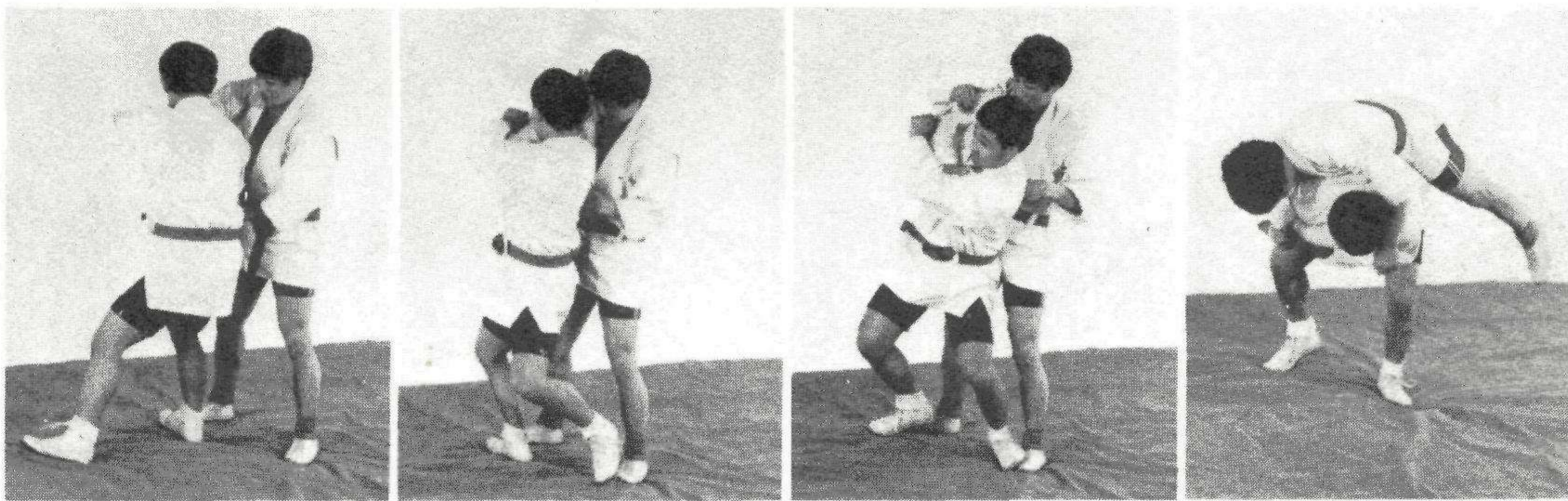
Grasp the opponent with the left hand under the right elbow (1). Do a step forward with the right foot (2), then turning to the left (3), grip opponent's right arm from beneath with your elbow joint, pulling up the left foot to the right one (4). Hitting opponent's belly with the loin (5), bow (6) and throw the opponent on the mat (7-8).

Safeguarding - by the right sleeve. Self safeguarding - left side fall. (9).



(1)

(2)

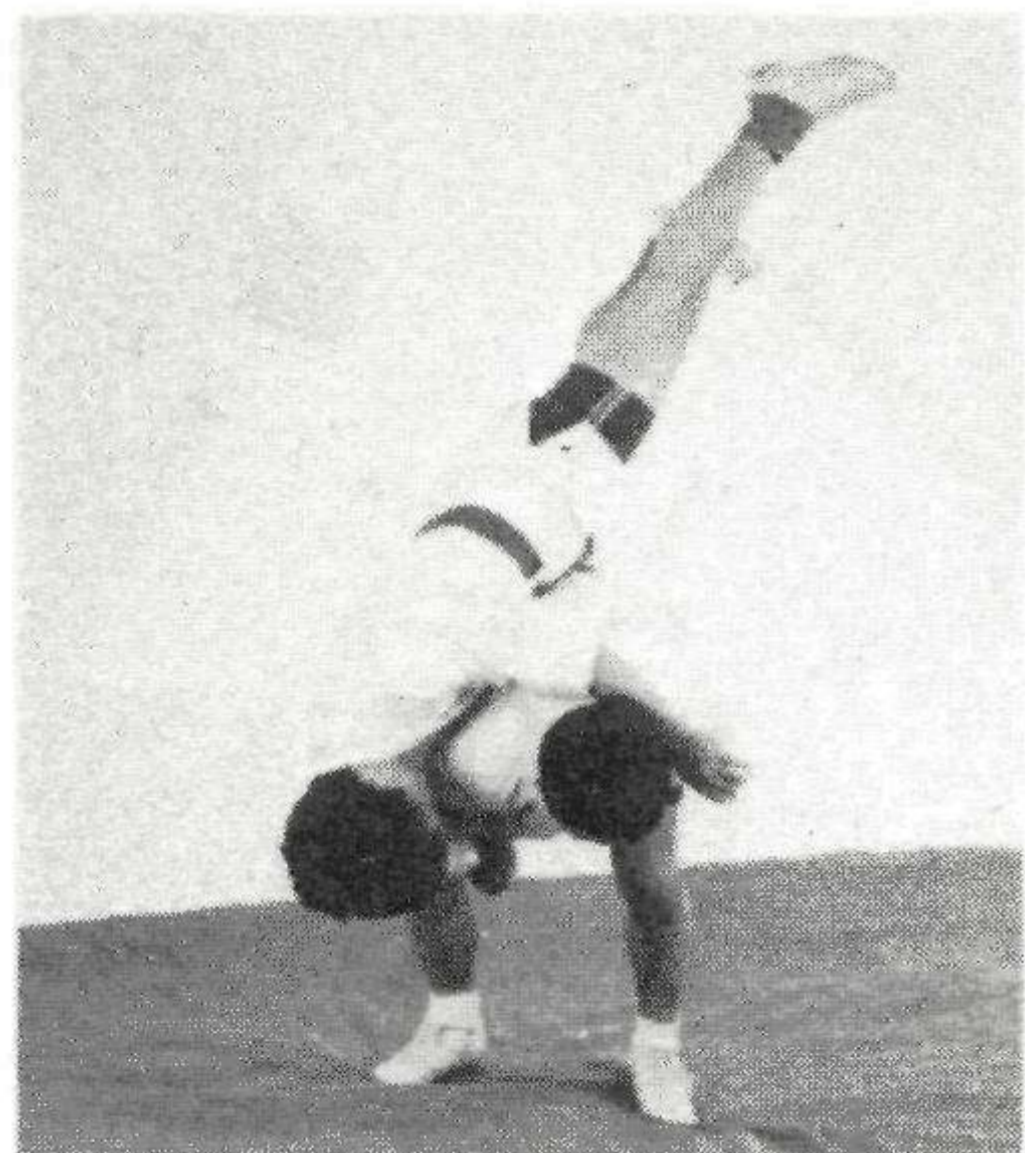


(3)

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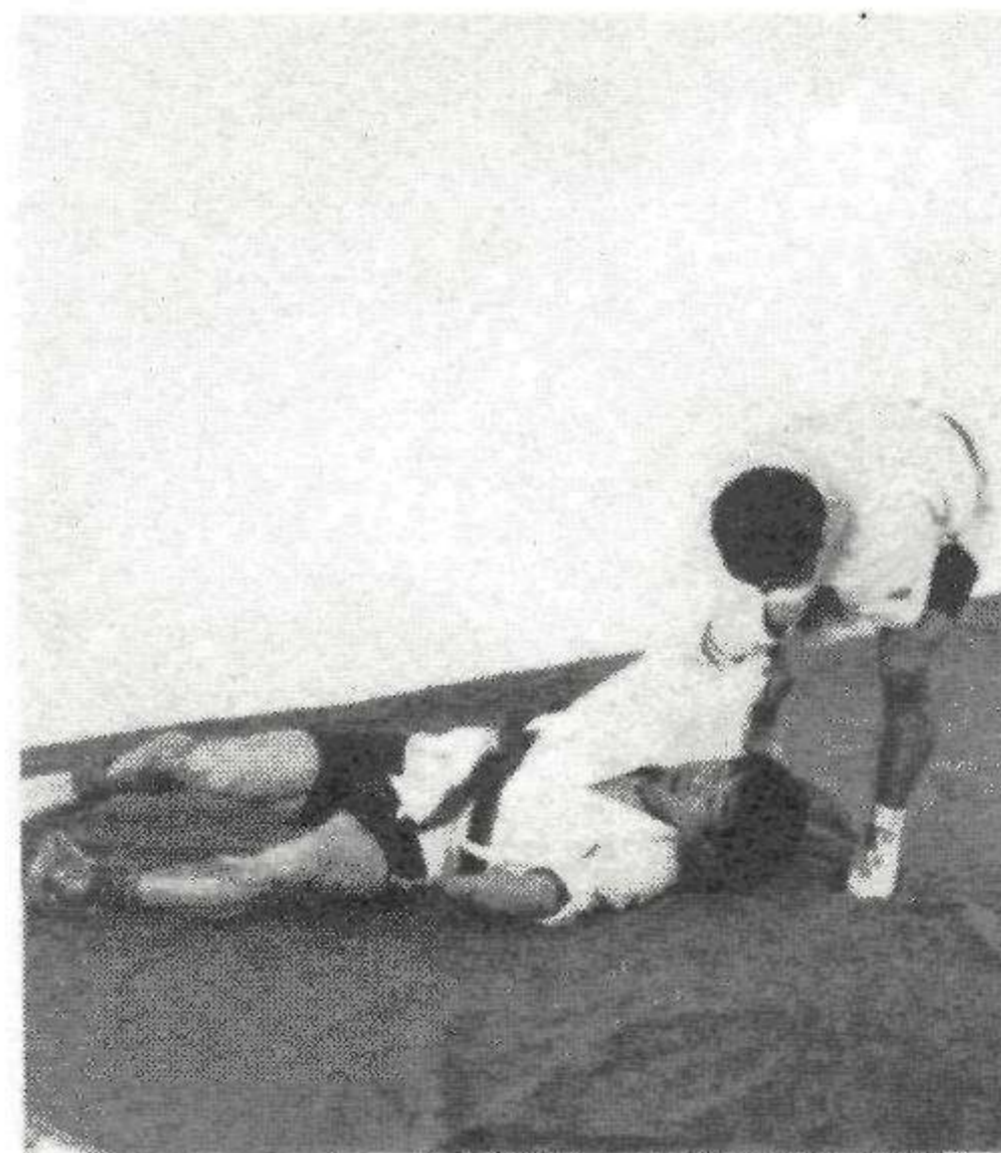
(6)



(7)



(8)



(9)



10 A. "V" – GRIP REAPING HIP THROW

Grasp opponent's right arm with both hands (1). Turning to the left, catch his right arm in your right elbow joint (3), then shifting the body weight onto the left leg (4), reap with the extended right leg (6-5) and throw the opponent on the mat (7).

Safeguarding – by the right sleeve. Self safeguarding – left side fall (8).



(1)



(2)



(3)



(4)



(5)



(6)



(7)

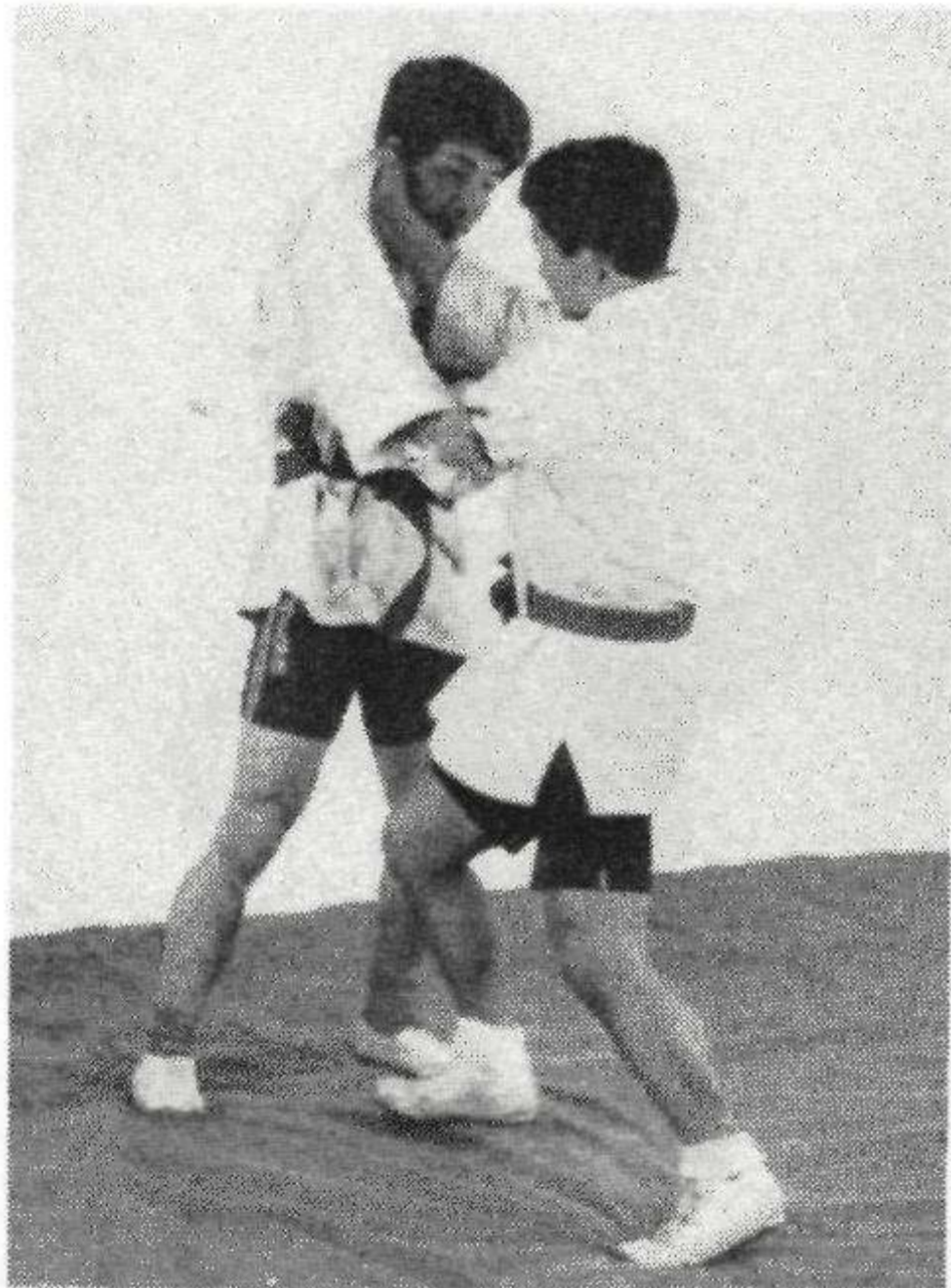
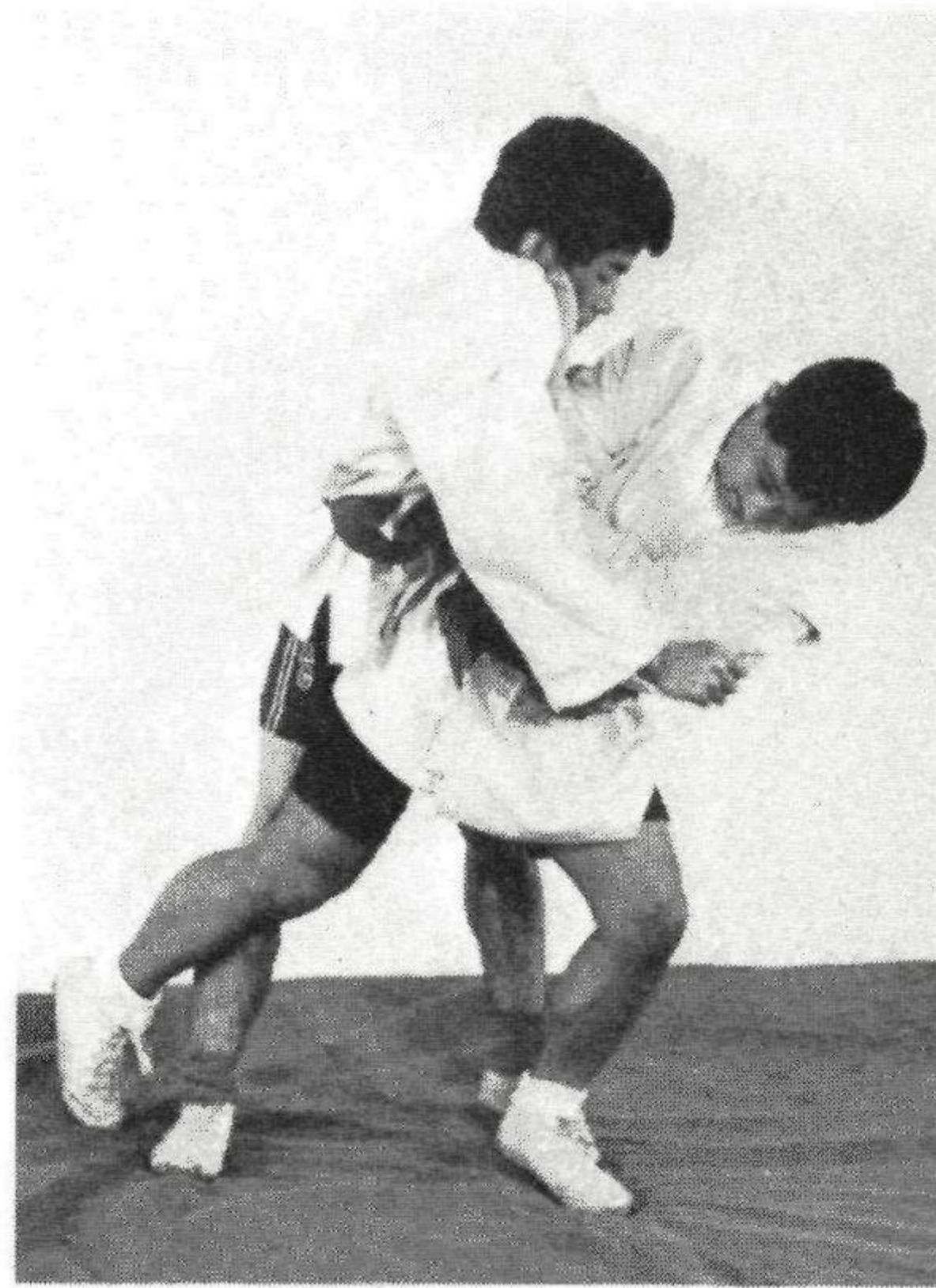


(8)

10 B. CHEST CROSS GRIP REAPING THROW

Grasp the opponent with the right hand at the right lapel and with the left at the left lapel, over the right arm (1). Turning to the left (2), shift the body weight onto the left leg (3) and sweep opponent's feet from the front with the extended right leg (4), then pulling the opponent to the left and downwards (5), throw him on the mat (6).

Safeguarding — by the jacket on the chest. Self safeguarding — left side fall (7).



(1)



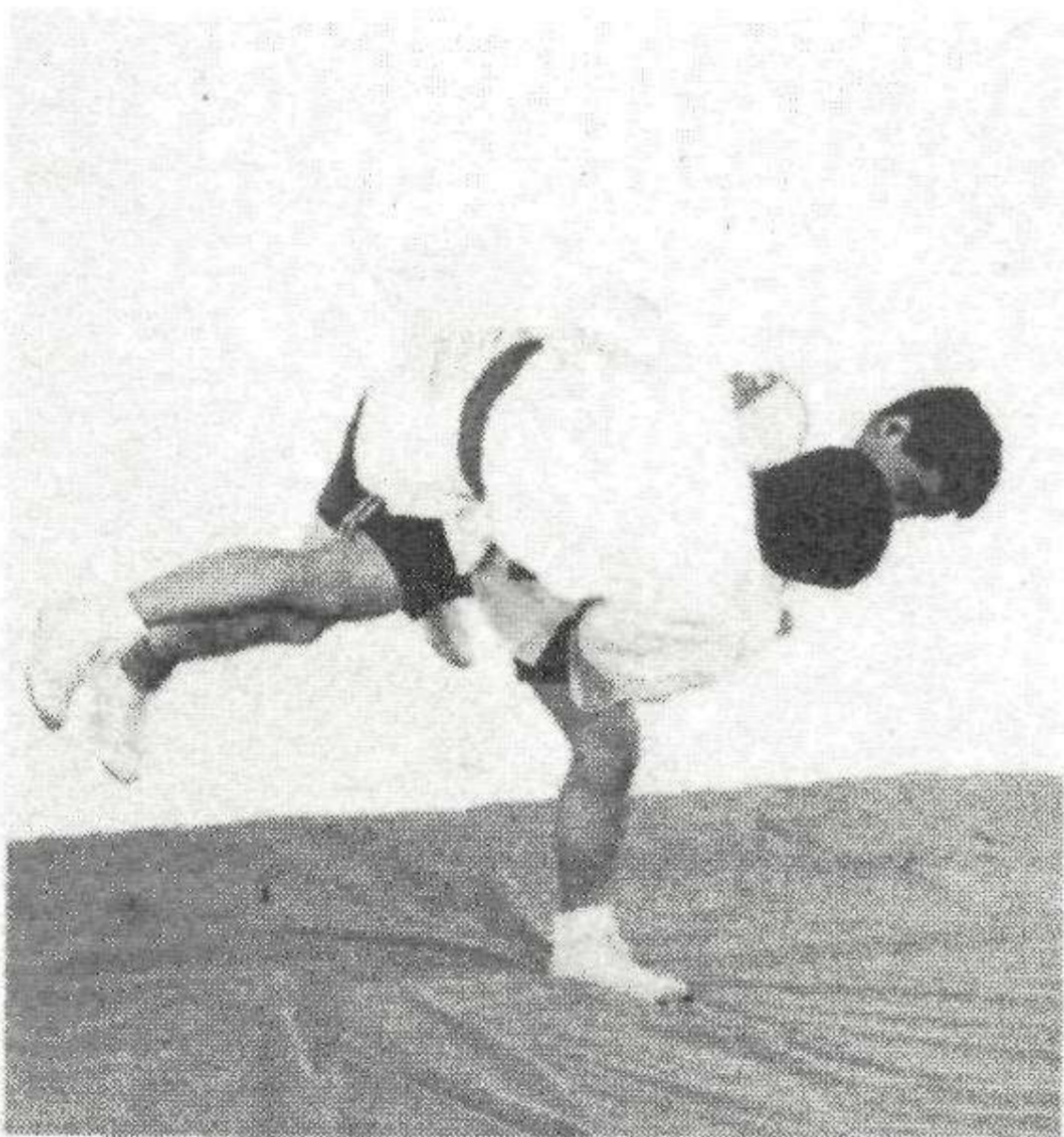
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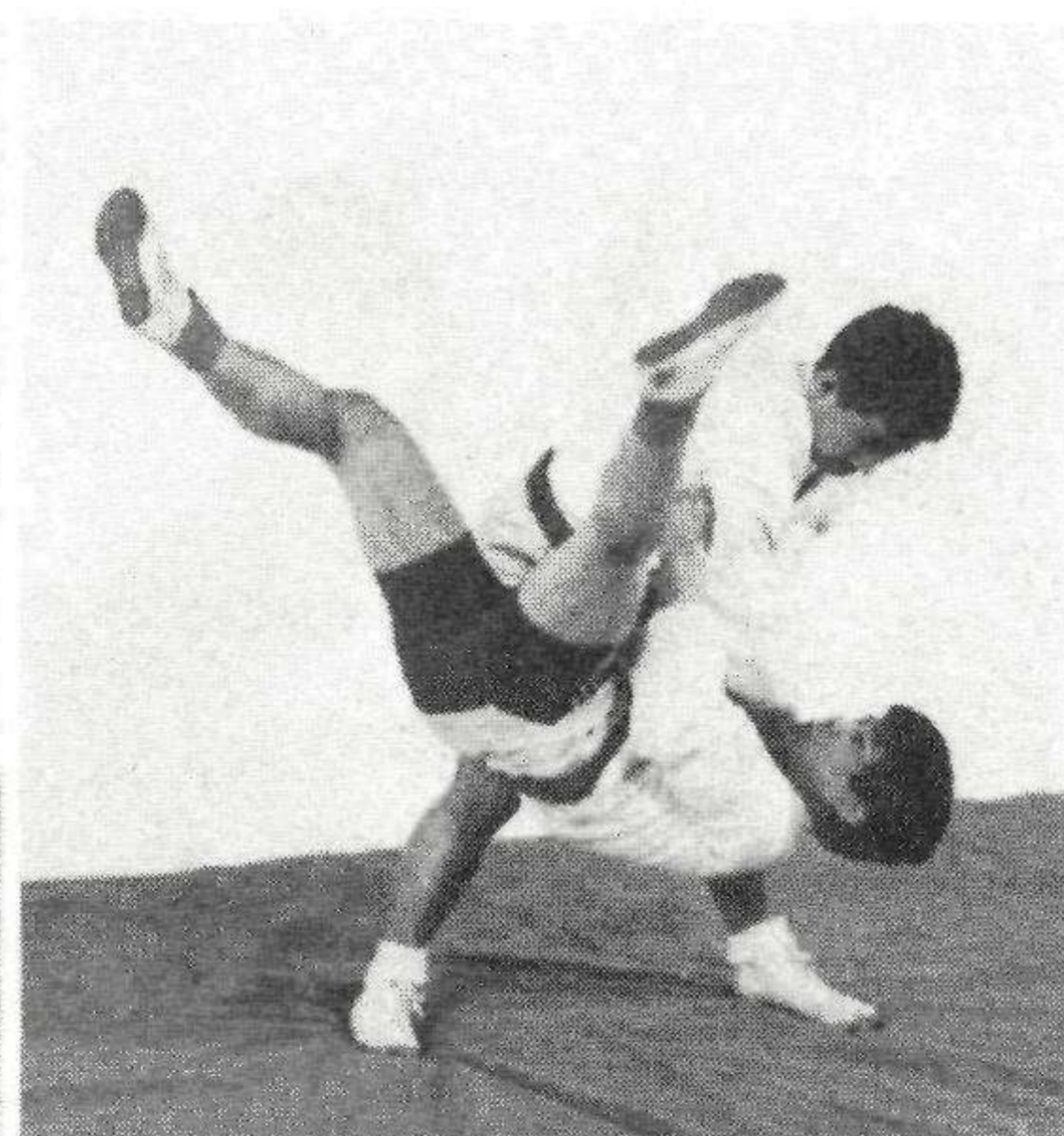
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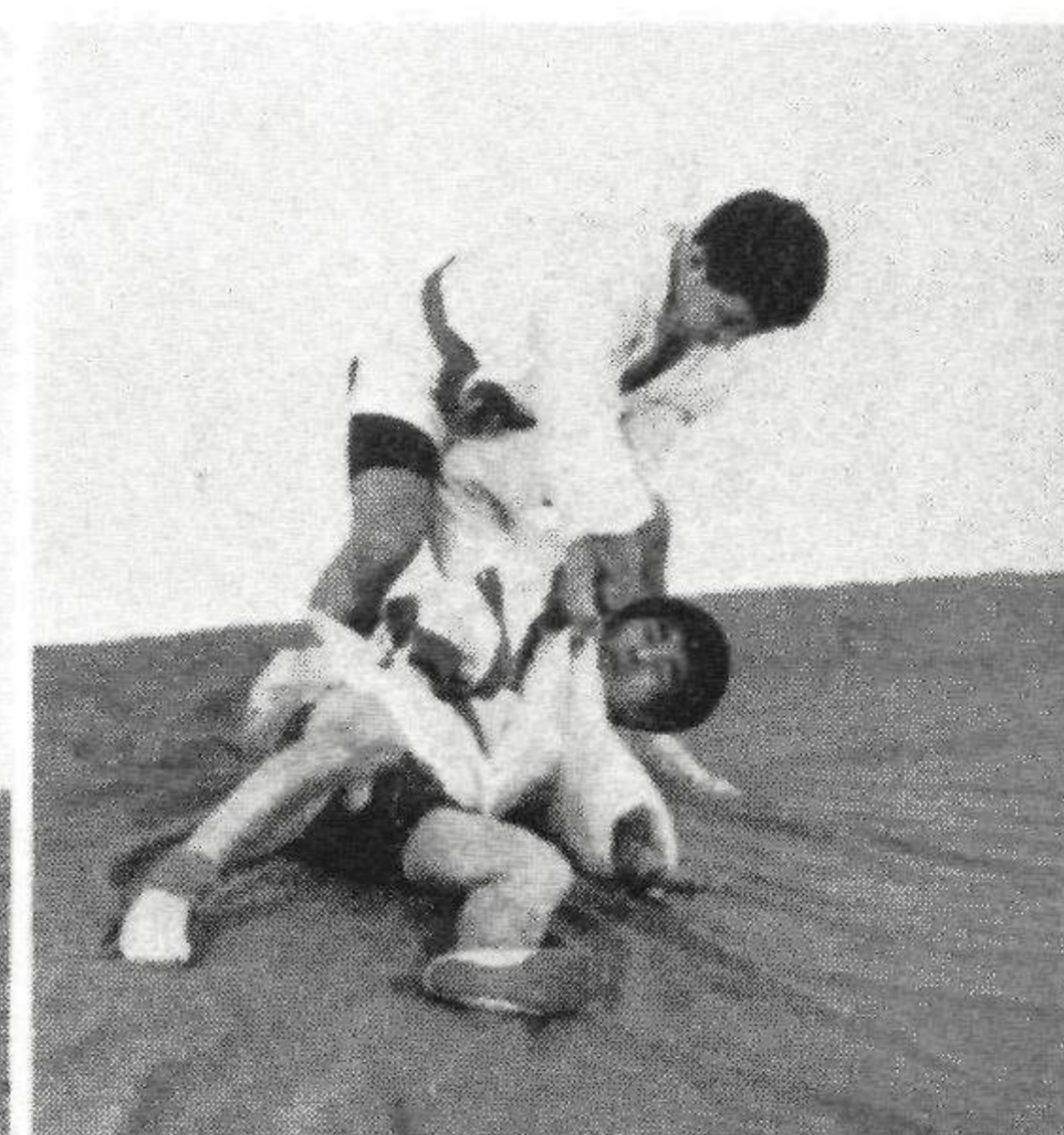
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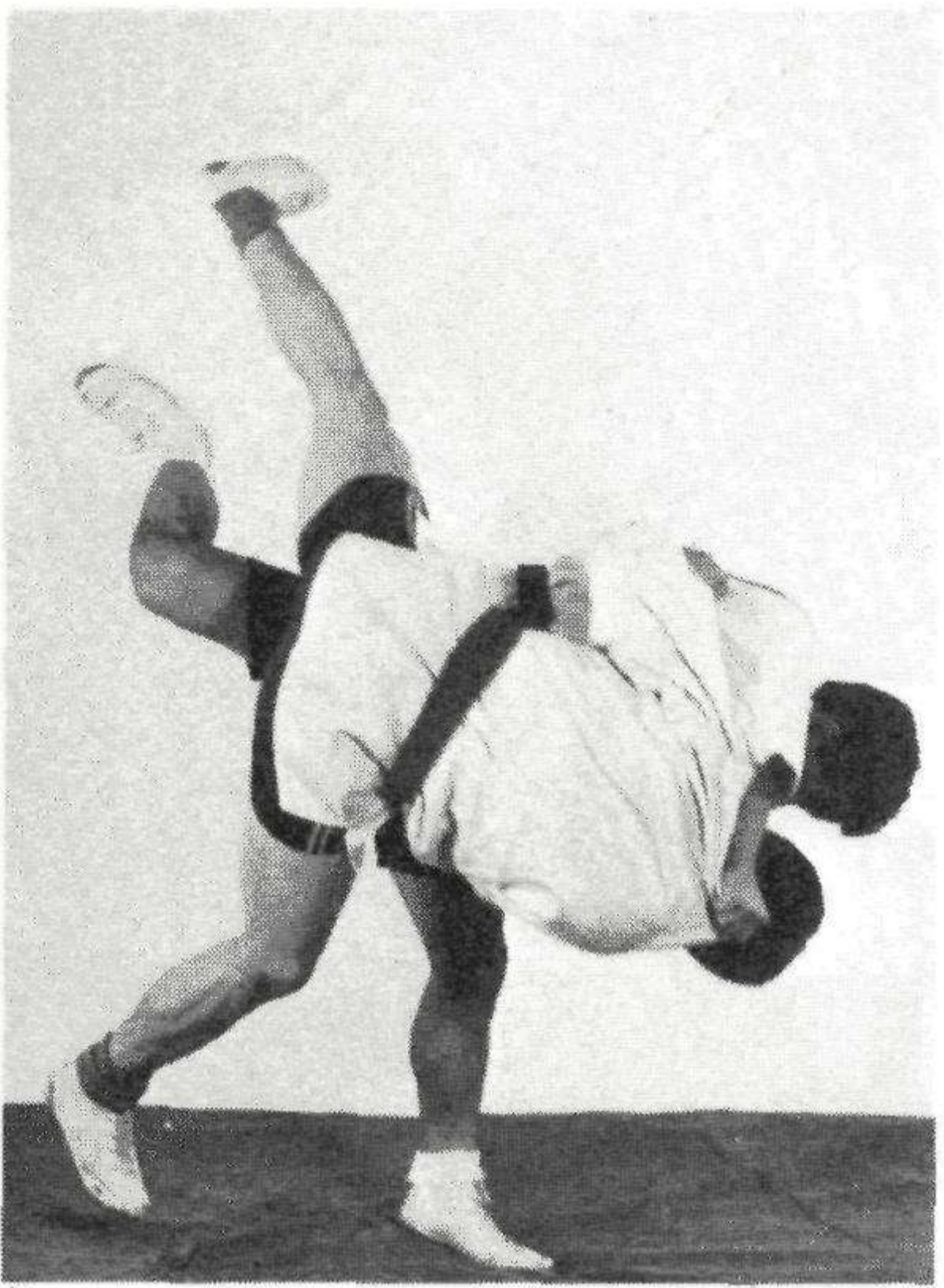
(5)



(6)



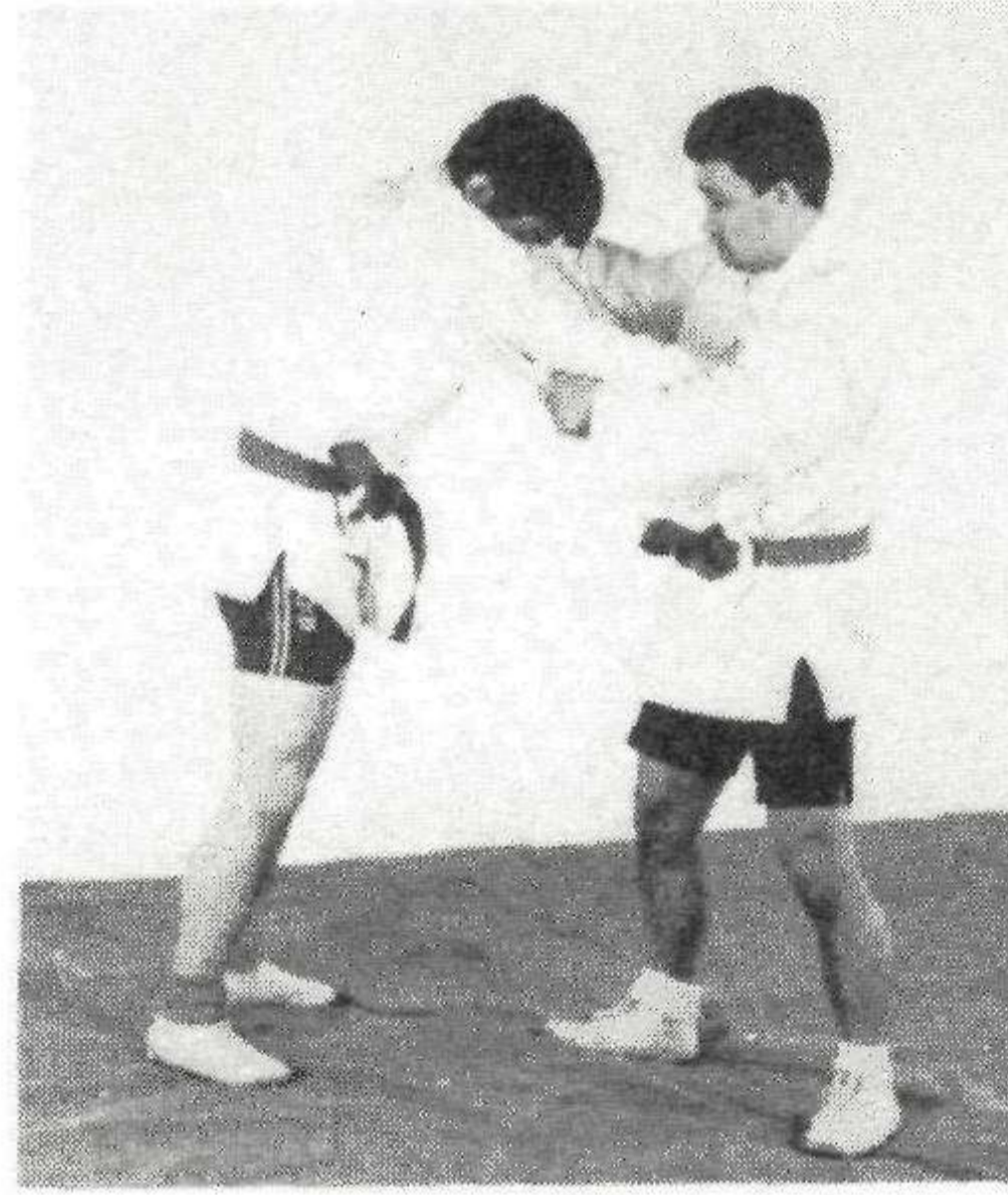
(7)



10 C. LEG PULL

Grasp with the left hand opponent's jacket under the right elbow and with the right - his left lapel (1). Turning to the left (2), shift the body weight onto the left leg (3), hitting opponent's left leg from inside with the right thigh with extended leg (4). Lifting up the right leg, pull the opponent to the left and downwards (5), then throw on the mat (6-7).

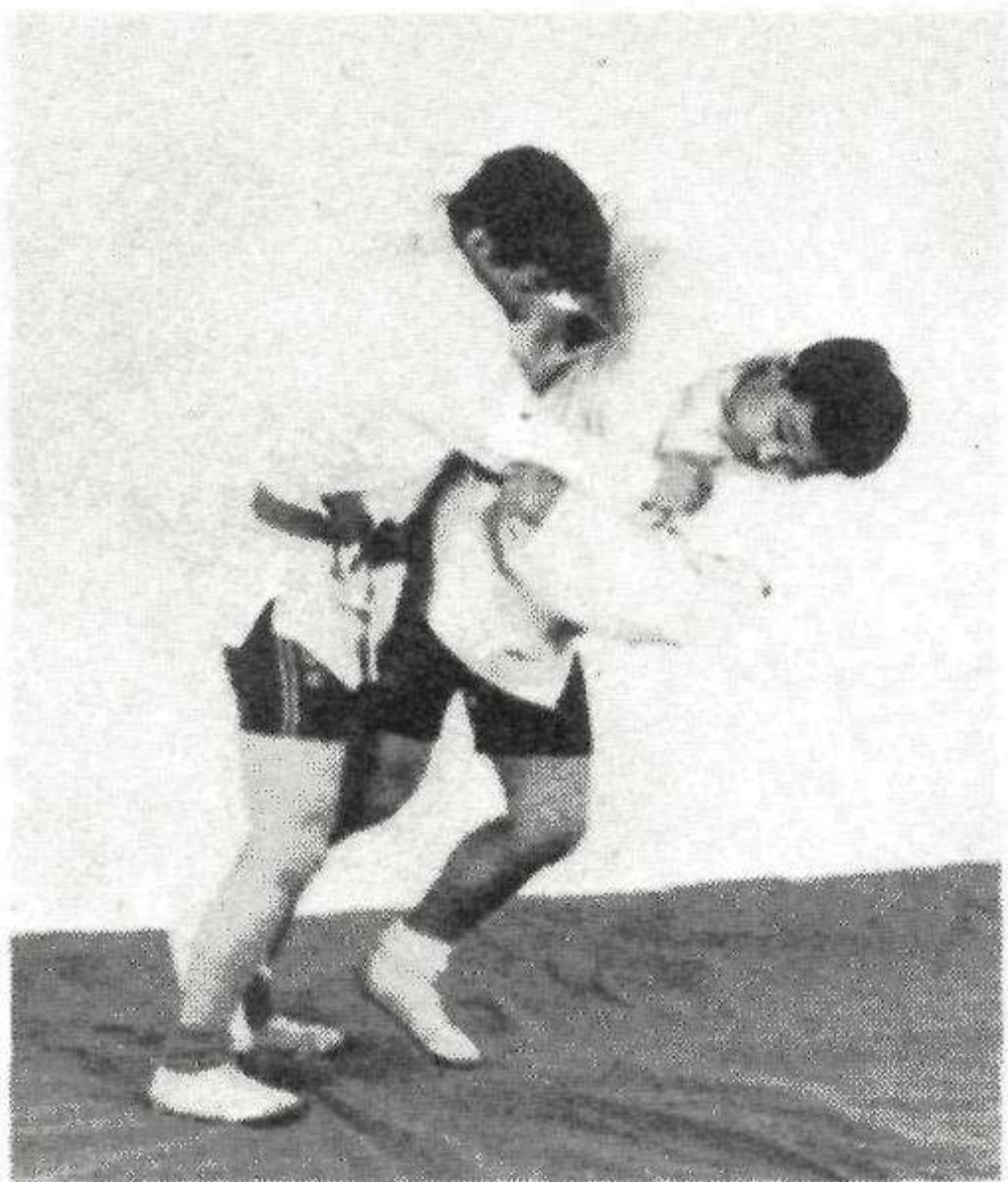
Safeguarding - by the right sleeve. Self safeguarding - left side fall (8).



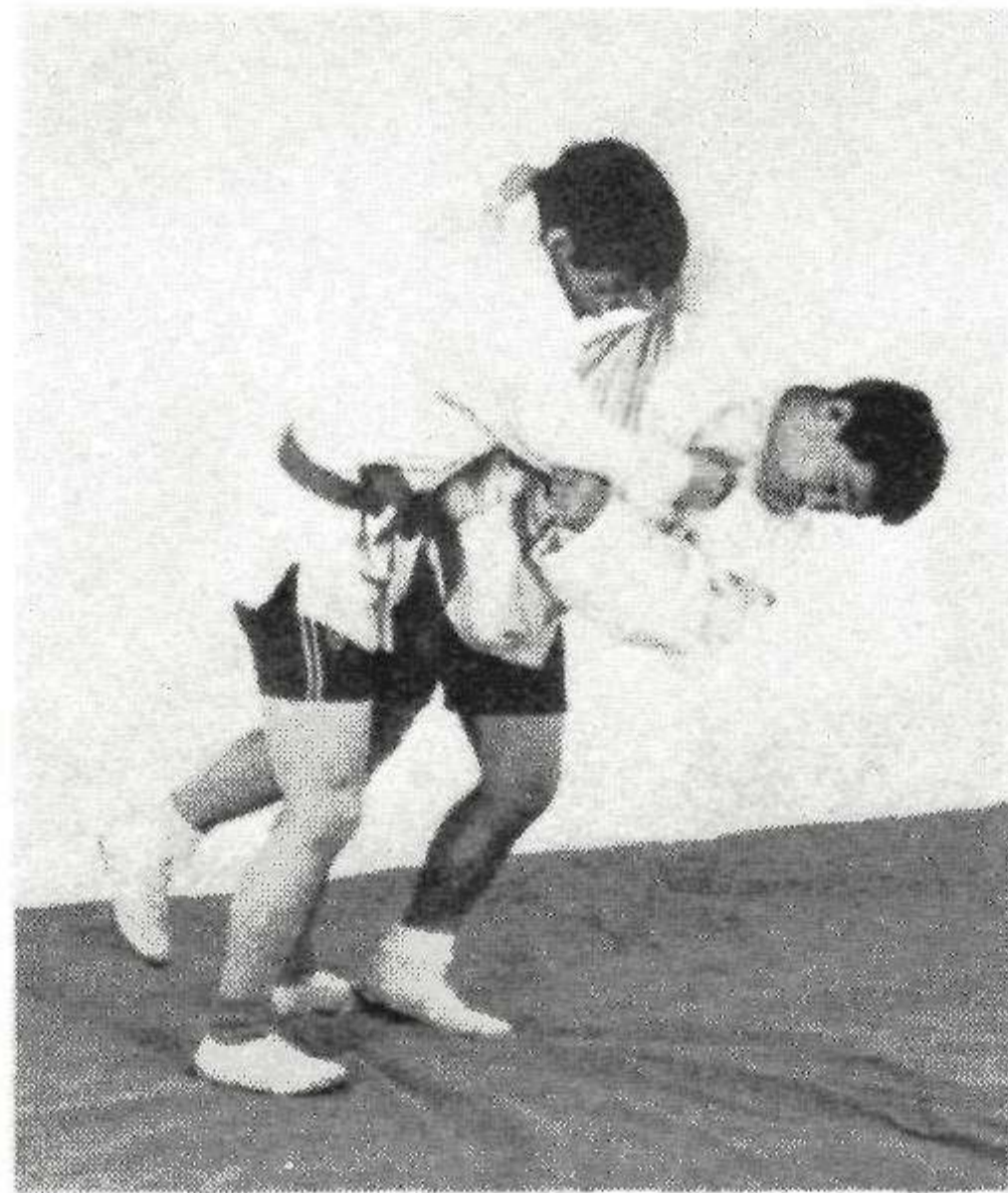
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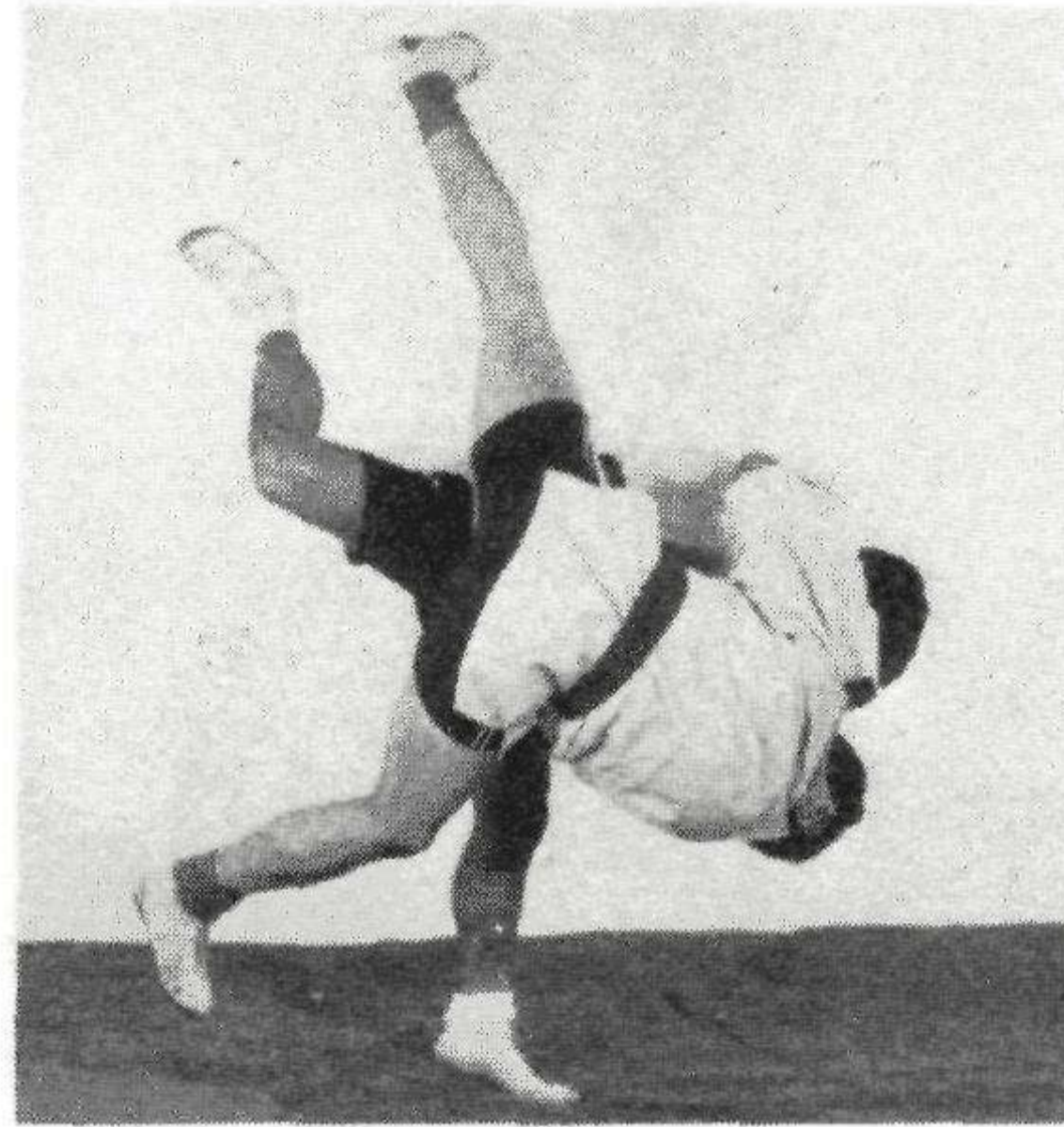
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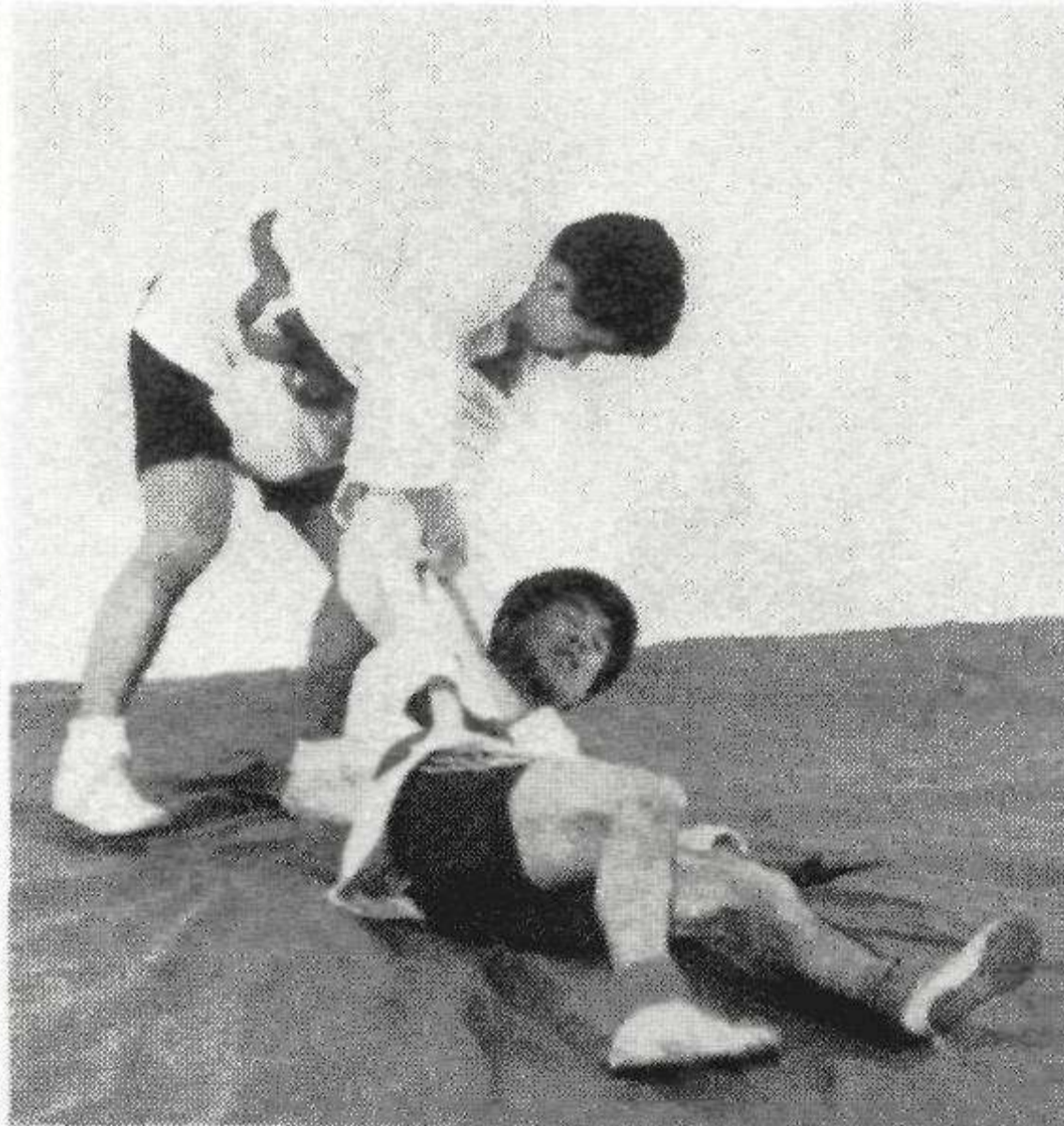
(5)



(6)



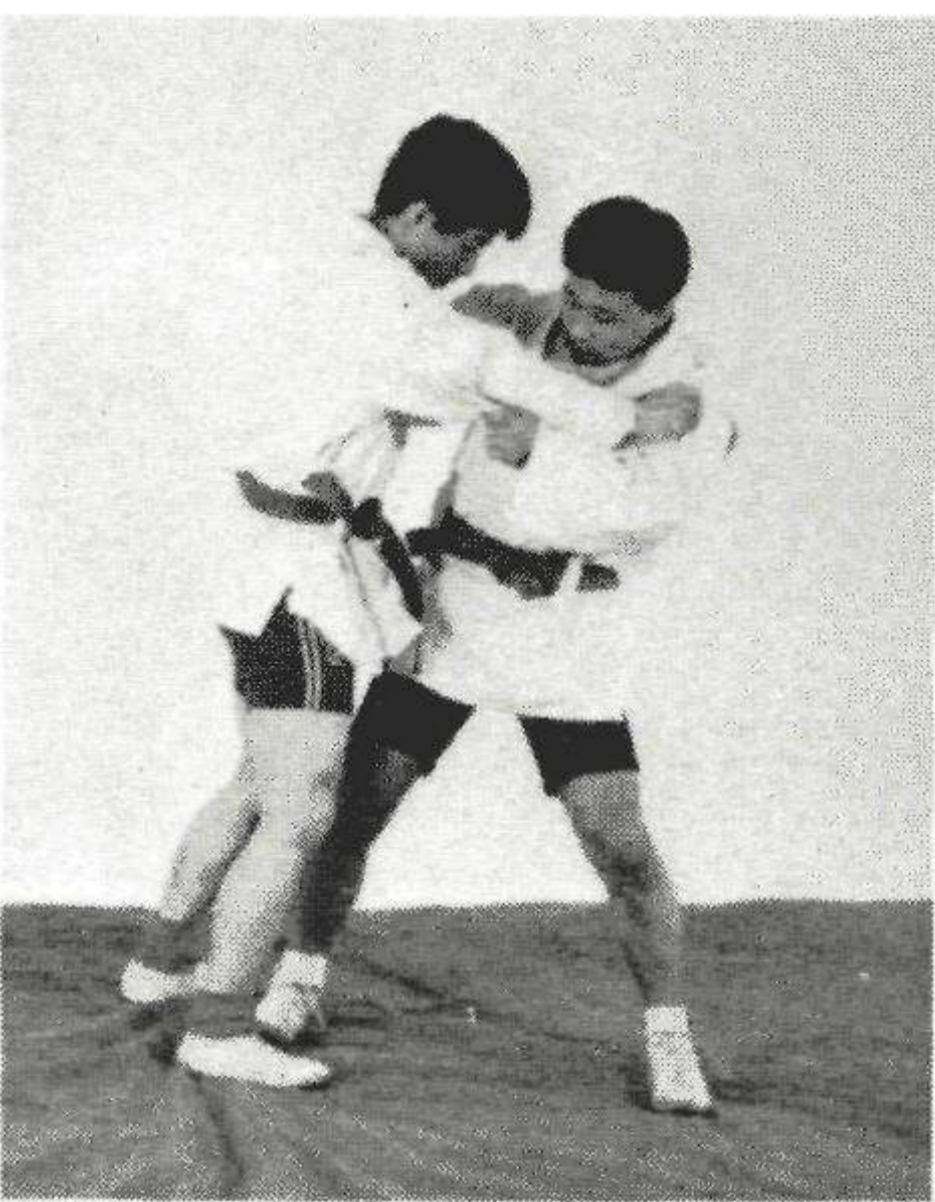
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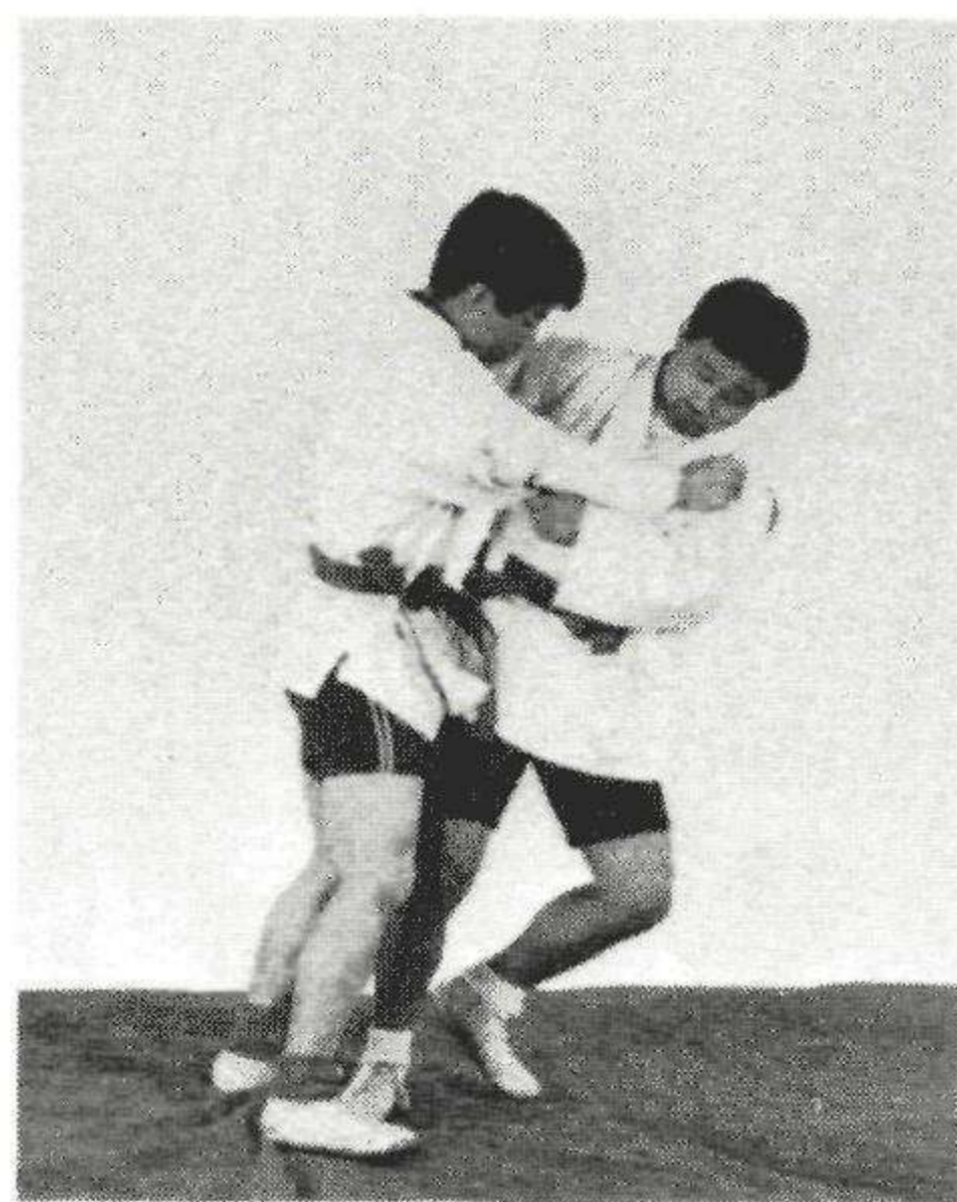
(8)

10 D. BELT GRIP REAPING THROW

Grasp opponent's jacket under the right elbow (1). Turning to the left (2), shift the body weight onto the left leg (3), executing with the extended right leg the frontal reaping throw (4). Pulling with the left hand to the left and downwards (5), throw the opponent on the mat (6-7).



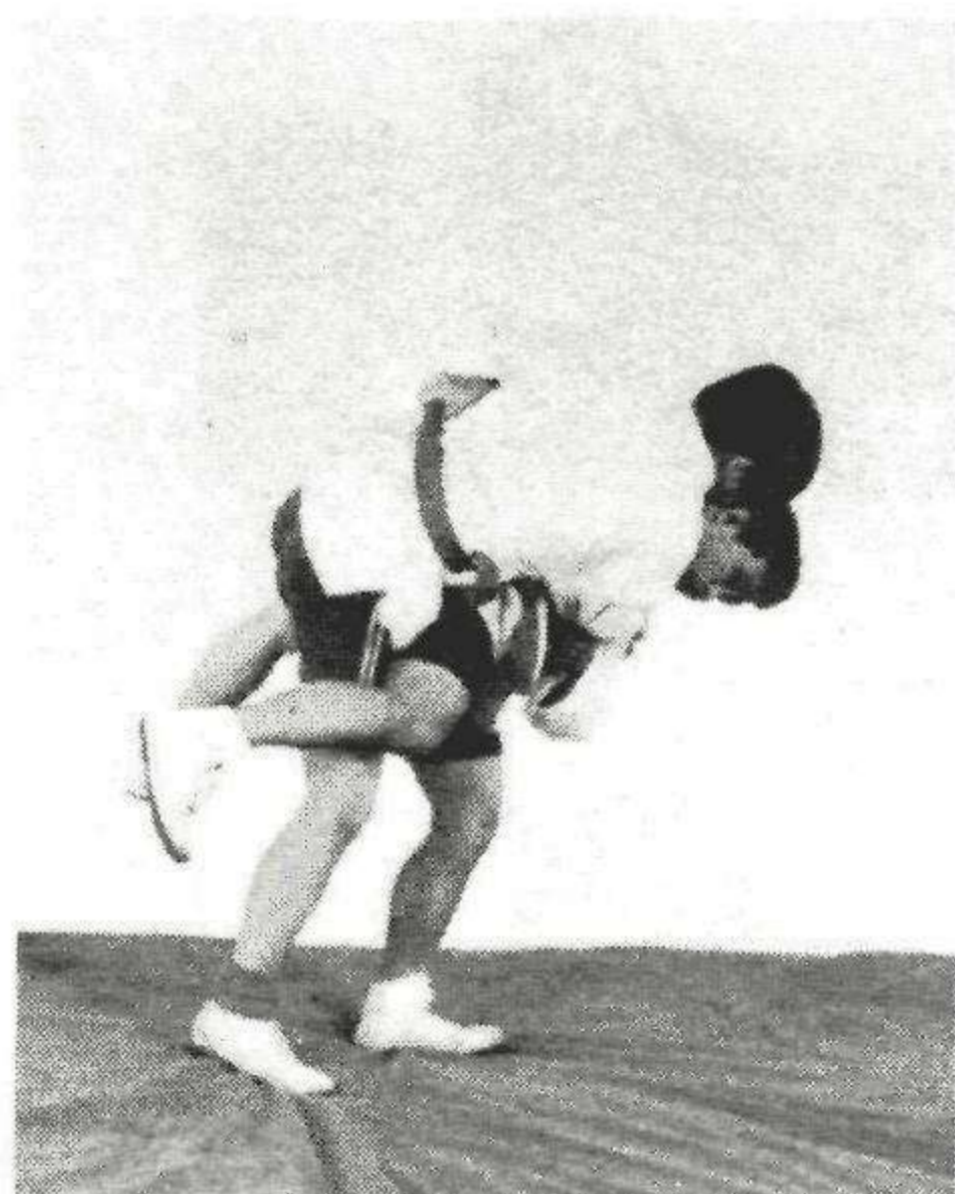
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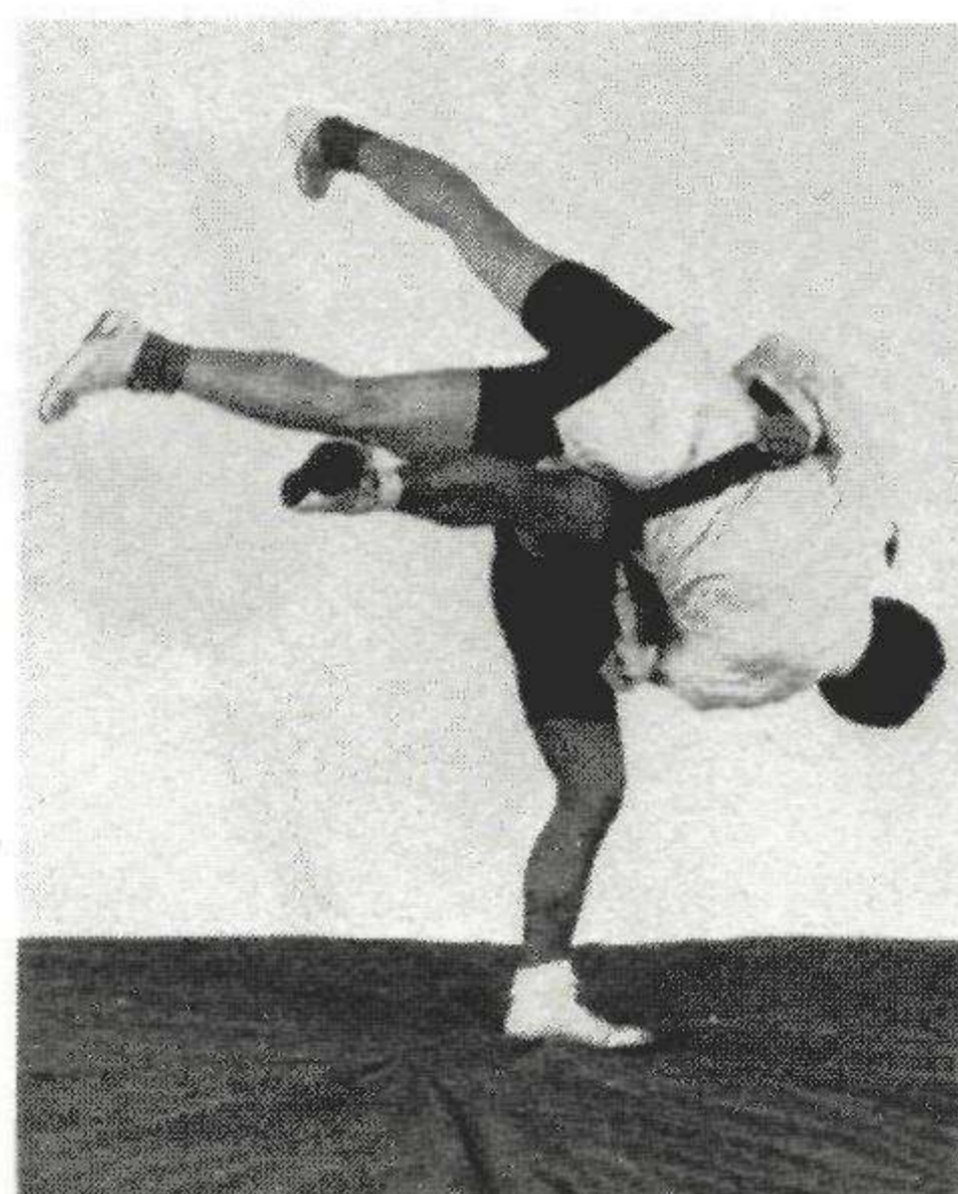
(2)



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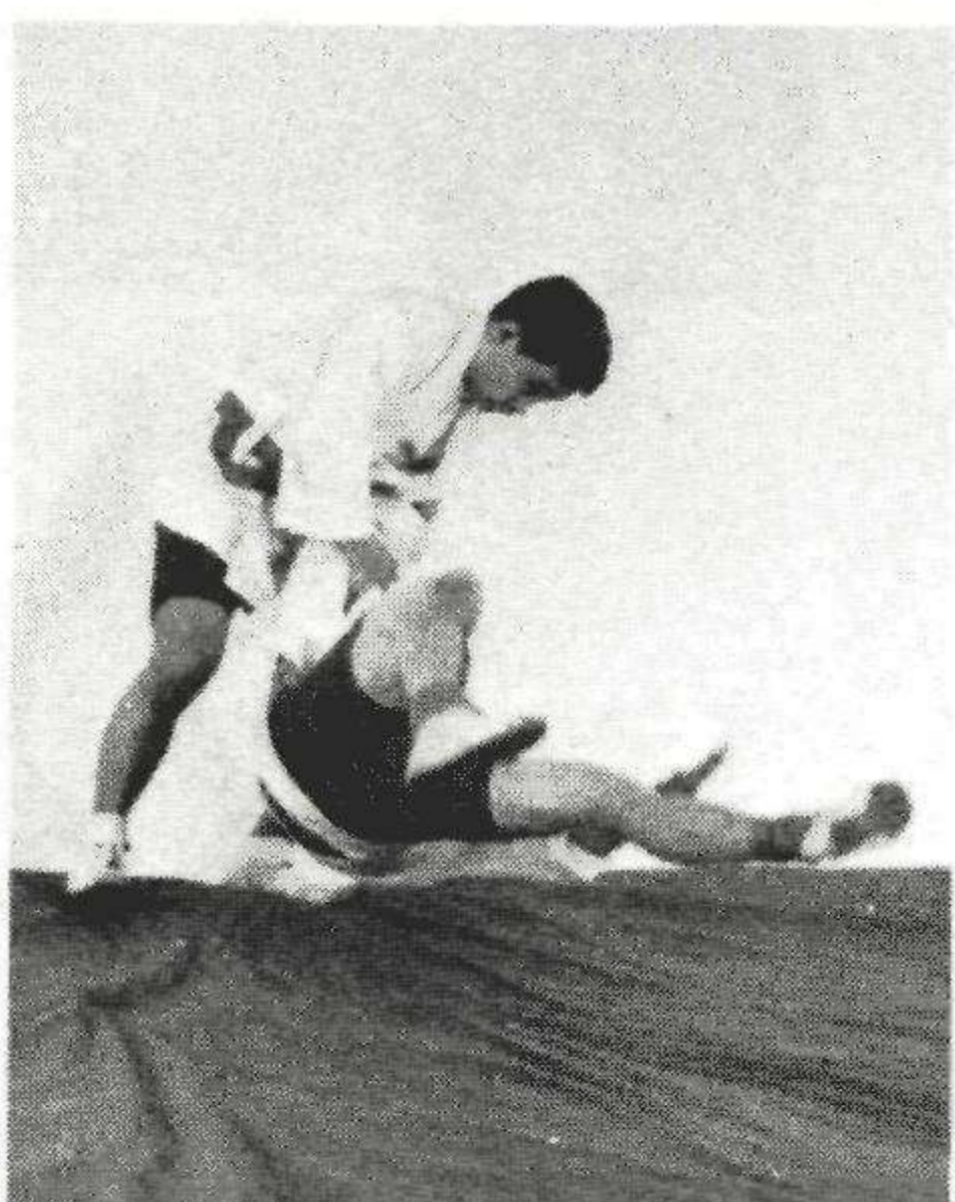
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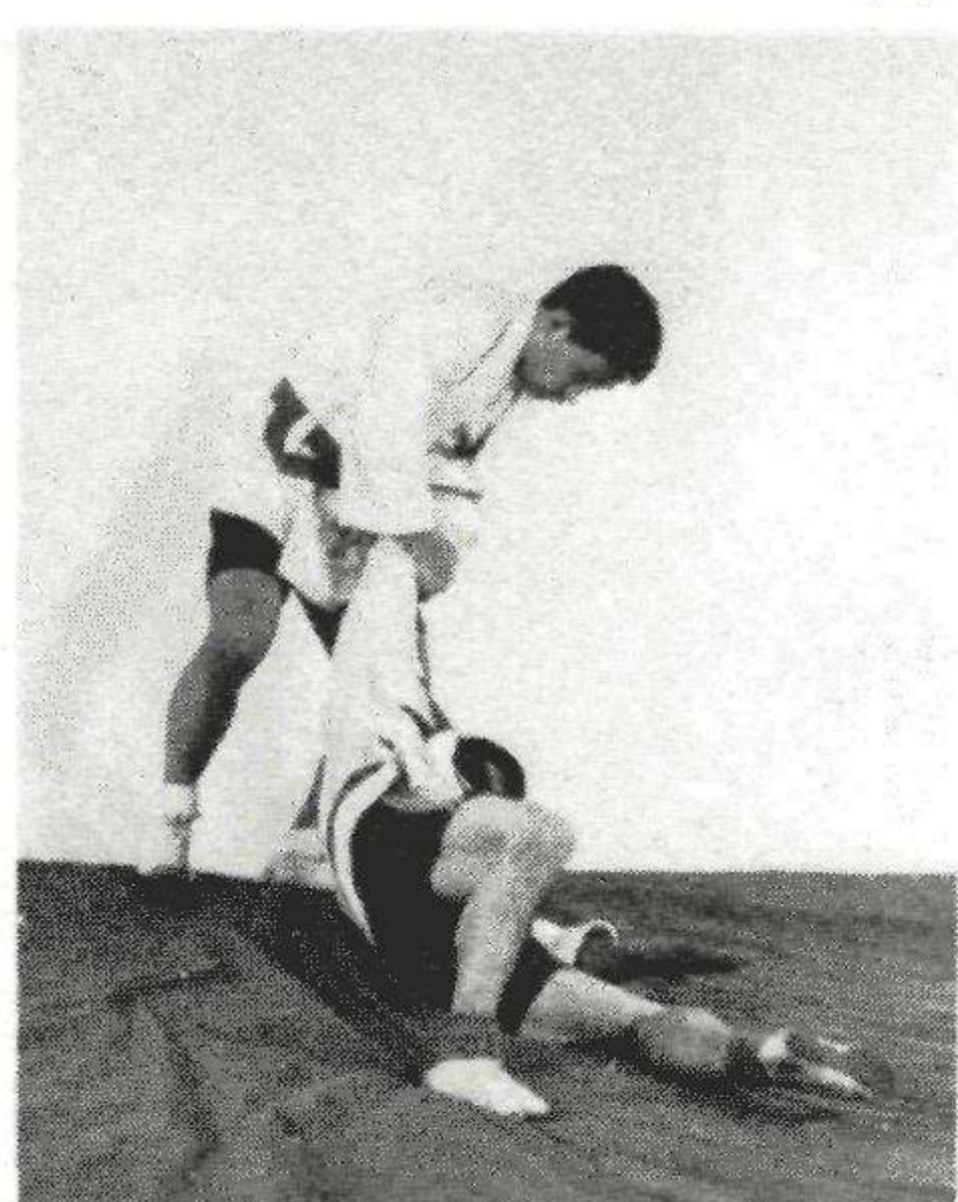
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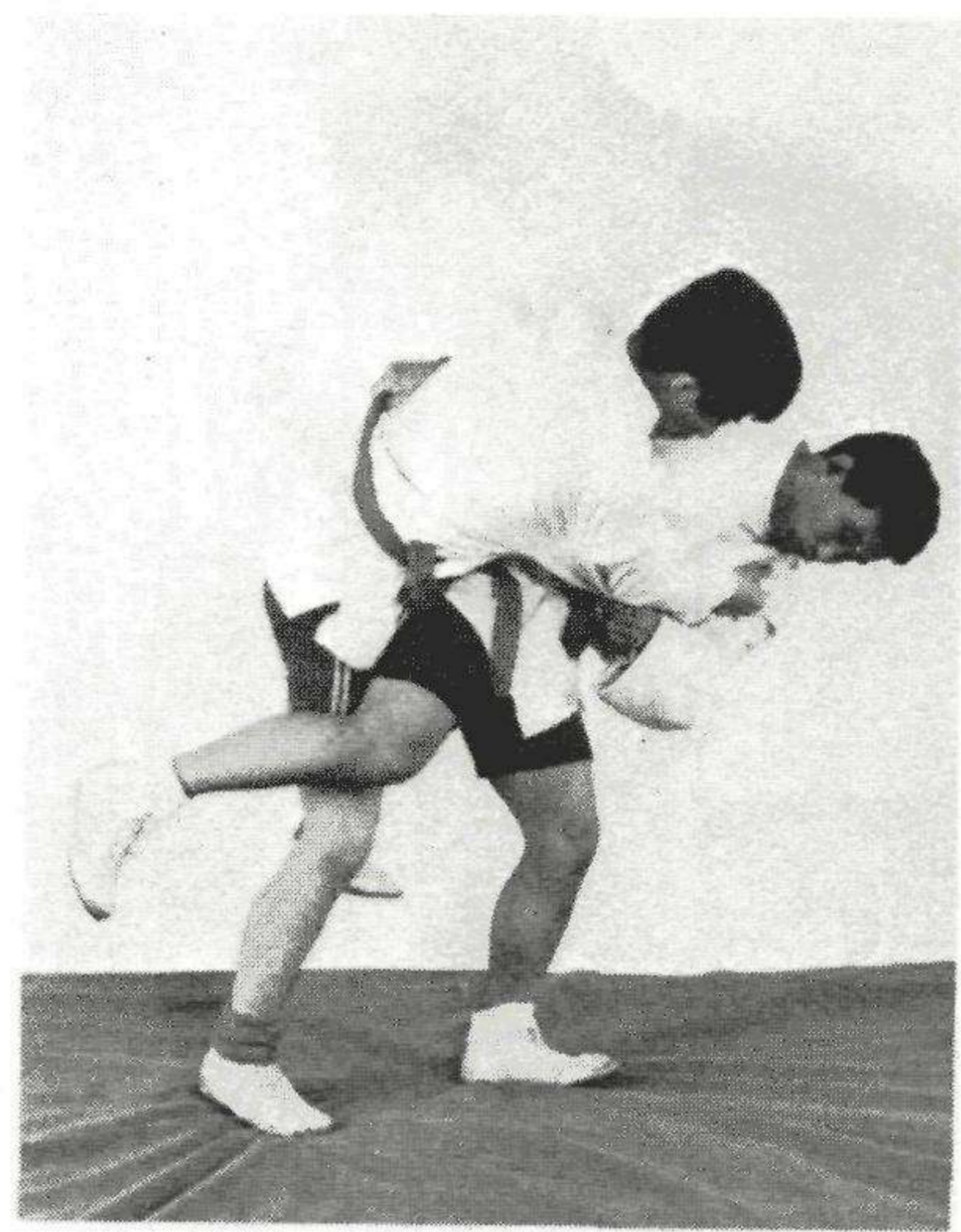
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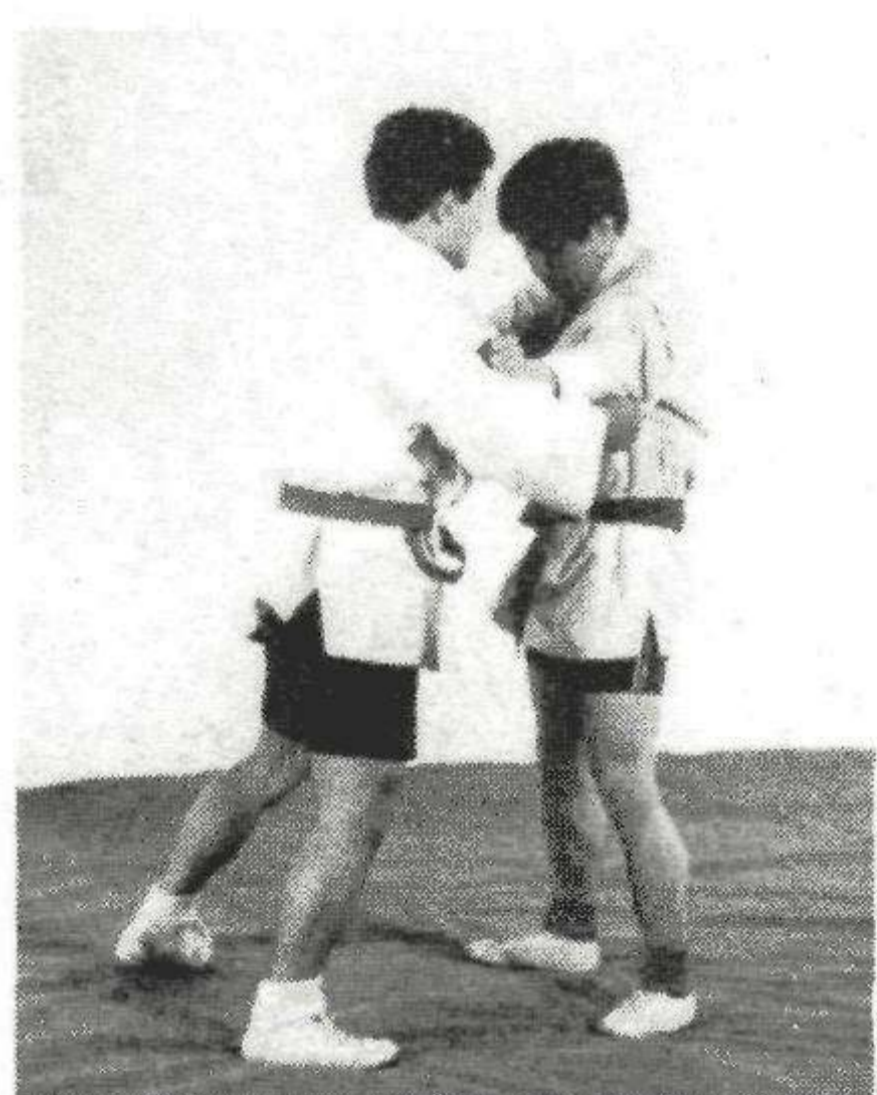




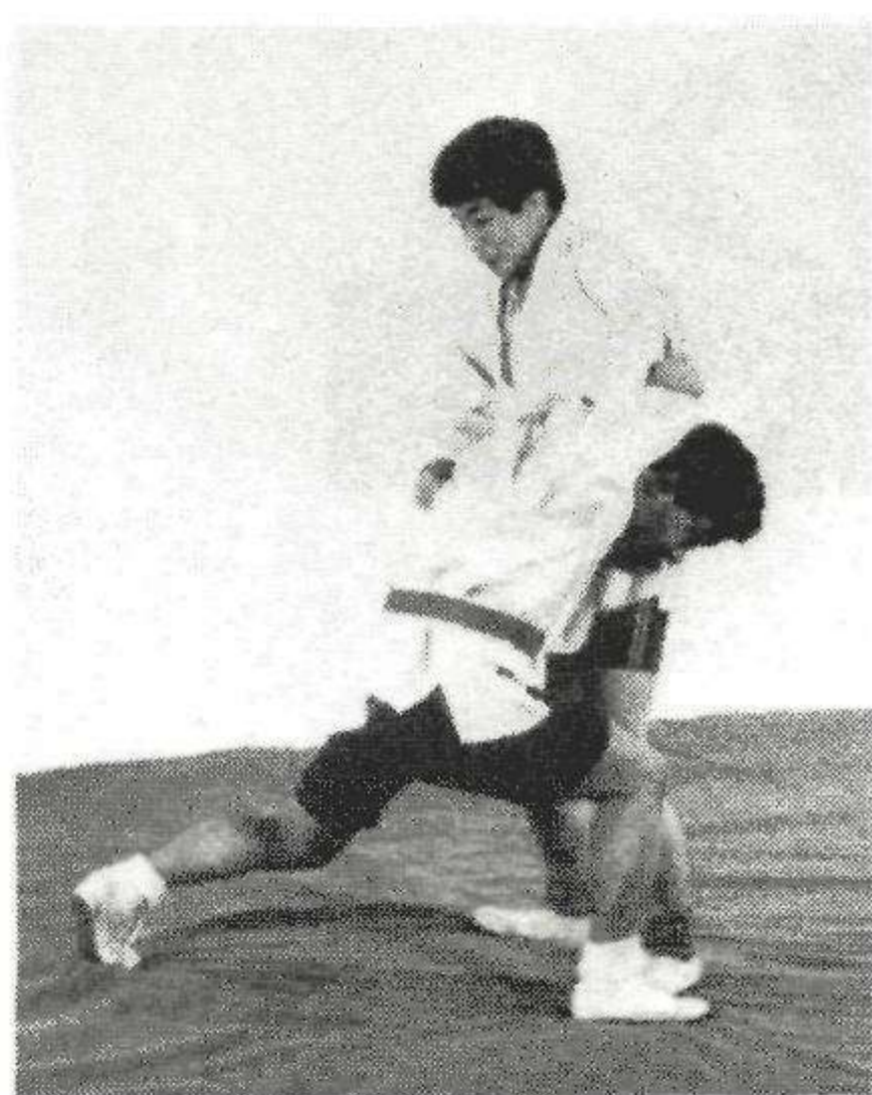
11 A. FRONTAL BELT GRIP SHOULDER THROW

Grasp opponent's belt from the front with the left hand and with the right under the left elbow (1). Do a step forward with the left foot (2), pull up the right leg and duck under opponent's left arm (3). Unbending the legs, lift the opponent off the ground (4), then heaving with the left hand by the belt (5), throw over the back on the mat (6-8).

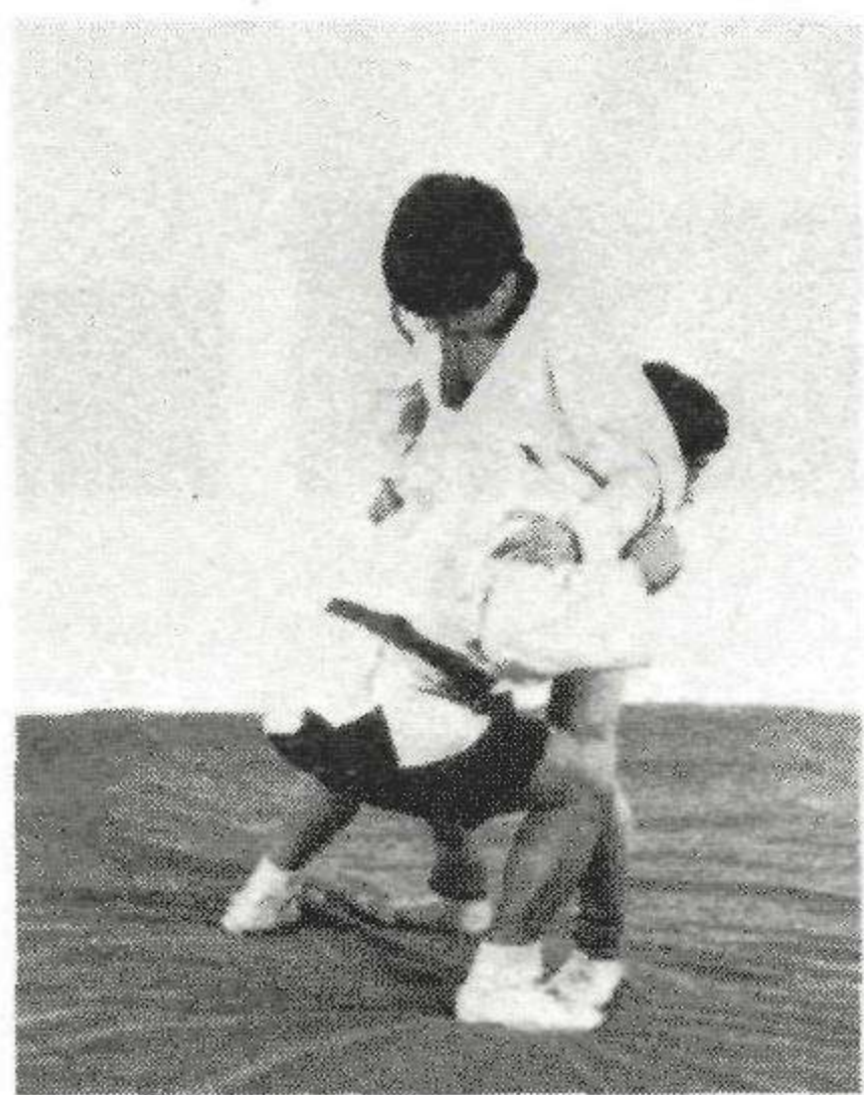
Safeguarding - by the left sleeve. Self safeguarding - by the right side fall (9).



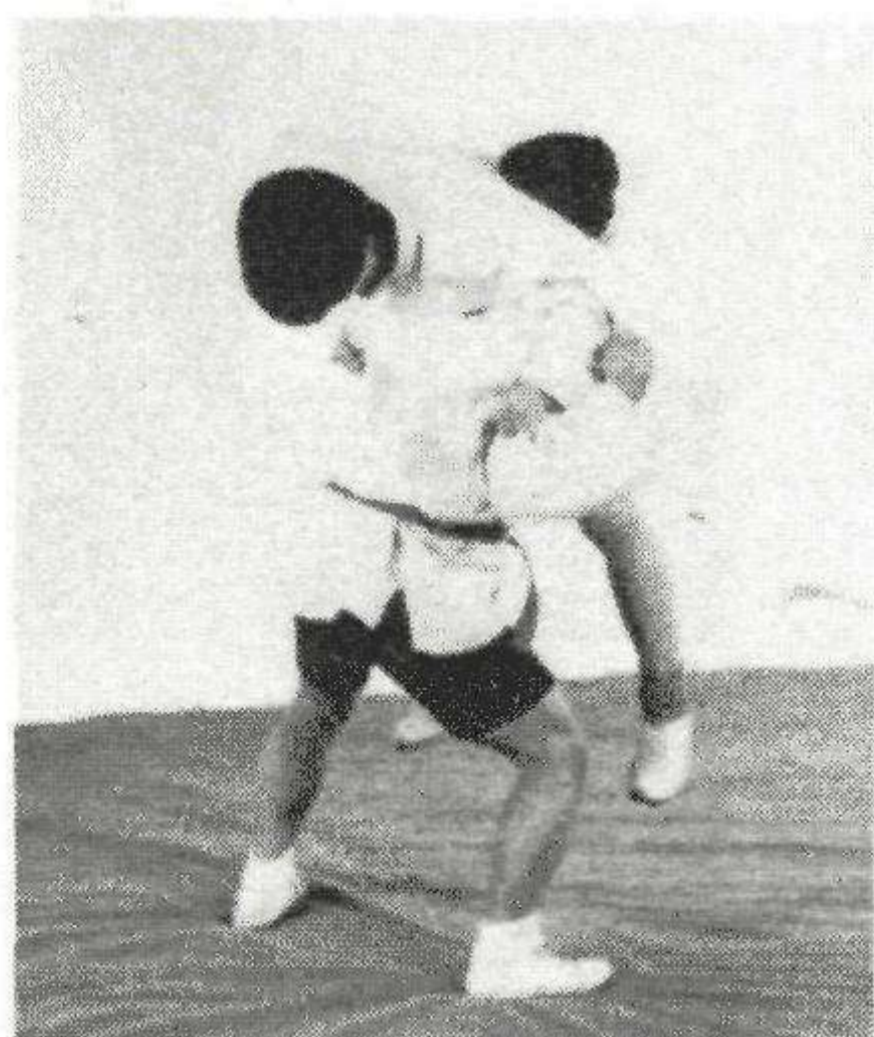
(1)



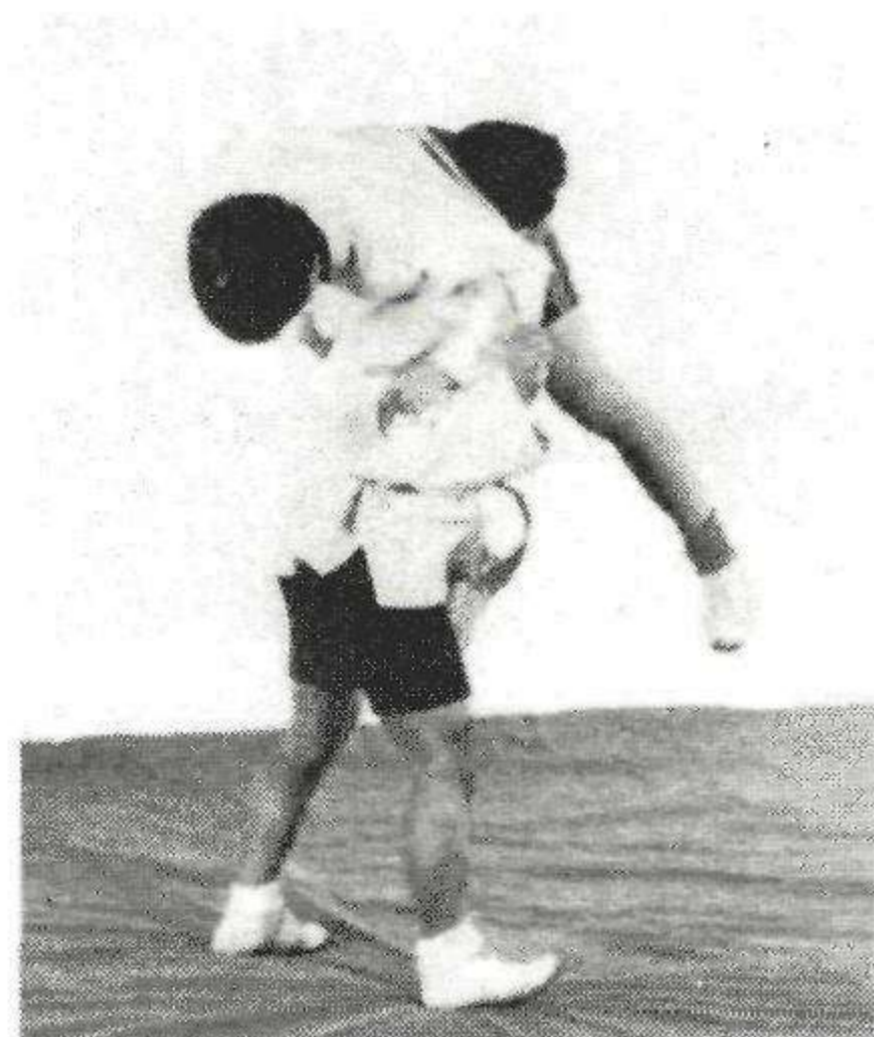
(2)



(3)



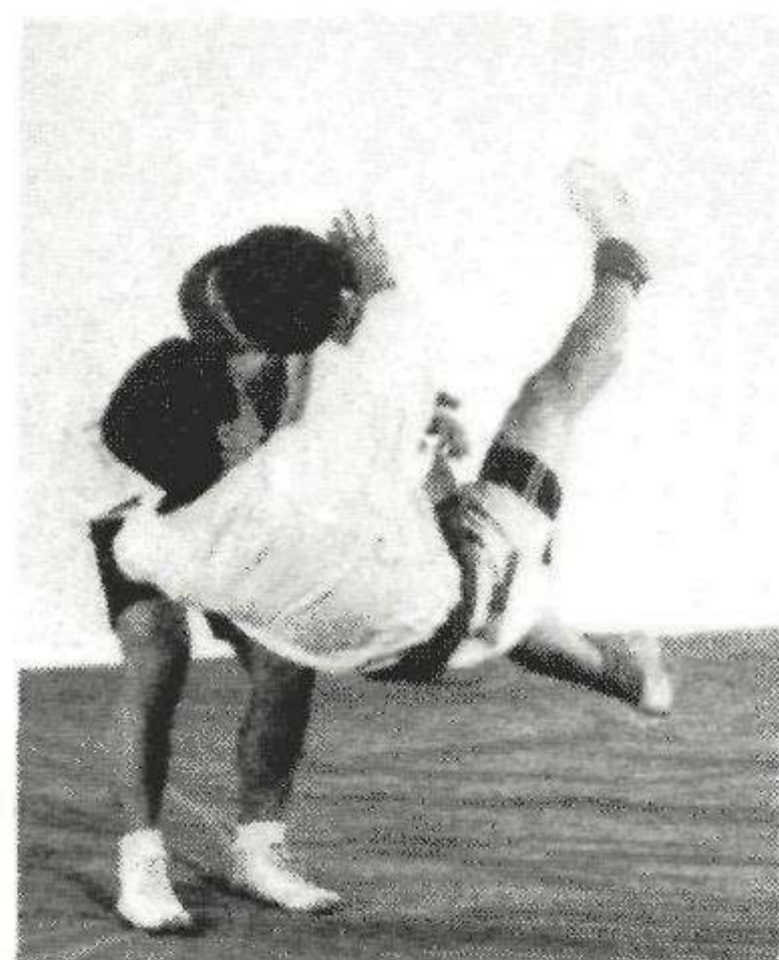
(4)



(5)



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(8)

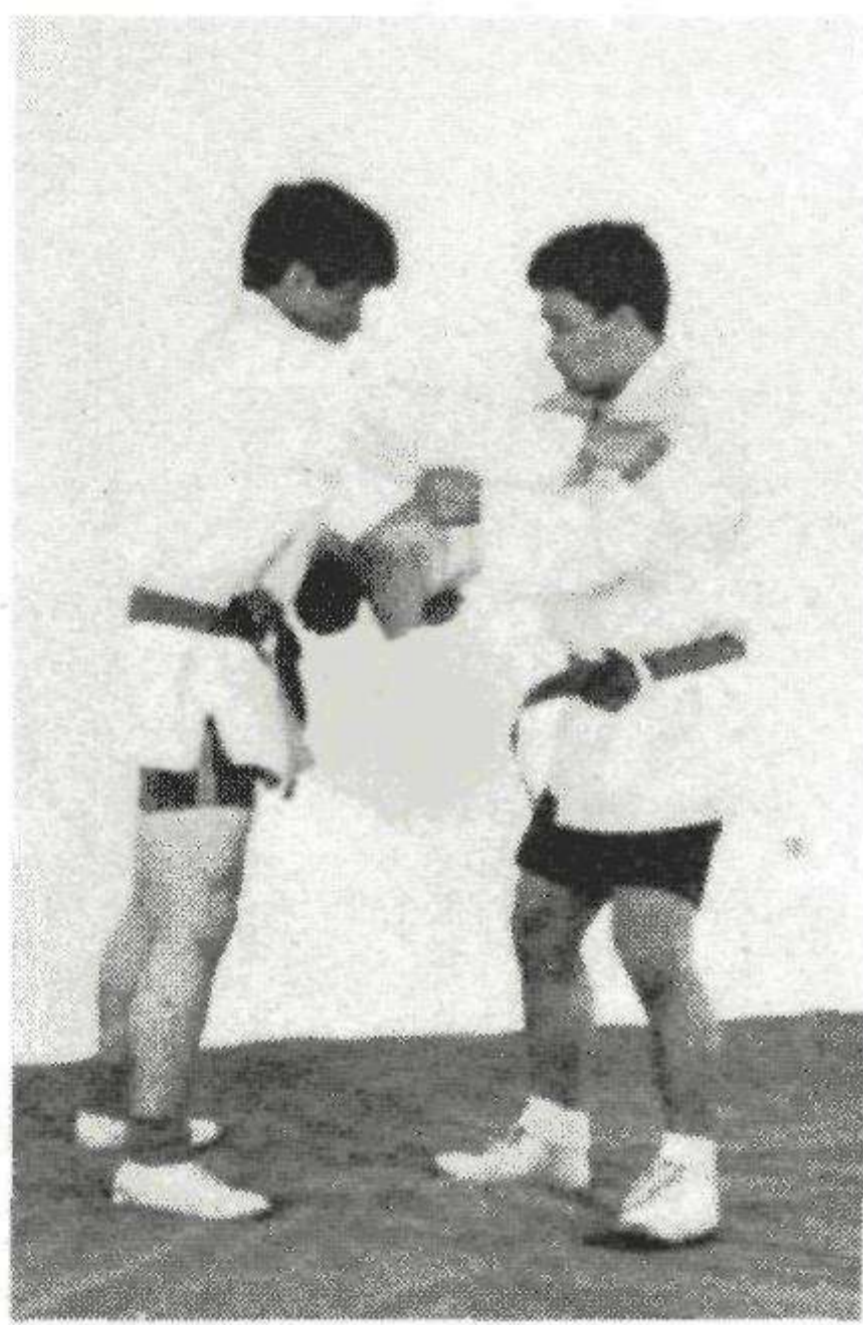
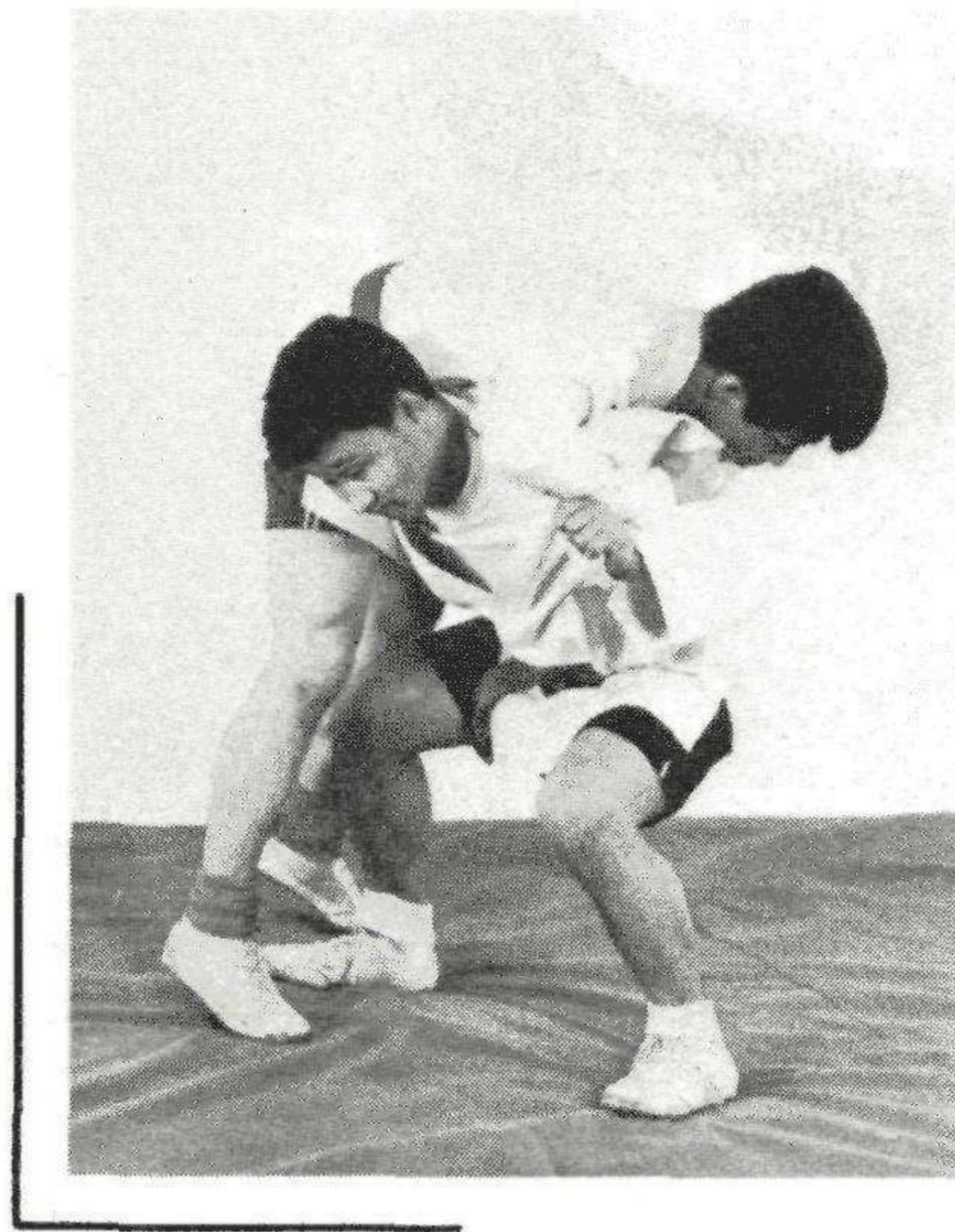


(9)

11 B. ARMS GRIP SHOULDER THROW

Grasp the opponent under the right elbow with the left hand and at the left sleeve and with the right (1). Pushing opponent's left arm to the right, pull with the left hand at his sleeve. Do a step forward with the right foot, crouch (2), then squatting, shoulder the opponent (3). Unbending, heave up the opponent (4), then bowing, pull downwards with the left hand (5). Releasing the right hand grip (6), throw the opponent on the mat.

Safeguarding – by the right sleeve. Self safeguarding – left side fall (7).



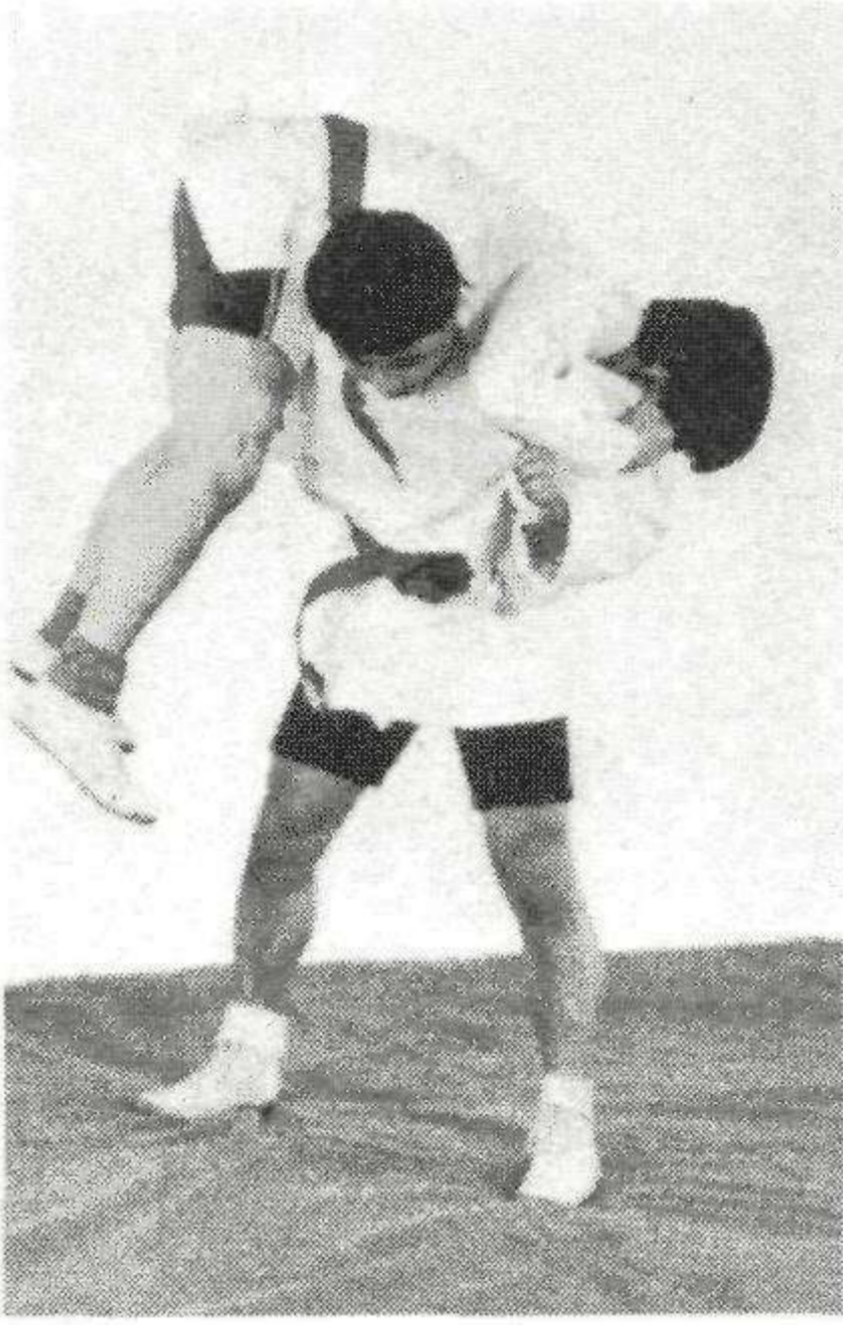
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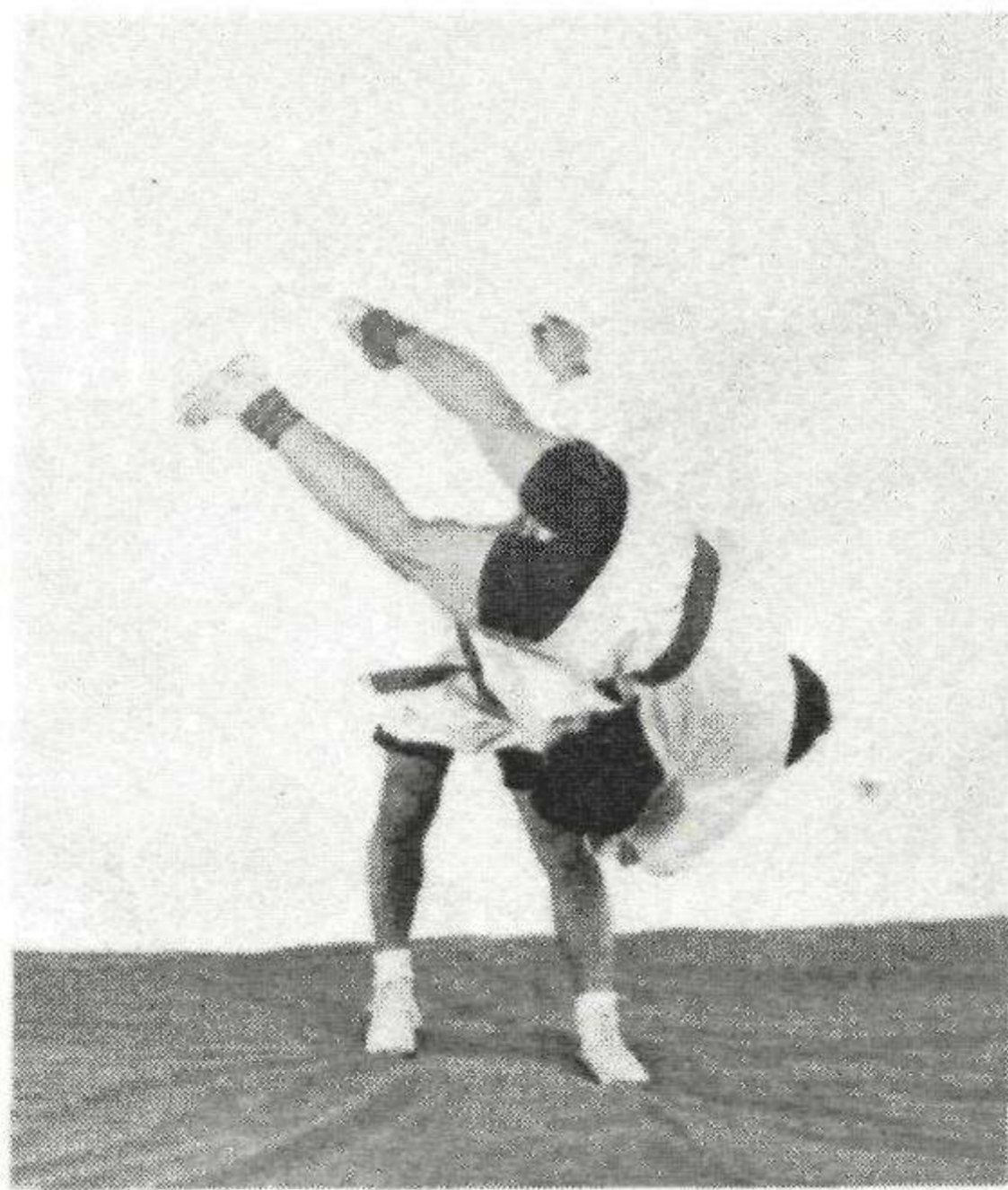
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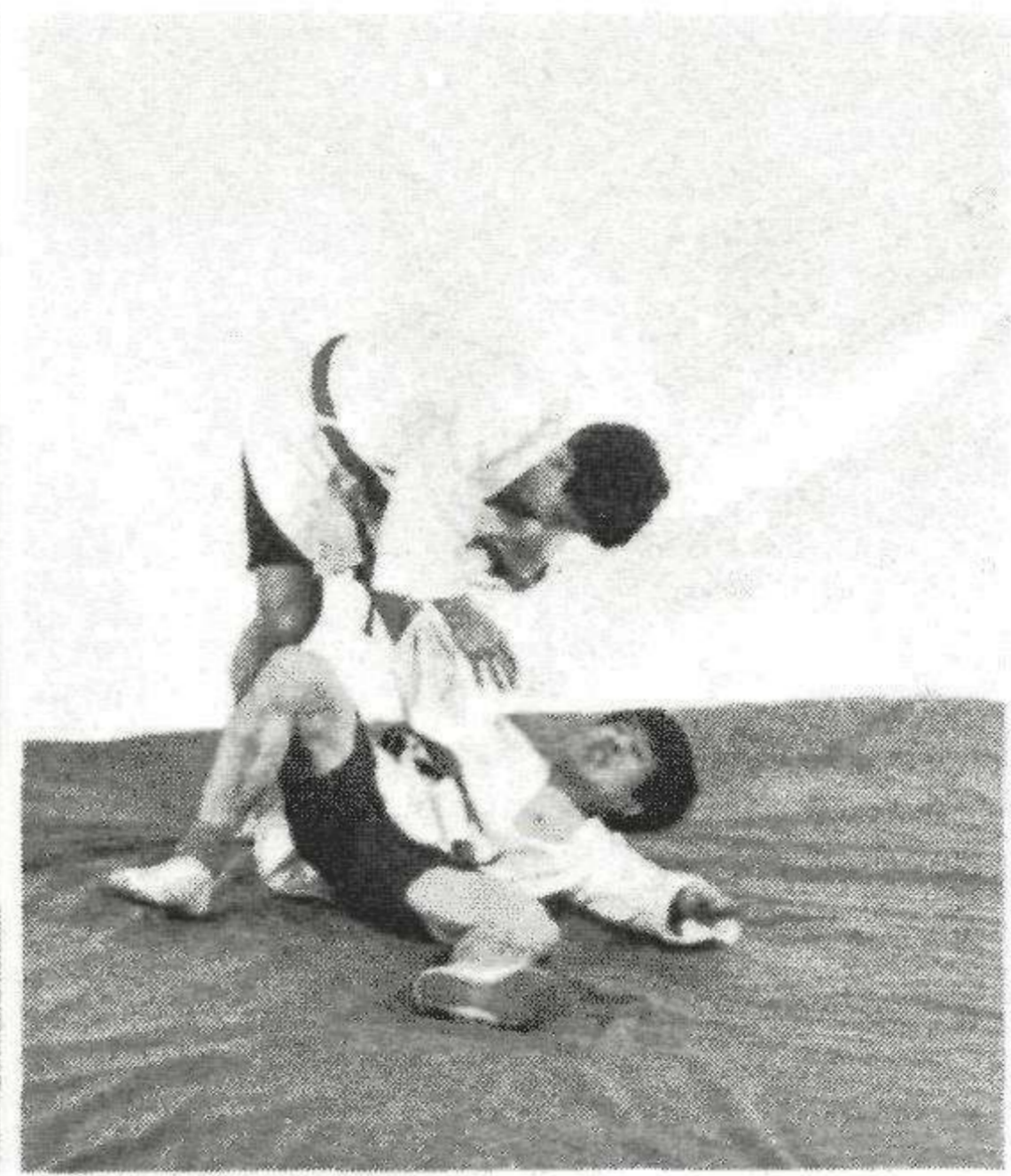
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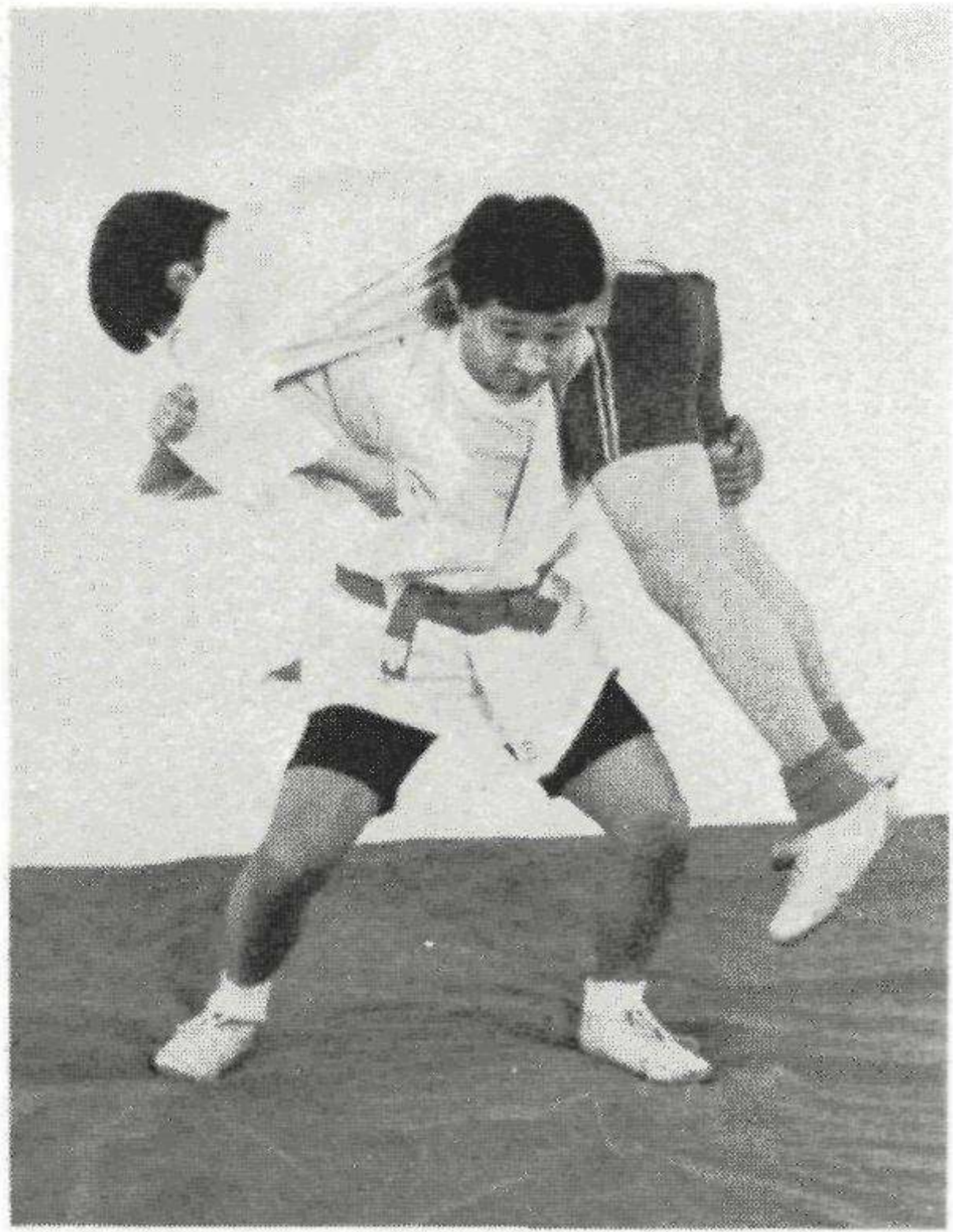
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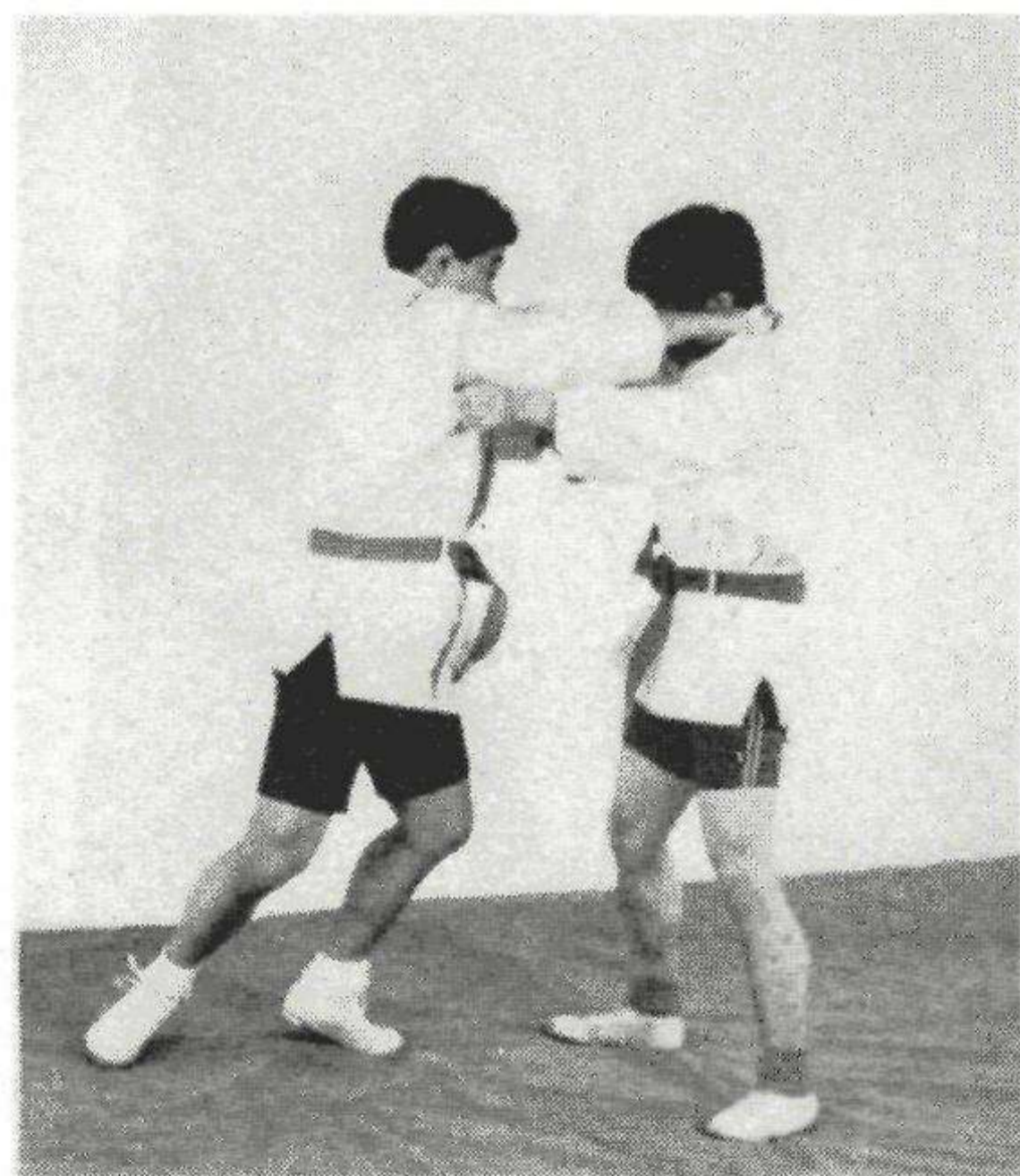
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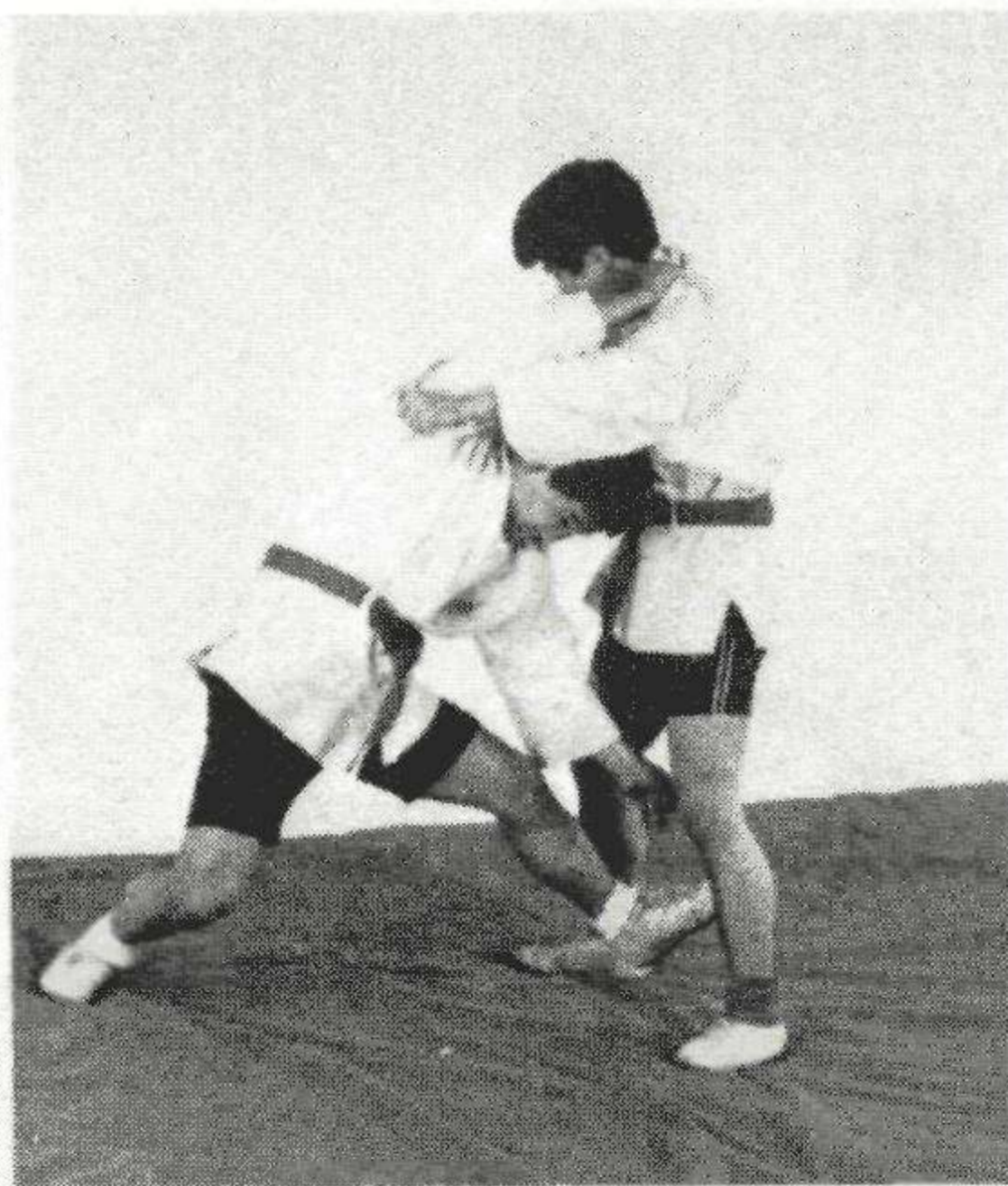
11 C. CORRESPONDING LAPEL GRIP SHOULDER THROW

Grasp the opponent with the left hand under the right elbow, and with the right at the collar above the right collarbone (1). Do a step forward with the left foot (2). Crouching and squatting, grasp opponent's left leg from inside with the left hand (3). Shoulder the opponent and lift him from the ground (4), then pull downwards at the lapel (5) and throw on the mat (6).

Safeguarding — by the lapel. Self safeguarding — back fall (7).



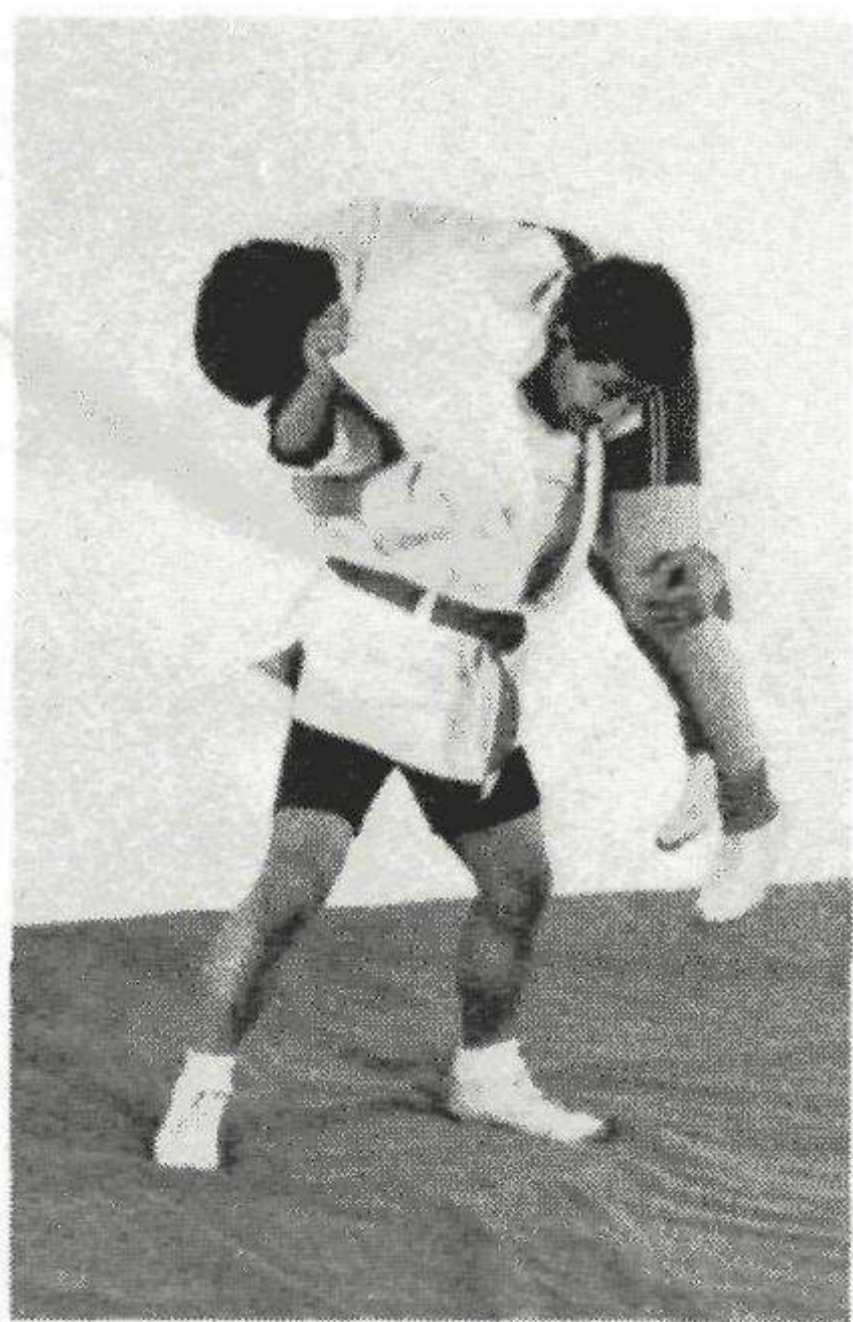
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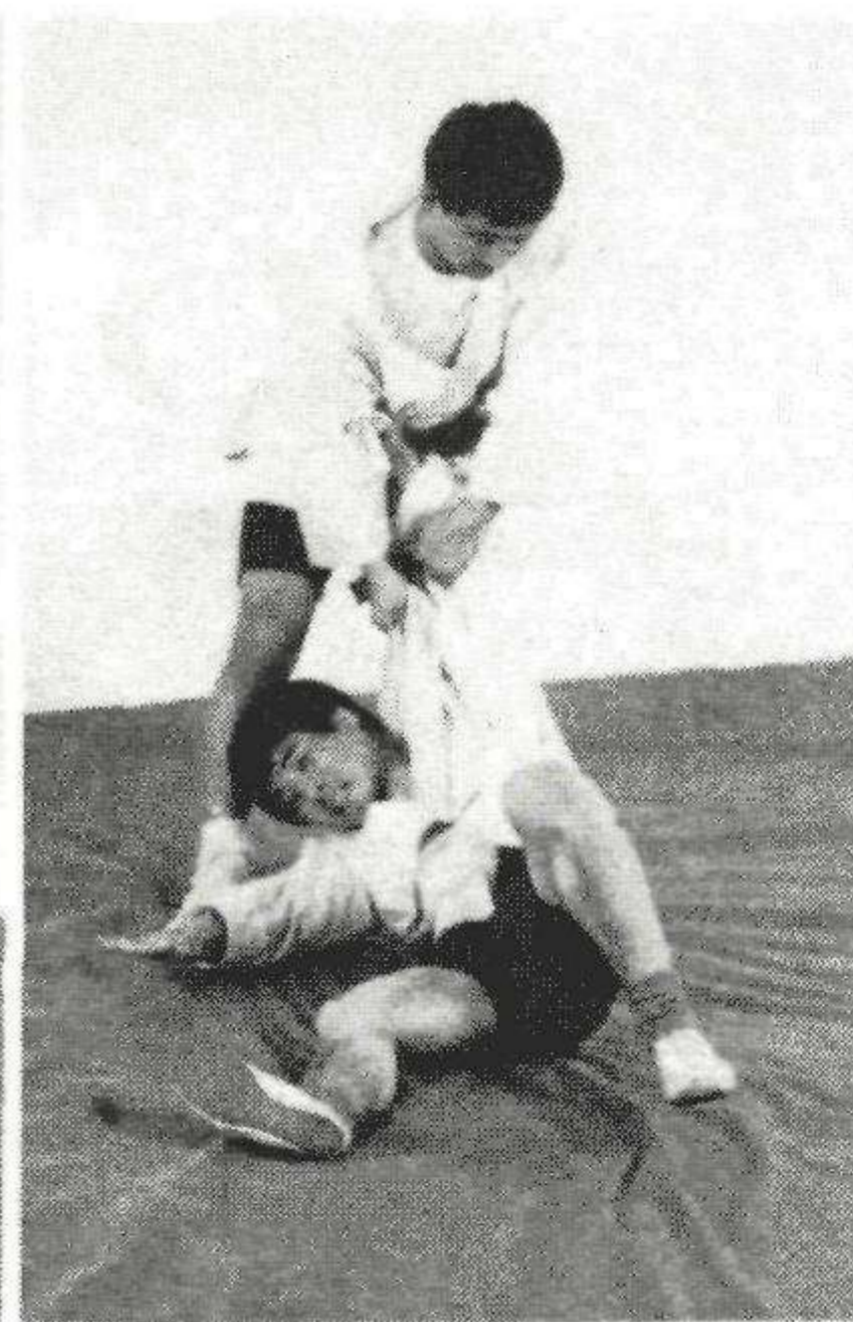
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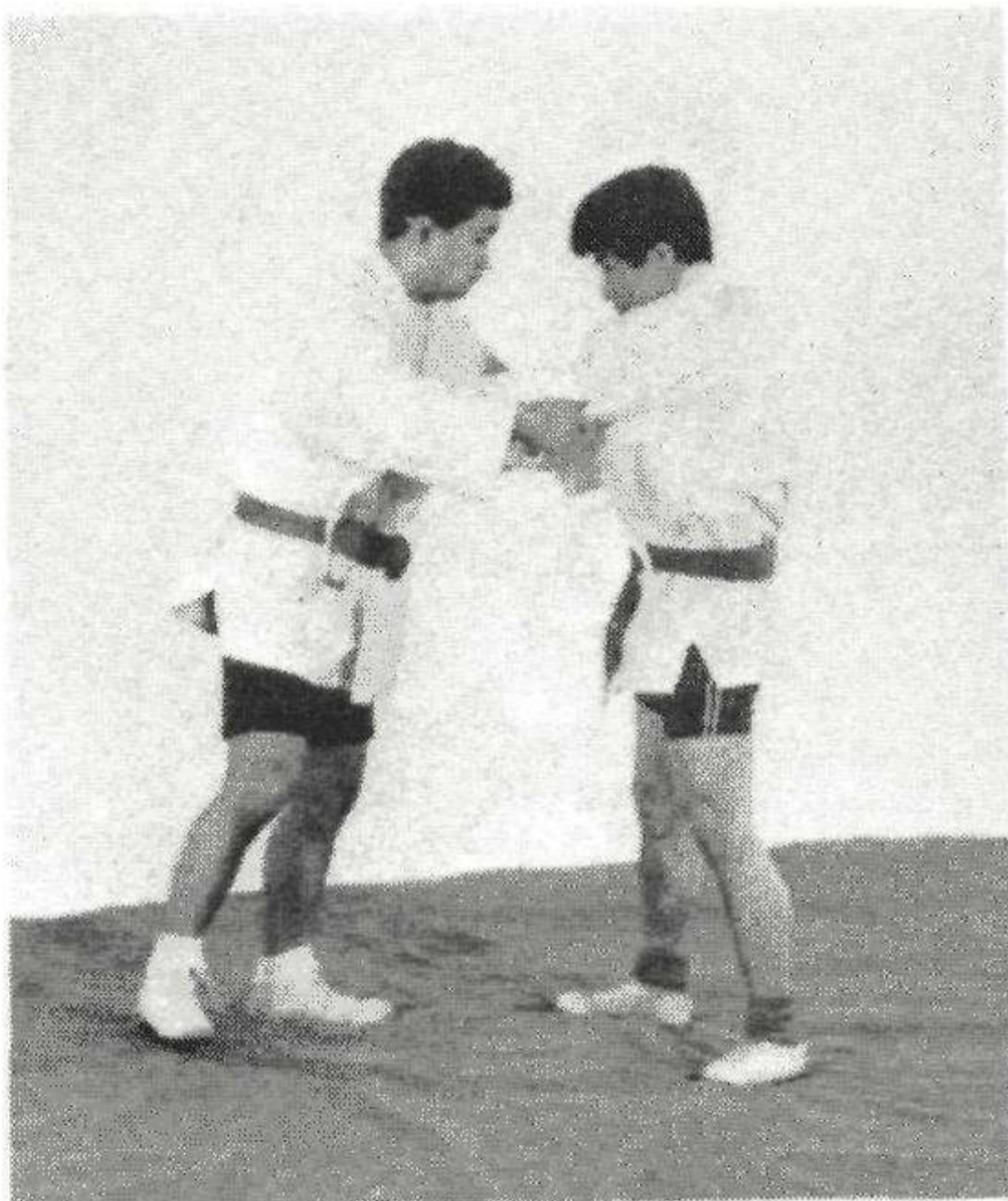


(7)

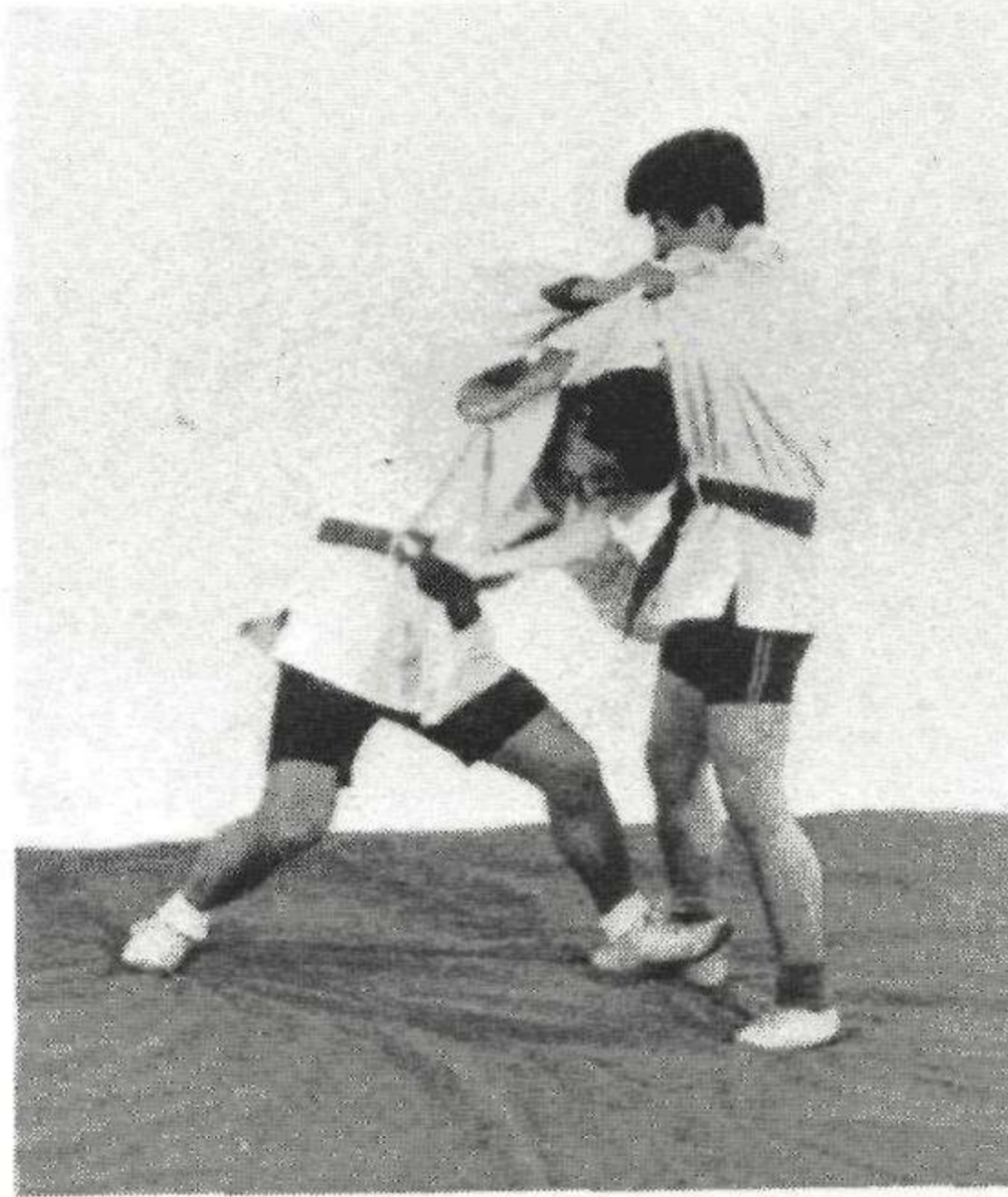
11 D. DIFERING LEG GRIP SHOULDER THROW

Grasp the opponent with the right hand at the left lapel and with the left under the right elbow (1). Do a step forward with the left foot, crouch and duck under opponent's left arm (2). Bend the legs (3) and grasp opponent's right thigh from outside with the left hand. Uprising, heave the opponent on the shoulders, lifting up the grasped leg (4). Bowing and pulling with the right hand to the right and downwards (5), throw the opponent on the mat (6).

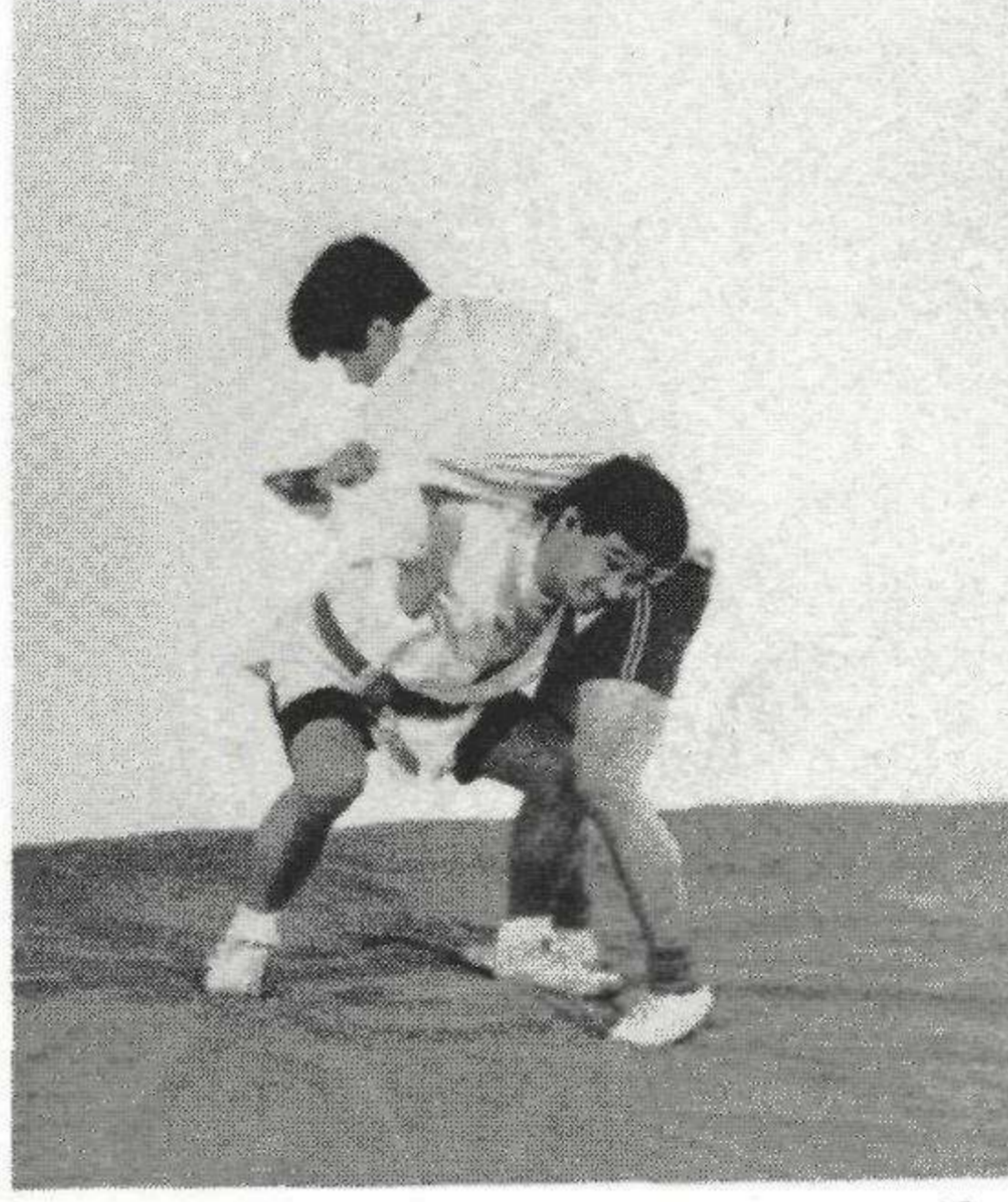
Safeguarding – by the collar. Self safeguarding – right side fall (7).



(1)



(2)



(3)



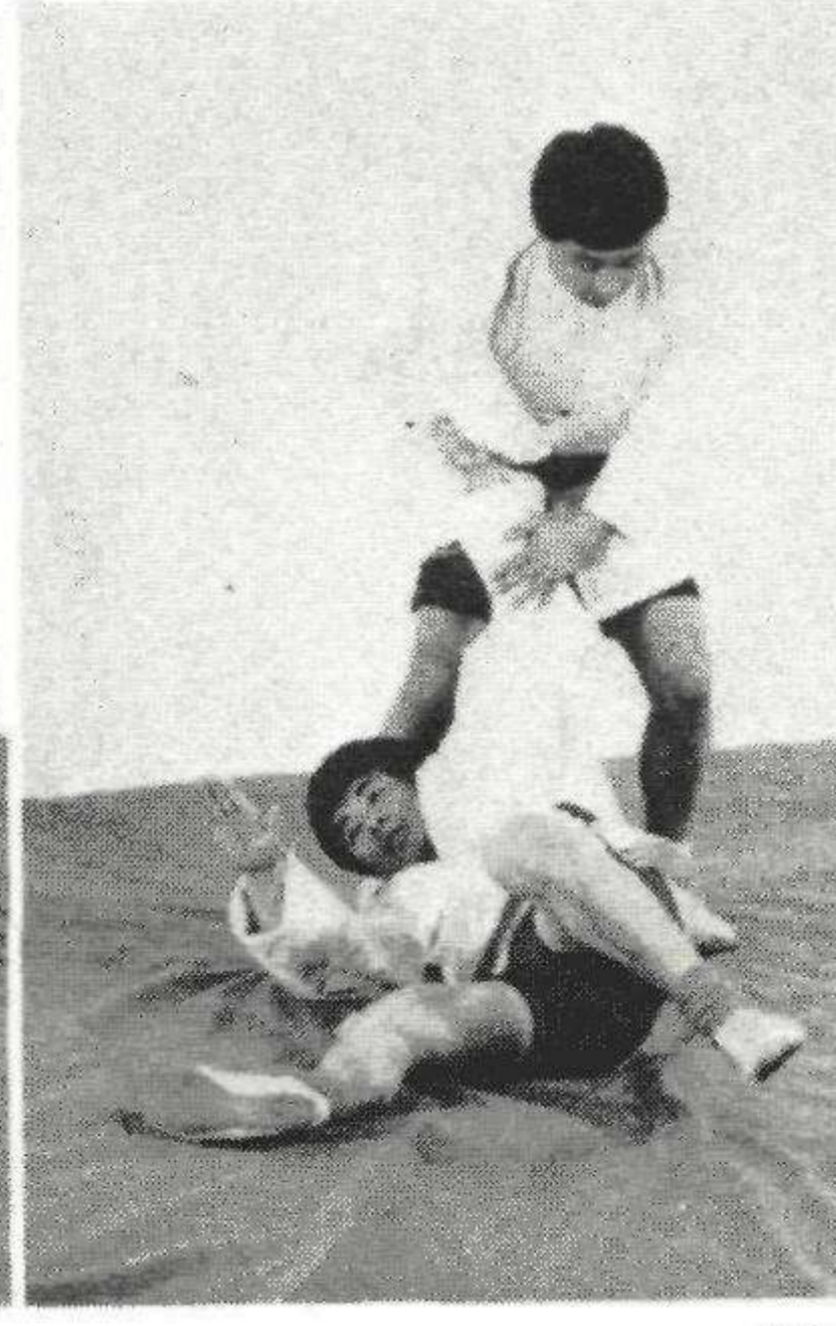
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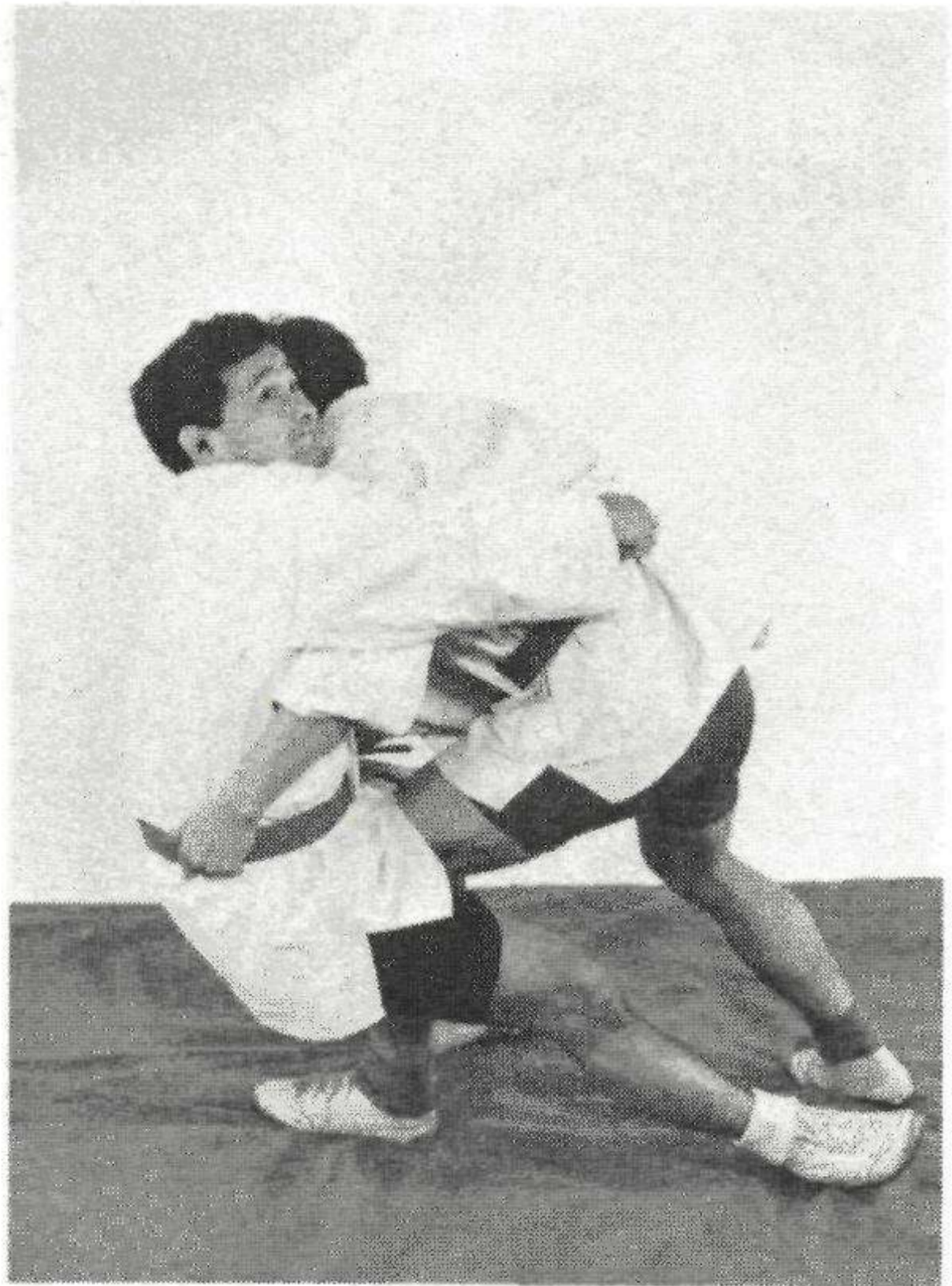
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(6)



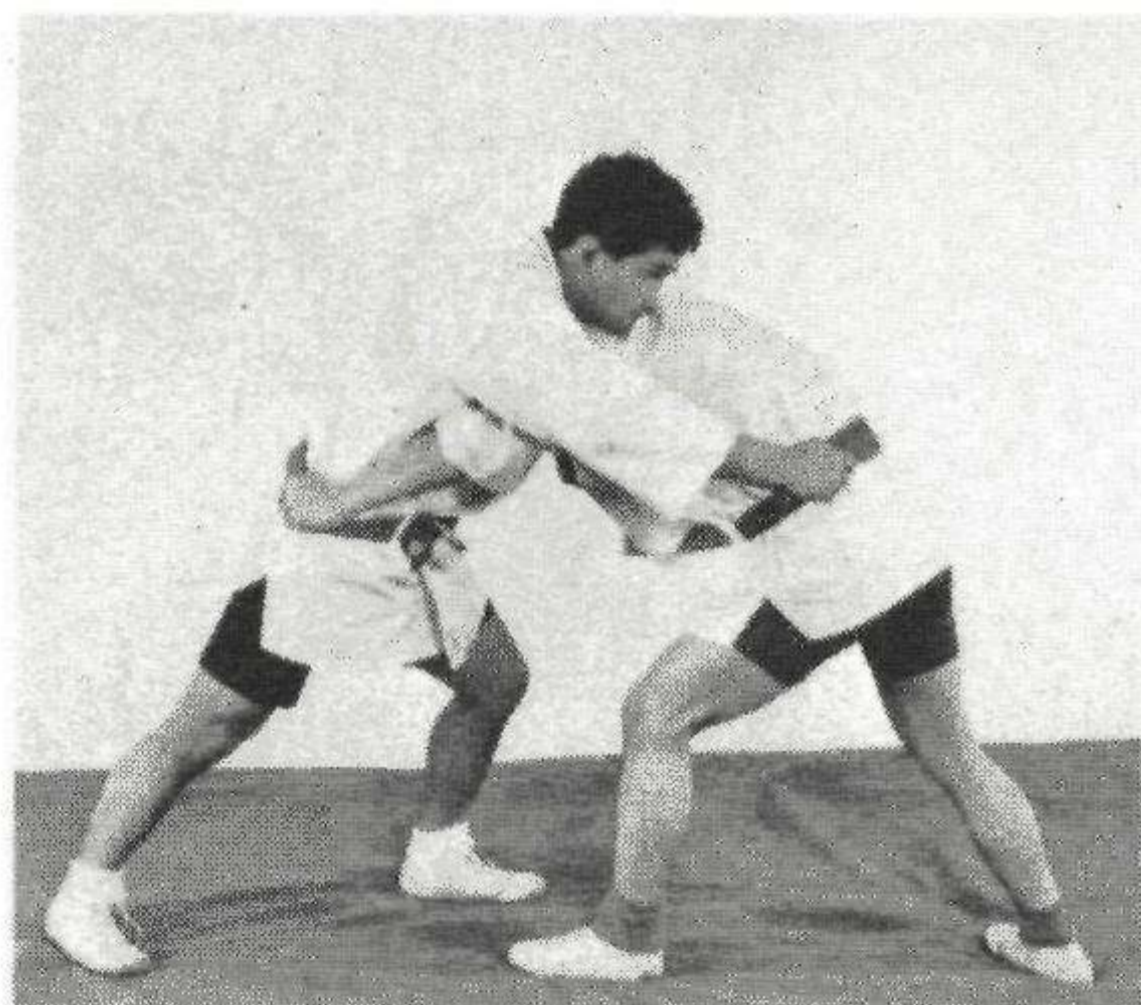
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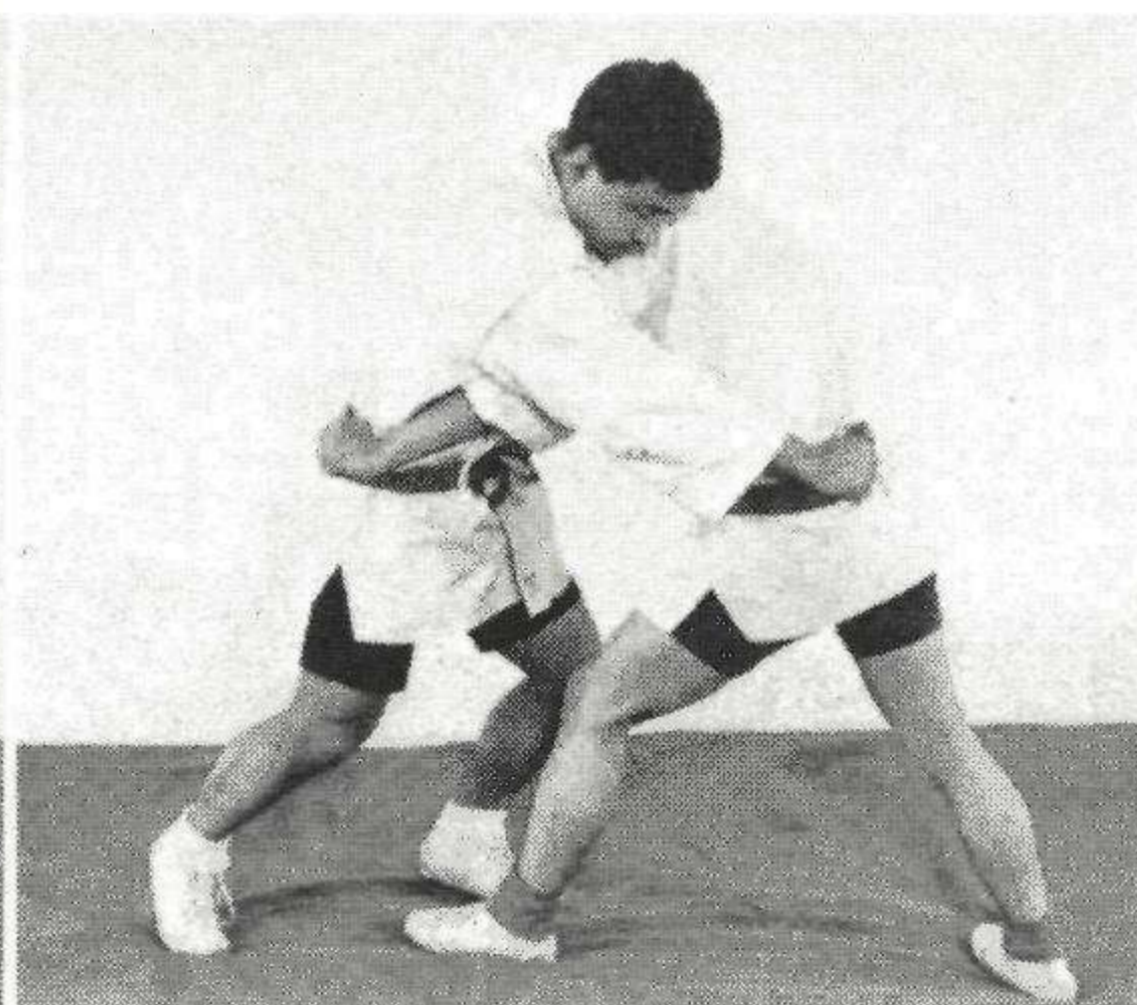
12 A. CHEST AND SHOULDER WHEEL

Grasp the pressing opponent with the right hand at the belt on the rear and with the left hand under the right elbow (1). Shifting the body weight onto the left leg (2), put the right foot aside opponent's left foot from outside (3). Pulling the opponent to the right and upwards (4), throw him on the mat (5).

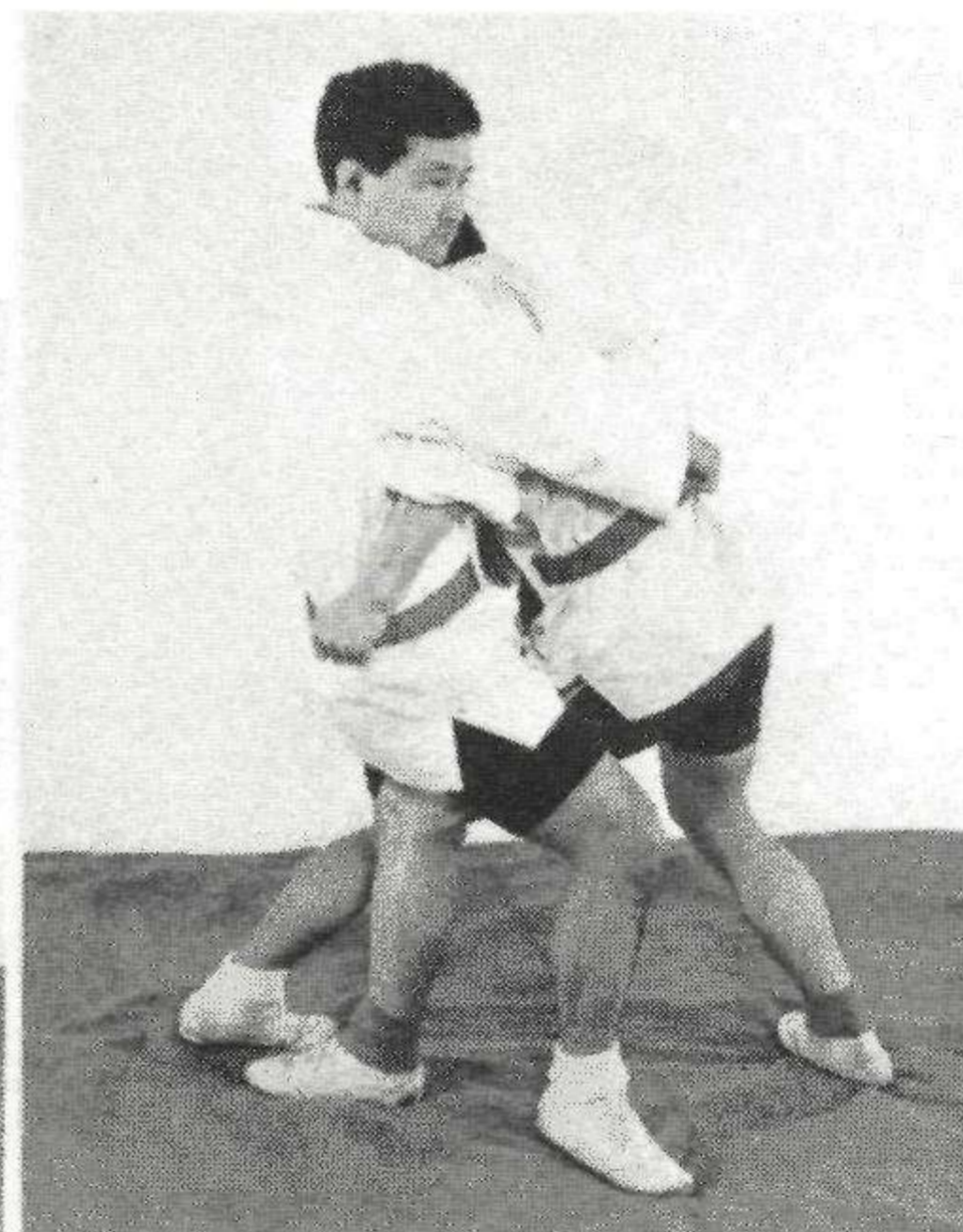
Self safeguarding – back fall (6).



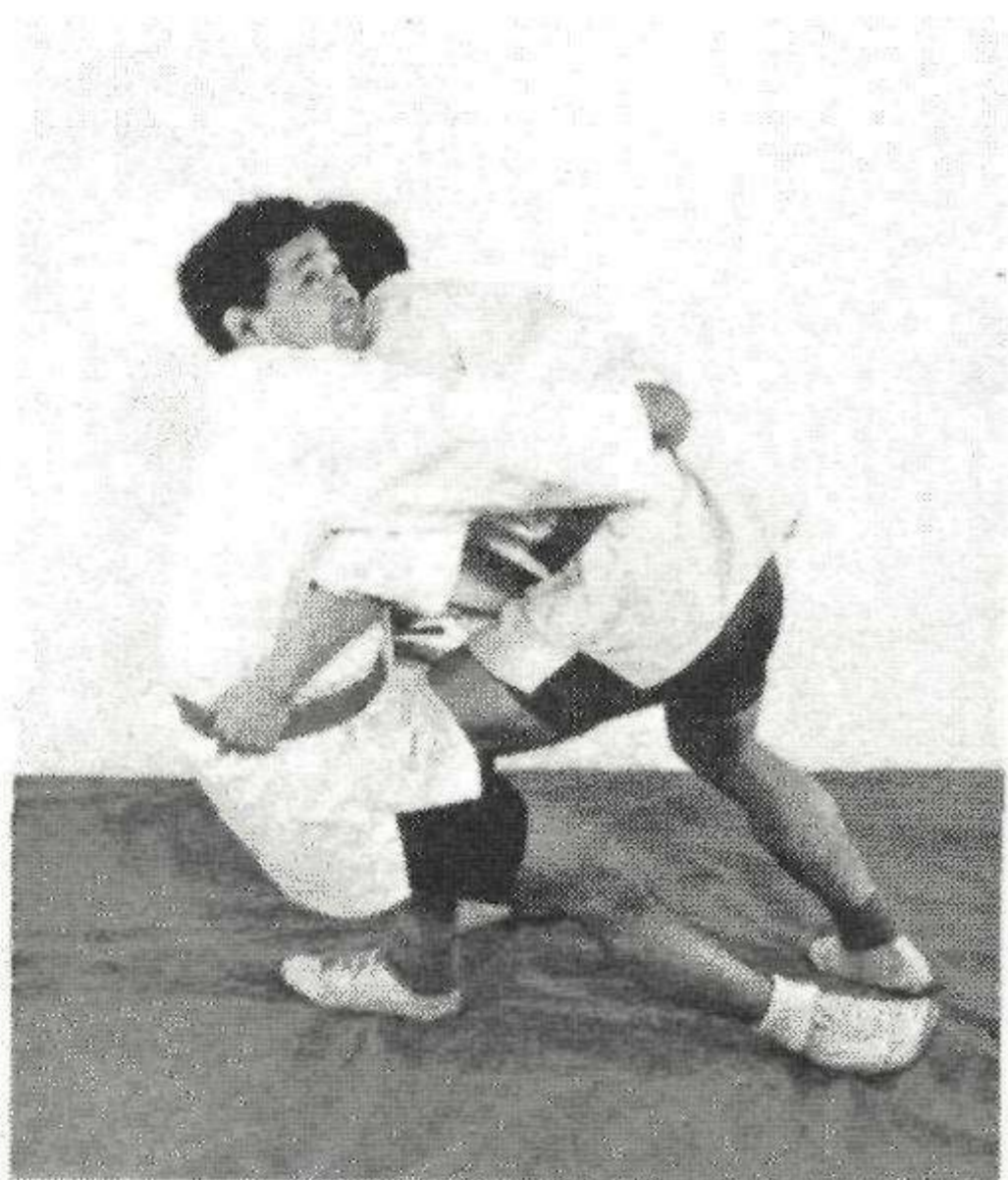
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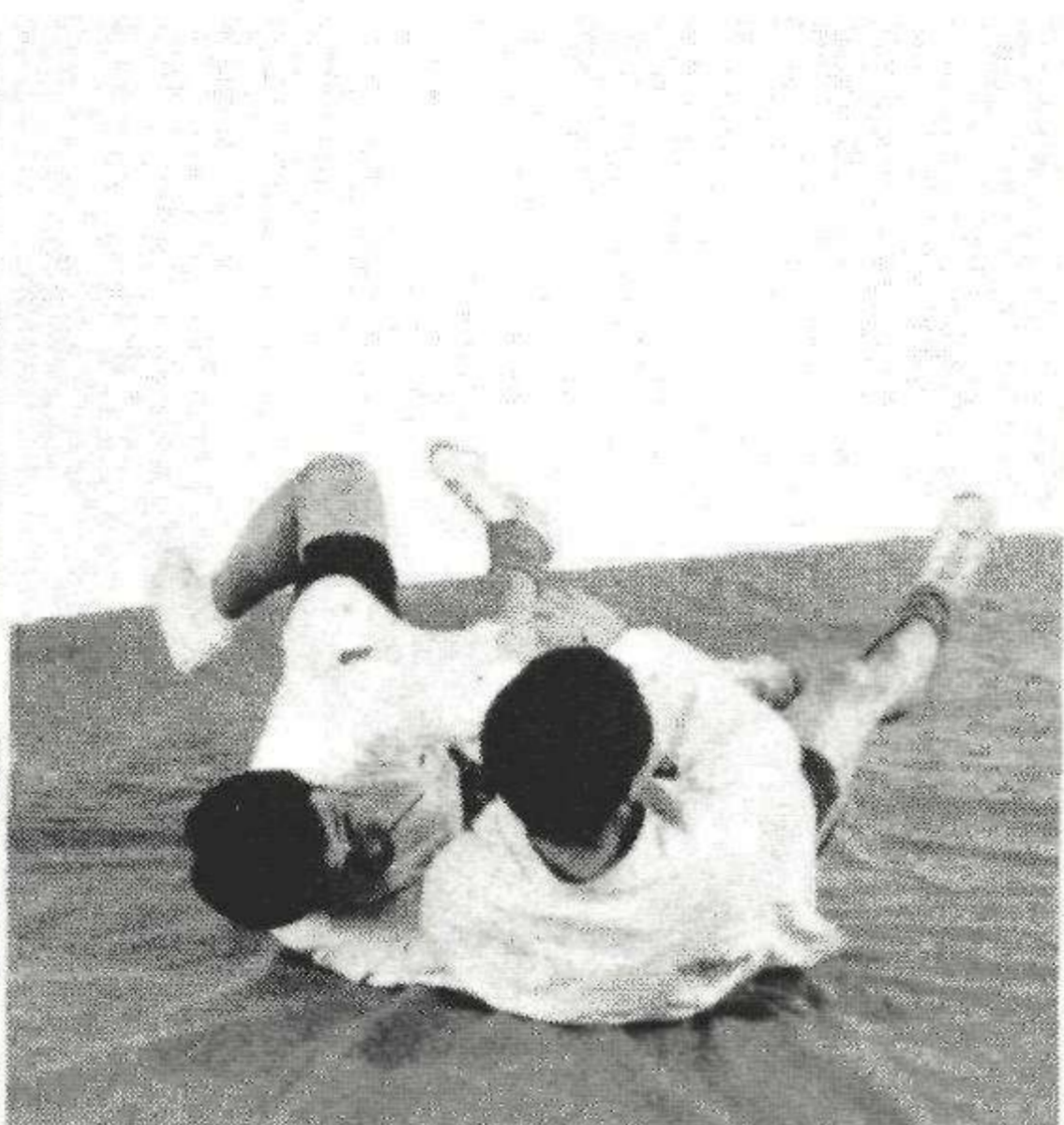
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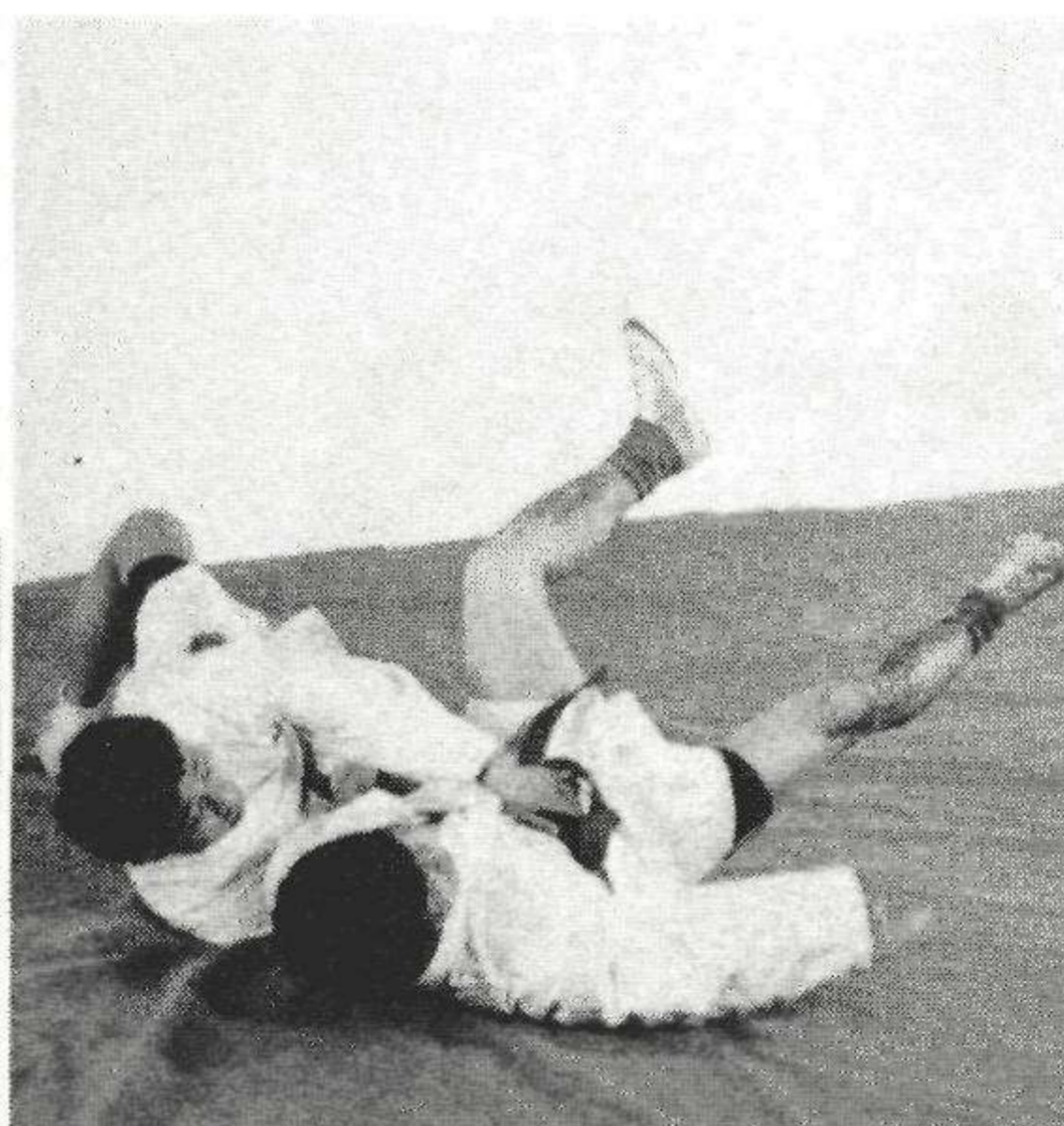
(3)



(4)



(5)

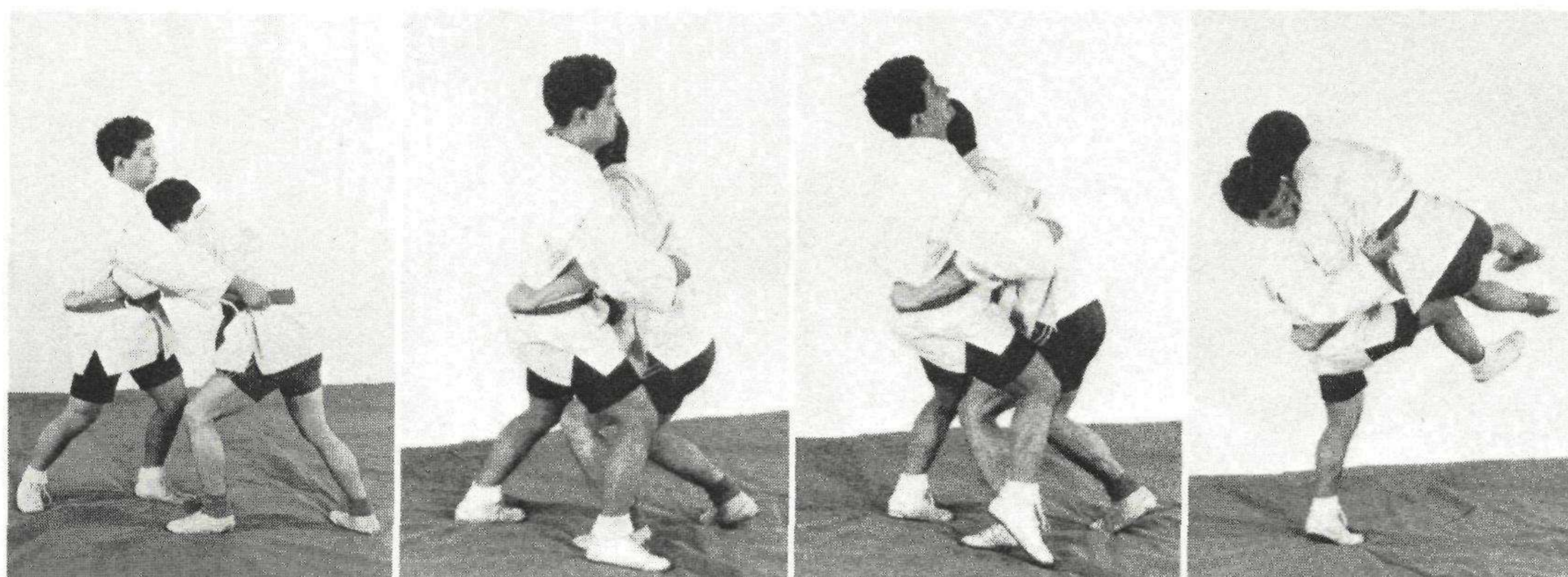
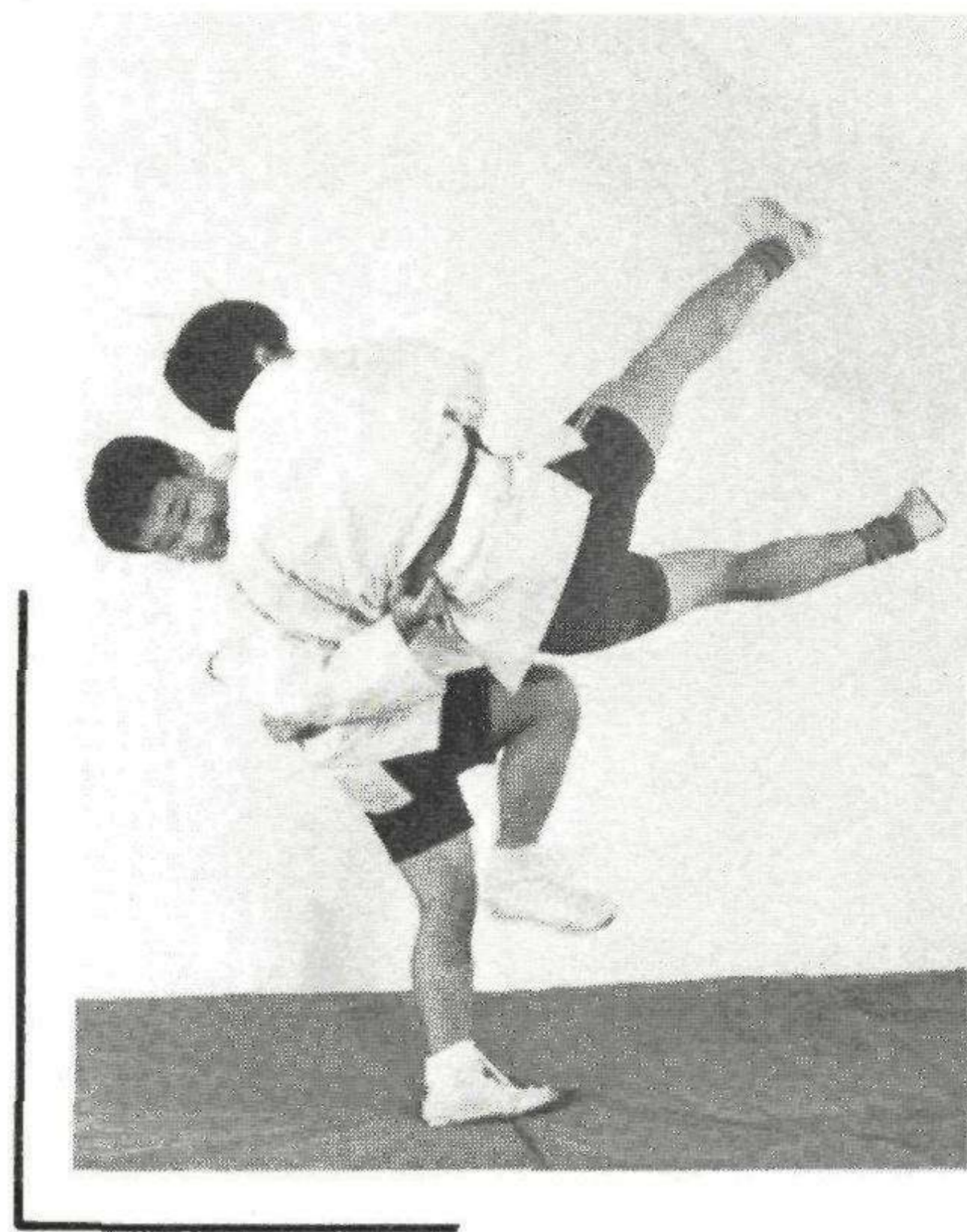


(6)

12 B. HIP SUPPORT CHEST AND SHOULDER THROW

Grasp the opponent with the right hand at the belt at the back, and with the left at the right sleeve (1). Setting the right foot from outside by opponent's left foot (2), pull at the belt to the right and upwards (3), then reaping with the right hip from outside (%) and turning to the right (5), throw the opponent on the mat (6).

Self safeguarding - back fall (7).

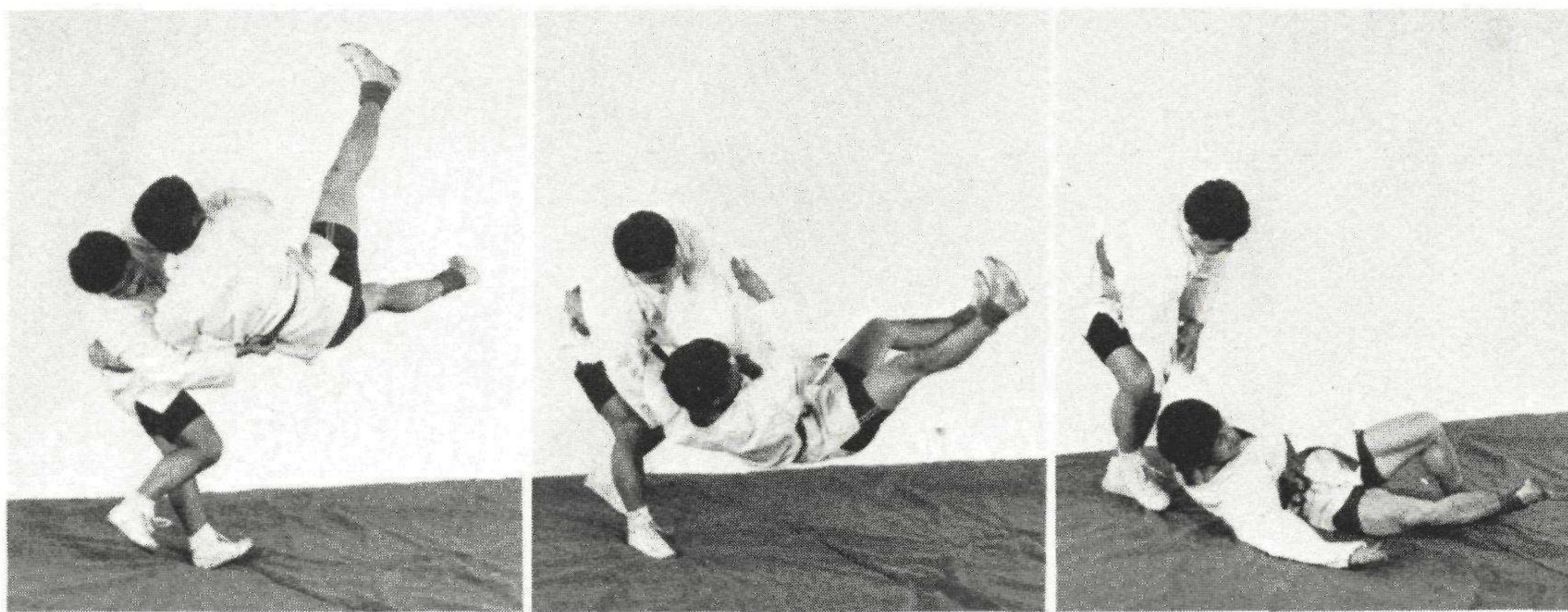


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