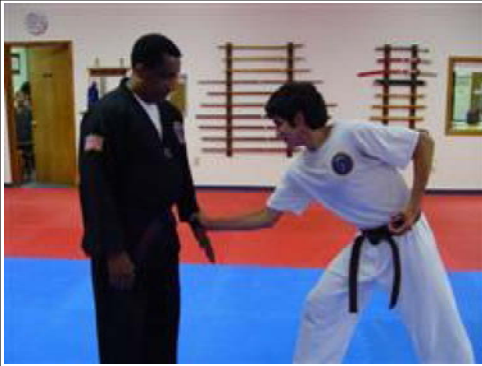
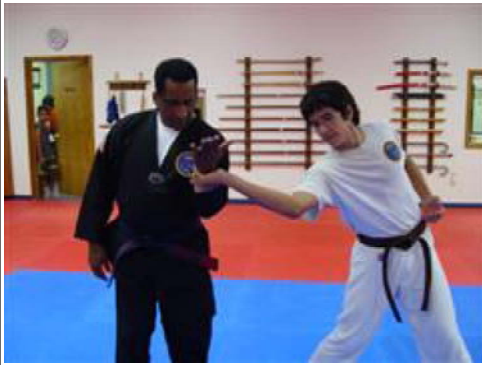


**Technique # 1 Unexpected - Single Wrist Grab (Same-Side)**

Thursday, July 15, 2004



1.



2.



3.

4.