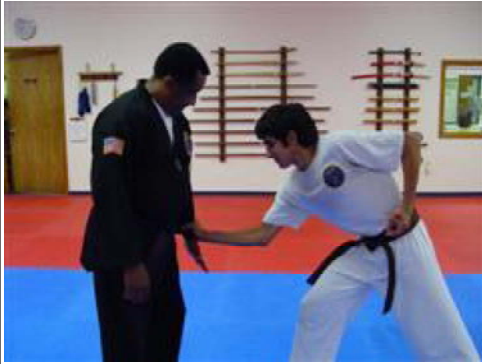


Technique # 2 Unexpected - Single Wrist Grab (Same-Side)

Thursday, July 15, 2004



1.



2.



3.



4.

Technique



5.