



THROWS AND TAKEDOWNS

BACK OF LEG REAP FROM KNEE

PERFORMING ELEMENT: At the beginning, this element is performed similarly to the basic reap. To increase the power of your move, you begin the element by dropping your body forward on one knee.

Simultaneously, you place your right leg behind your opponent's legs. You use your body weight to force your opponent to the ground with you. As your opponent begins to fall, it is necessary for you to stand on your left knee.

COMMON MISTAKES: Failing to put your body weight on your opponent, and standing on your knee (shifting your weight to) before your opponent has lost his balance and begins to fall.

FRONT OF LEG REAP FROM KNEE

FAVORABLE CONDITIONS: You and your opponent are both in a right standing position (right leg forward). Opponent is pressing on you.

PERFORMING ELEMENT: Turn your torso to the left (counter clock wise). Kneel on your left knee near the opponent's foot. Your right foot is placed so that your lower right leg is placed against your opponent's lower right leg. Now when you place your knee on the ground, your opponent must already be off balance and beginning his fall in front of you.

THROWS AND TAKEDOWNS:

THROW

WHILE HLDING ARM AND RIGHT LOWER PART OF OPPONENT'S LEG FROM OUTSIDE: (SHOULDER PRESS TO FRONT ANKLE PICK AND ACHILLES LOCK)

FAVORABLE CONDITION: Hold opponent's right arm and the lower part of his right leg from the outside.

PERFORMING ELEMENT: Grab under opponent's right elbow. Step forward with your right leg. Bending forward grab the lower part of his right leg from the outside with your right arm. Pull your arm towards yourself and push forward with your shoulder performing the throw.

GO BEHIND OR SIT DOWN TAKEDOWN TO THE MOUNT:

FAVORABLE CONDITIONS: Hold opponent's torso from the side. Distance is close or tight close. Opponent moves his leg forward.

PERFORMING ELEMENT: Tightly hold opponent from the side. Put your leg behind his right leg. Bending your knees, push from the ground and turning, throw opponent over your right leg.

ADVANCED FOOT REAP ON HEEL WITH HOLD ON OPPONENT'S RIGHT ARM OR NECK:

FAVORABLE CONDITIONS: Opponent leans or bends forward. He moves one of his legs back.

PERFORMING ELEMENT: Put your right leg on its heel in front of your opponent's right leg. Fall back and turn onto your stomach as you simultaneously pull opponent with your arms toward yourself and to the left.

COMMON MISTAKE: Failing to turn onto your stomach as you fall back.

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