

TECHNIQUE 3

In this technique, you will be using your left hand to direct the gun outside-in. Since every technique in this volume will start with the same attack (gun to the forehead), I will avoid repeating the first few steps involving the non-threatening posture and raising your hands slowly. From this point forward, we will start the technique from the point where your hands are raised in a submissive position (picture 42). As you move your head to the left and forward, and drop your right hand slightly, your left hand moves from outside inward to grab the attacker's wrist (picture 43).



(42)



(43)

Try to grab with your 2 middle fingers reaching over to grab the wrist just below the hand (picture 44).



(44)

Your thumb should be on the back of the attacker's hand (picture 45).



(45)

You now have the hand position for a modified Kote Gaeshi, a devastating throw used in Aikido and Jiu Jitsu (see Kote Gaeshi Grab following this technique). Now that you have the grab, continue to twist to your right, keeping your feet in place, leading your attacker slightly forward (picture 46).



(46)

Your attacker's instinct will be to pull his hand back, which will only work in your favor. From the position in picture 45, pull your middle fingers toward you as you push with your thumb. This will bend his wrist (picture 47).



(47)

Use your right hand to reinforce your thumb as you bend his wrist further to point the gun at his face (picture 48) Notice also that the fingers of your right hand are in position to deflect the hot shell casing that will fly out of the ejection port if the gun fires.



(48)

As you continue to hyperflex your opponent's wrist, turn your left hand counterclockwise and step back with your left foot to throw him (pictures 49 – 51).



(49)



(50)



(51)

Without hesitation, step up with your left foot, repositioning your feet so that your knees are bent, and your left knee is close to your attacker's gun arm. Pull your hands sharply in a clockwise arc to break your attacker's elbow over your knee (picture 52).



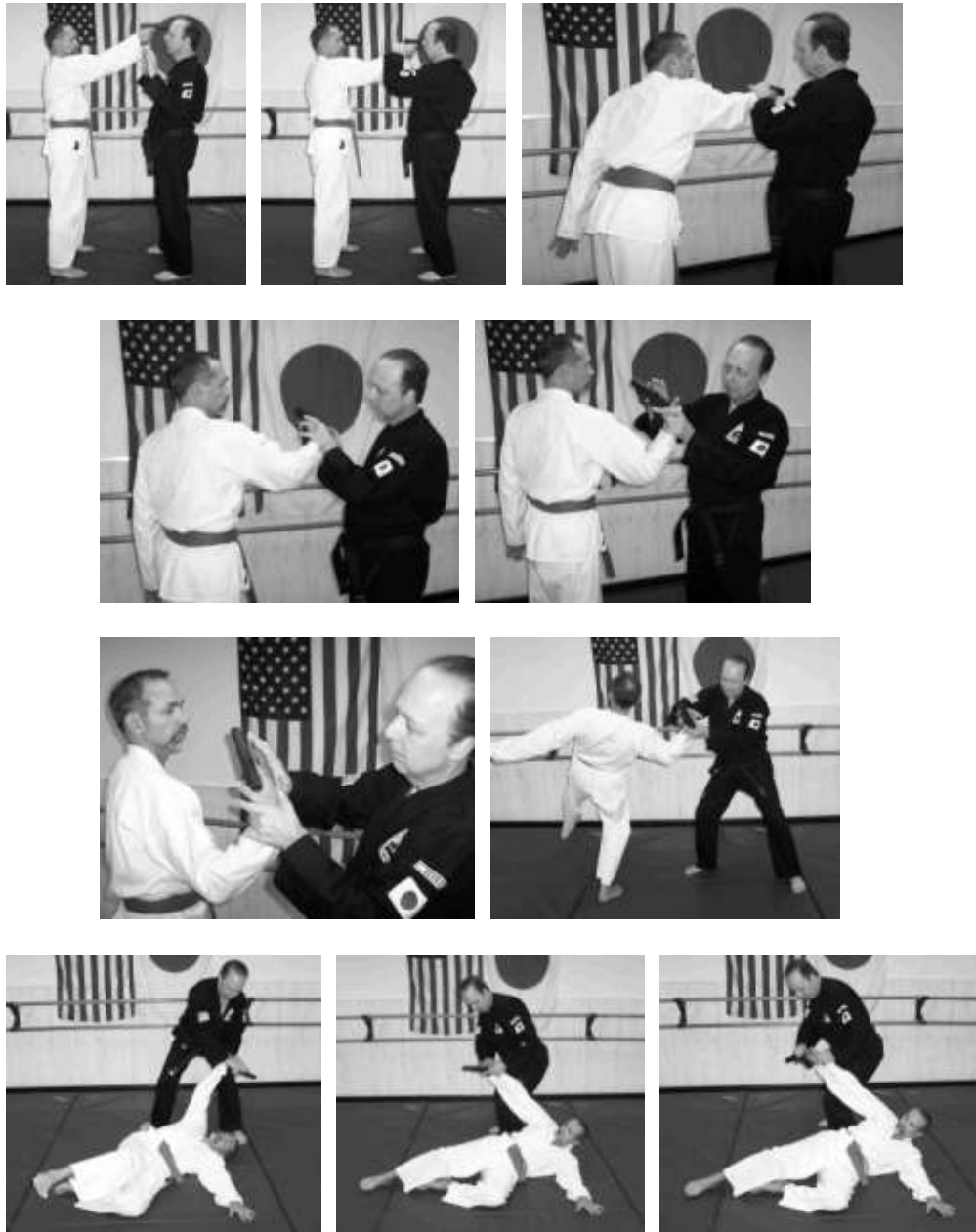
(52)

The gun will easily come out of his hand, so be prepared to take it (picture 53).



(53)

Sequence 5 shows this move in its entirety:



Sequence 5 – Left hand outside-in take-away to kote gaeshi



(54)
Correct



(55)
Incorrect

Kote Gaeshi Grab:

The grab for kote gaeshi places your 2 middle fingers on the hand side of (or distal to) the crease of his wrist, with your thumb on the back of his hand (pictures KG1 & KG2).



(KG1)



(KG2)

Normal Kote Gaeshi Grab

Because of the slide action on ACPs, this grab must be modified for this technique to avoid getting your hand chewed up. In this grab, your thumb will still be on the back of his hand, but your middle fingers will be on the forearm side of (or proximal to) the crease of his wrist (pictures KG3 & KG4).



(KG3)



(KG4)

Modified Kote Gaeshi Grab