

Step4 Grasped one arm down by Method-1 Ver-4

By Step3 you could succeed to down one arm which is supported by the other's arm. Now you try to down one arm which is grasped with the wrist instead of just supported from downside. These two cases are basically same but the fact your arm is grasped instead of being just supported affects your mind a lot and prevents you to make image control motion.

Because you already succeeded one arm down by Step3, you surely should be able to do this. It is the matter how you can make your image strong so that you are not be affected the change of situation.

A: grasps B's upped right arm with wrist by left hand

B: pull down raised right arm without putting power on to the grasped right wrist.

B: can't resist this pull down motion and become unbalanced

A: pulled down B to the ground by this motion



In case this does not work, most of the case your raising arm angle is not correct. If you keep your right lower arm perpendicular during pull down motion shown as in the above photos.

It becomes very hard to pull down right arm without putting power on to the grasped right wrist. When you become well used to this Method-1 , it does not matter how and where your arm is, but for the beginners it is important to keep your right arm in a best position, i.e. in this case try to keep it more horizontal.

There is an easy way to change the raised arm from perpendicular to horizontal. You just step back both feet to make more distance between you and the other. Then automatically the inclined angle of your right lower arm become smaller. In this

positioning, you find much easier to pull down your right arm without putting power onto its wrist.



Option-1 Ask third person to help

A: grasps B's upped right arm with wrist by left hand

B: never put power to the grasped right arm

C: pull down grasped B's right arm by both hands



Option-2 Use own free hand/arm

No need to explain. Just watch below photos to know what to do.

- (1) A captures the wrist of D's raised arm
- (2) A pull down the captured arm by his free ar.
- (3) A can't resist D's pull down motion and get unbalance.



Again it is very important how you use free left hand/arm power as 100% or in the other words, how you should not put your power onto your right arm. You have to make practises how you can deduce your power with right arm.