

Step4 Grasped one arm down by Method-1 Ver-5

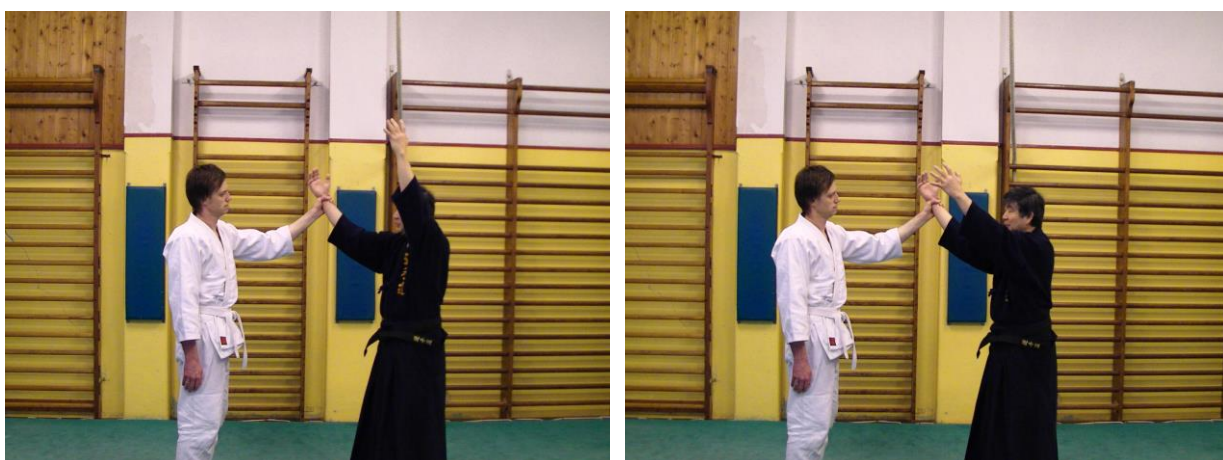
A. By Synchronization Method

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

B: Slowly move up and down free left arm

B: In a certain moment move down grasped right arm synchronized to the right arm motion.

A: pulled down to the ground by this motion



At this moment synchronize right arm to the left arm's

motion



B. By Imaginary Synchronization method

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

B: By image, slowly move up and down free left arm

B: In a certain moment move down grasped right arm synchronized to the right arm motion.

A: pulled down to the ground by this motion



After several times repeating the motion by image, pull down right arm by synchronization with left arm