



CLOTHING GRAB

Oui-boke Sool

Step out with your foot so your back faces your opponent. Place the back of his elbow over your shoulder and bow forward for leverage.

Place your opposite hand over your opponent's hand, thumb into his thumb web. Use your other hand to hold his arm as you step in and place your arm over the back of his elbow and exert pressure down.

Place your hand over your opponent's hand and use your arm to push down on the back of his elbow. Also apply pressure at wrist by bending the pinky side of hand toward the wrist.