

Advanced Yawara

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| 1.Single rear wrist grab | Circular release/ Z-bar / Wrist flex |
| 2.Double rear wrist grab | Circular release/ Right angle hold |
| 3.Two-on-one rear wrist grab | Pry release/ Single arm break |
| 4.Rear long-arm choke | Windmill release/ Takedown or arm break |
| 5.Rear bar-arm choke | Take down release/ Rotate into headlock |
| 6.Single lapel grab | Strike arm, elbowlock / Ears, eyes, head
butt, groin |
| 7.Front bearhug, arms free | Push away / Eye, throw |
| 8.Front bearhug, arms pinned | Hip push, groin, throat push / Ribs, reverse
elbow lock |
| 9.Rear bearhug, arms free - | Hand nerve, finger break / Groin, reverse
entering throw |
| 10.Rear bearhug, arms pinned - | Wedge, turn, groin, throat push/ Groin grab
and stomp |
| 11.Rear shoulder grab | Figure 4 and sweep |
| 12.Hairgrab front | Reverse armbar |
| 13.Hairgrab rear | Right angle hold |
| 14.Hammerlock | Pull out, figure 4 armlock |
| 15.Tackle | Forearm, front fall, choke |