



# High Yellow Belt

## 6<sup>th</sup> Gup

## **Cloth (All actions assumed from right handed grip)**

1. Opponent grabs your cloth at wrist level. Place your left thumb inside the space between their left thumb and index finger ("the hole"). Open right hand (live hand). Circle right hand and left up to chest level and directly across chest to introduce bend in opponent's wrist. Pull right hand from grip and immediately step forward with right leg striking opponent's elbow with your forearm. Giup
2. Opponent grabs your cloth at elbow level. Quickly pull arm straight back and circle over hand. Step forward into an Ap kubi stance (snake) releasing opponent's grip. Turn palm upwards and raise your hand up towards opponent's shoulder blade (alongside their body). With your left hand grab the back of your right hand and pull opponent tight into your body. Drop your left leg back and pull opponent forward as you turn into kneeling position (right knee down). Push down on shoulder (maintaining continuous contact with opponent). Giup.
3. Opponent grabs your cloth at shoulder level. Place your right thumb in "the hole". Lift right arm upward turning opponent's hand perpendicular to the ground (pinky side up). Shoot your right arm down towards their belt (keep their on your chest as an anchor point). Pull their left elbow back into Z lock position. Apply pressure downward again at the wrist. Release Z lock hold and lift their forearm with your right forearm, switch hand grip as you lift opponent's elbow upward. Push their left elbow forward with your left hand introducing a forward break fall. Giup
4. Opponent grabs at shoulder level. Circular movement with right arm towards inside of body around opponent's left arm. Continue circular movement with thumb pointed downward trapping opponents left arm. Grab opponent's left shoulder with your left hand as you step forward with your right leg into Ap kubi stance. Sweep opponent's left leg with your left leg while maintaining a hold on their arm. Standing arm bar with your knee on opponent's neck or ground arm bar. Giup
5. Opponent grabs your lapel (their left hand). Place your left thumb in "The hole" as you grab their hand. Raise your right hand and grab their wrist using a Y grab (your palm facing outward). Step backward with your left leg and twist opponent's wrist and place your right elbow on opponent's right elbow placing them into an "L" position. Raise opponent's arm and release your right grip as you slide your body over opponent's shoulder. Lift your right leg and drop your body into a triangle seated position. Apply pressure to opponent's elbow. Giup
6. Opponent grabs your belt (left hand). Grab opponent's left hand with your left hand (anchor point). Place the "Y" section of your hand on opponent's hand. Quickly turn your body to the left applying pressure to opponent's wrist. Giup