and clamp your left elbow tightly against your left retard the movement of his left arm. Your left lc



FIG. 69

be placed across the upper part of his left leg

the lock from this final position bring the the wrist against his neck by drawing your right side while restricting the movement of the legs and left arm (Fig. 69).

er should bend his legs to enable himself to les of his feet as a sign of submission. For

Every Girls Judo

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