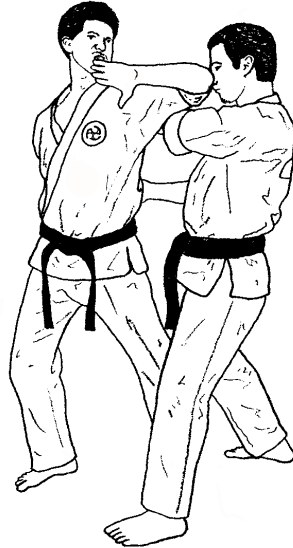


AMERICAN OPEN KARATE SYSTEM

Advanced to Black Belt Material

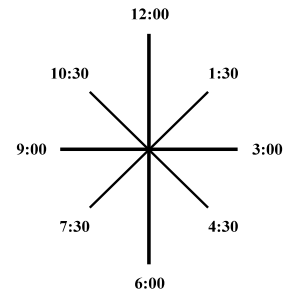
(2nd Kyu Brown Belt - 2nd Dan Black Belt)



Grab Art Waza

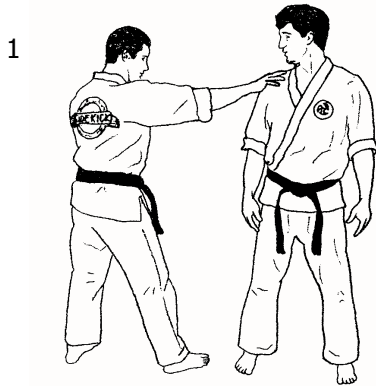
- #25 Crane Hand
- #26 The Dart
- #27 Every Knee Shall Bow
- #28 Dancin' w/ the Chicken
- #29 Bending Arm
- #30 Neck Crank
- #31 Eagle Claw
- #32 Sticky Hands
- #33
- #34
- #35
- #36

GRAB ART WAZA #25

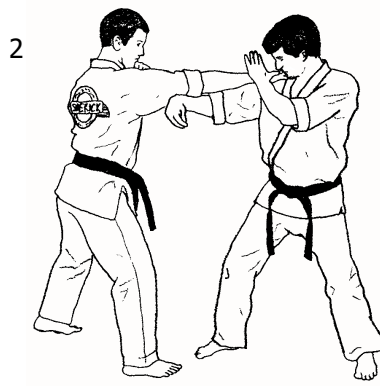


Crane Hand

joint locking and dropping technique



1 Against opposite shoulder or upper arm grab from side



2 Step back left 12:00 and left cross check, right crane neck strike up to triceps muscle (TH12)



3 Roll shoulder and grab left applying an outward twisting wrist lock (kote-gaeshi)



4 Pull into a right crane neck to face



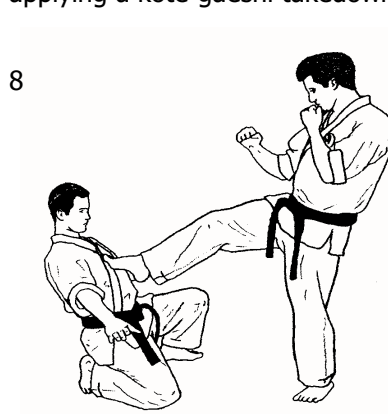
5 Step back right and pull down applying a kote-gaeshi takedown



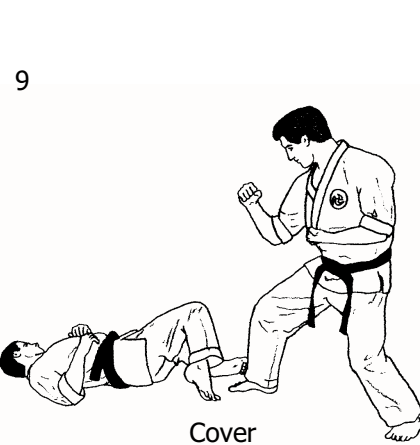
6 Roll fingers applying pressure



7 Pull into a right knee smash to face and "Kiai!"

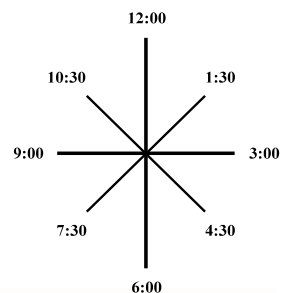


8 Right front kick from knee lift position to solar plexus (CV14)

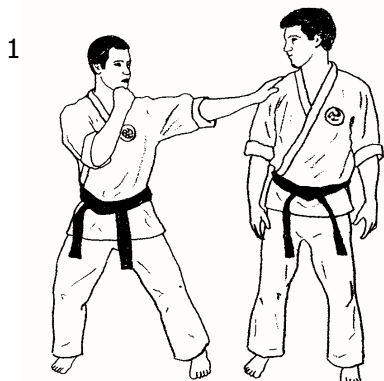


9 Cover

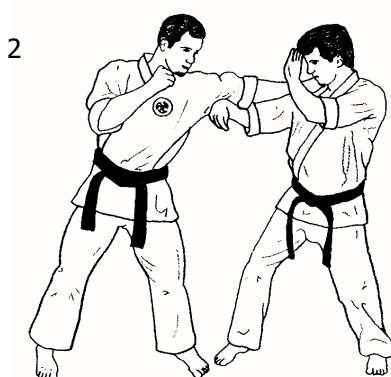
GRAB ART WAZA #26



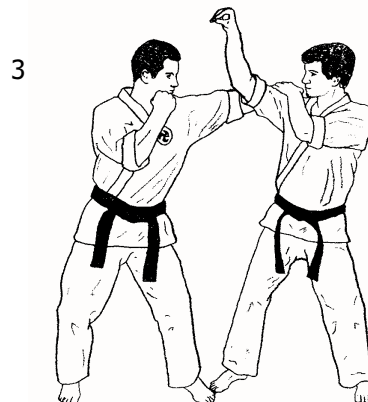
The Dart dropping technique



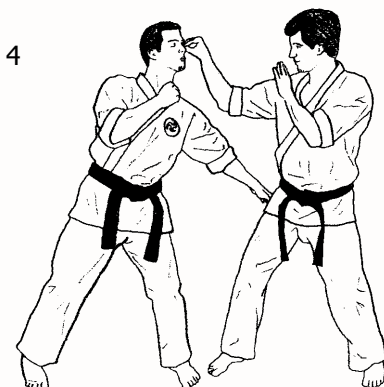
1 Against same shoulder or upper arm grab from side



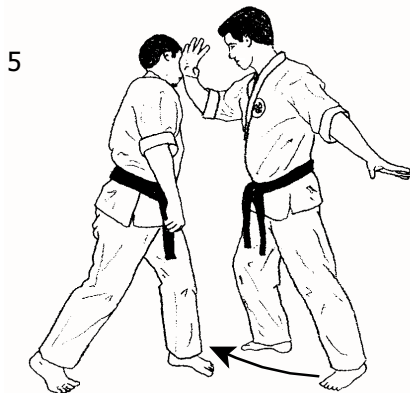
2 Step back left 12:00 and left cross check, right crane neck strike up to triceps muscle (TH12)



3 Circle right elbow over opponent's arm



4 Right drop elbow to opponent's arm/crane beak (throwing a dart) to eye



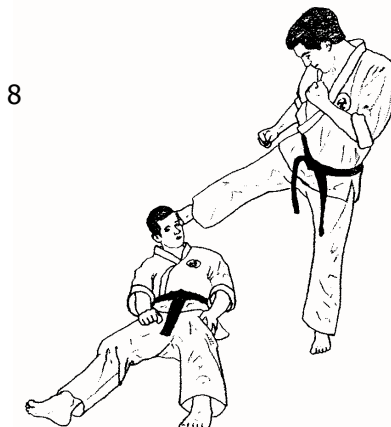
5 Check right and step across right behind opponent



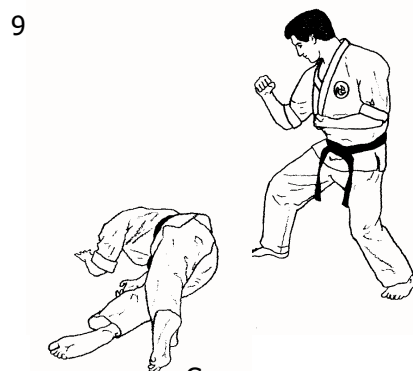
6 Left ridgehand forearm/shoulder smash to chest and "Kiai!"



7 Clothesline takedown to opponent

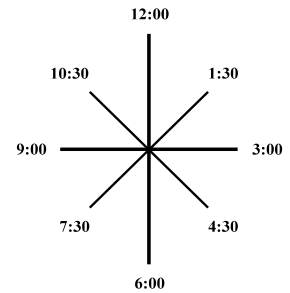


8 Right skipping round kick to temple (Tiayang) or TH23

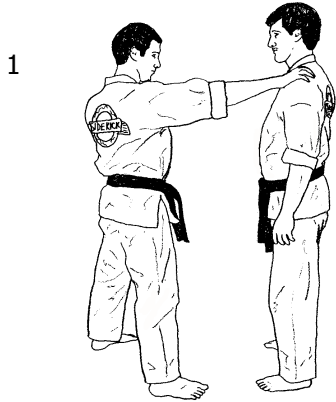


9 Cover

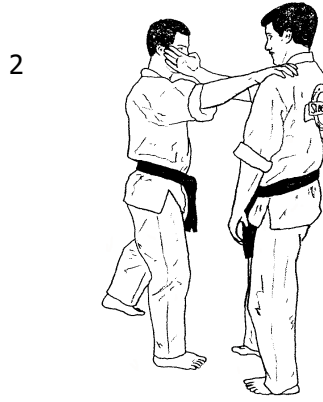
GRAB ART WAZA #27



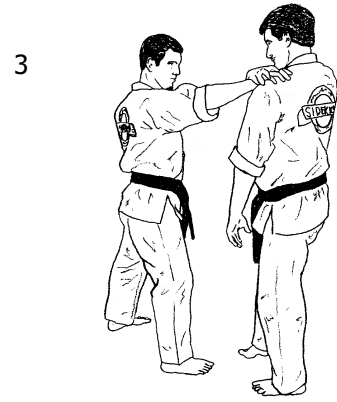
Every Knee Shall Bow joint-locking technique



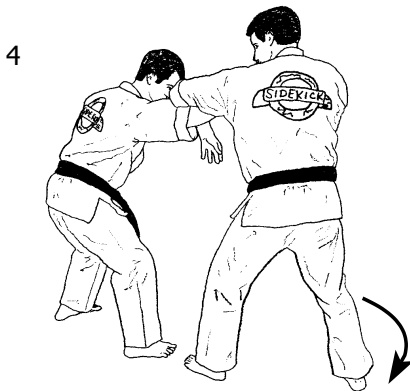
1 Against same shoulder or upper arm grab from front



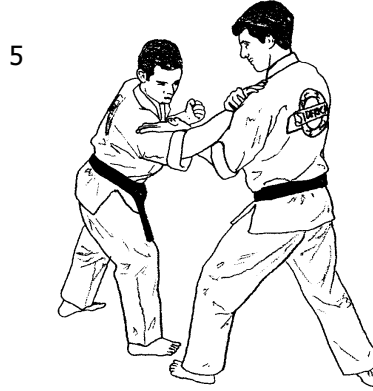
2 Right back of hand strike to face (SI18) or check to attacker's other hand



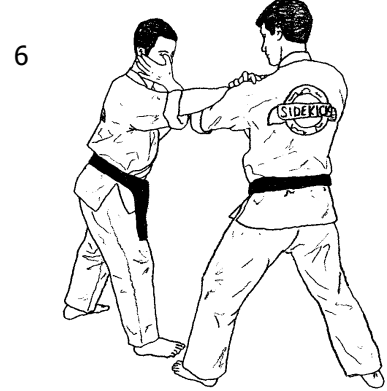
3 Grasp pinkie side of attacker's wrist/hand and squeeze (LI-3, SI-3 & 5) trapping against shoulder



4 Twist and bend wrist forward arcing right off-line cutting into attacker's arm (LU-5) with blade of forearm applying wrist lock (nikyo)



5 Reverse circle left under attacker's arm with tiger palm pulling attacker in and off balance



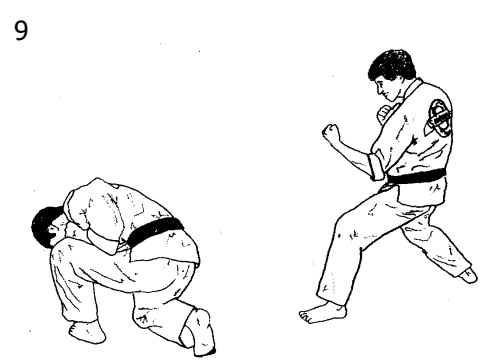
6 Left palm strike to face (ST5-6) thumb strike to eye



7 Fold arms crossing (left on top) and bow applying nikyo

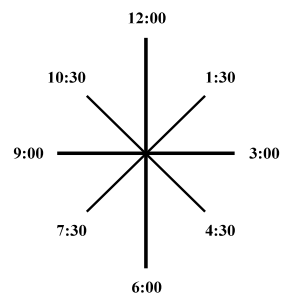


8 As attacker bows, right front snap kick to body and "Kiai!"



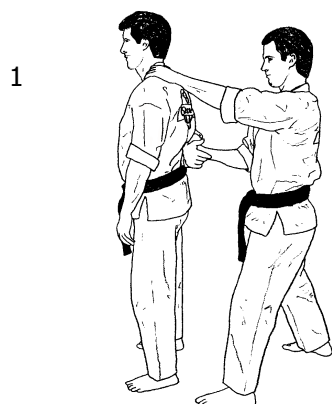
9 Step back and cover

GRAB ART WAZA #28



Dancin' w/ the Chicken

joint locking, dropping, and pinning technique



1 Against rear shoulder or upper arm grab from behind with chicken wing



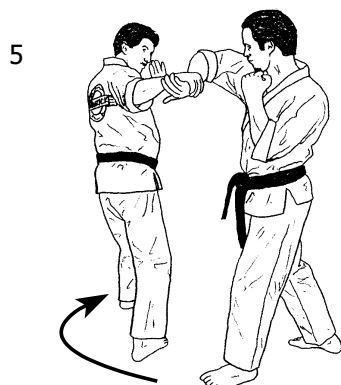
2 Left spin elbow to face crashing attacker's arm (stepping left)/right counter grab to wrist and "Kiai!"



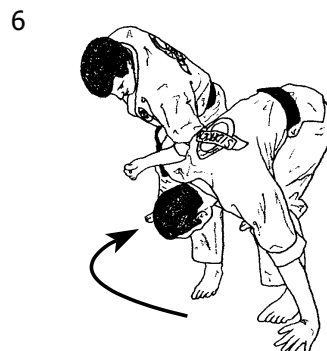
3 Left reverse palm slap (bear paw) to groin/



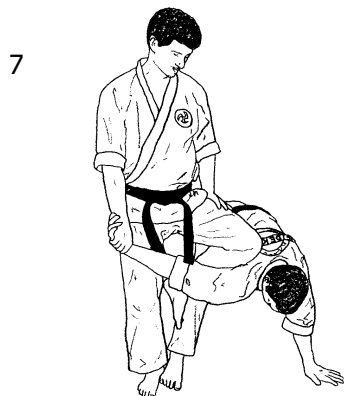
4 Left reverse rising elbow up under chin (CV23)



5 Step out and across left (3/4 turn) under attacker's arm securing right grab to wrist checking left



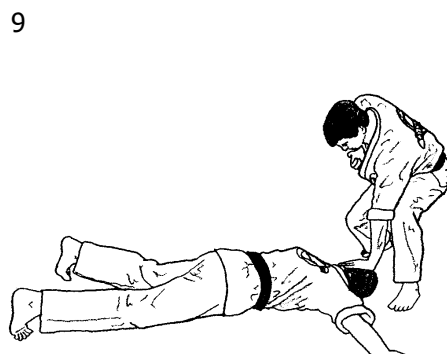
6 Right rear-arc (1/4 turn) left inward cutting forearm strike (TH12-11) to shoulder lock/arm bar (ikkyo)



7 Place left knee on shoulder applying ikkyo (old man way)

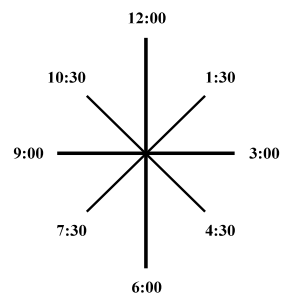


8 Drop left knee across shoulder cradling attacker's arm (grab gi) applying pressure to shoulder



9 Spin out cover checking head with left hand ready to strike right

GRAB ART WAZA #29

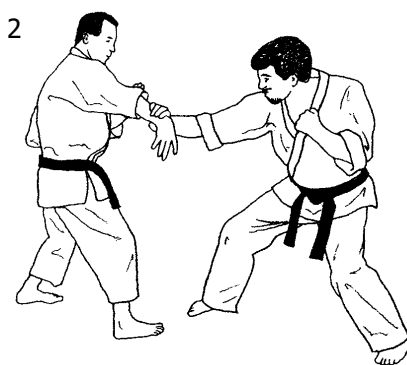


Bending Arm

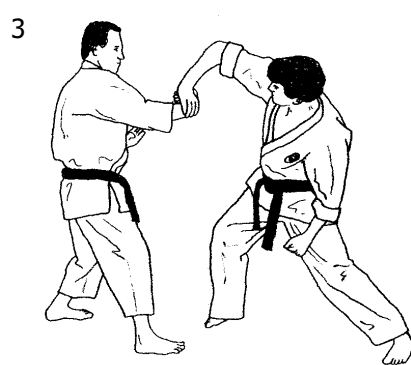
joint locking, trapping, dropping, and pinning technique



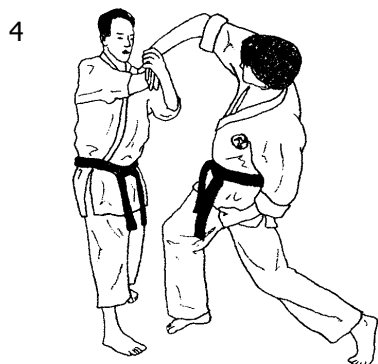
1 Against an opposite underside wrist grab attempting to punch



2 Shift forward off-line 10:30 circling arm/hand inward and downward to inside of attacker



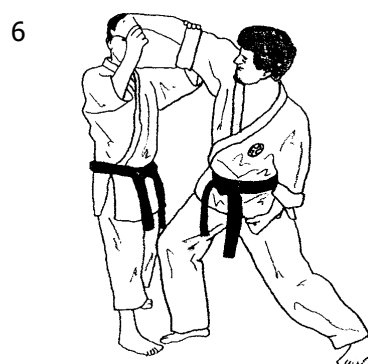
3 Circle hand up and back to your centerline curling your fingers/wrist escaping attacker's grasp



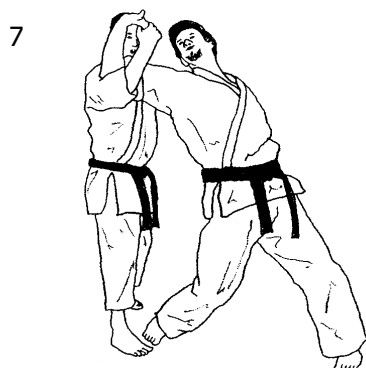
4 Slide up and over left grabbing and controlling back of attacker's wrist (SI5, LI5, & HT8) spiraling it upward



5 Seize attacker's fingers (LI3 & SI3) with hand right applying wrist-lock (sankyo/kote-hineri)



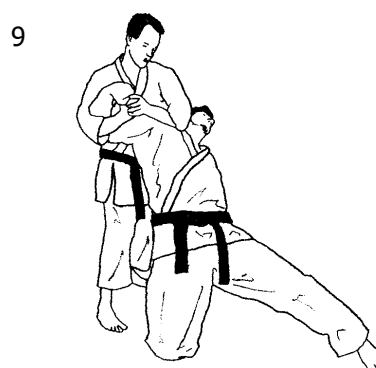
6 Bend fingers back toward attacker twisting and locking fingers/wrist applying pressure to elbow



7 Place elbow into fold of your right elbow bending and trapping the attacker's arm and locking the wrist

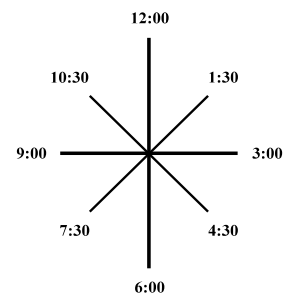


8 Left reverse palm to jaw (ST4-5) turning attacker's head rotating arm to haishu barai locking cervical spine



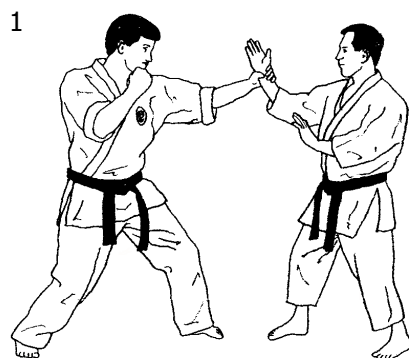
9 Press left elbow into attacker's neck (ST9, LI18 or LI17) using hand to reinforce pressure on wrist/fingers

GRAB ART WAZA #30

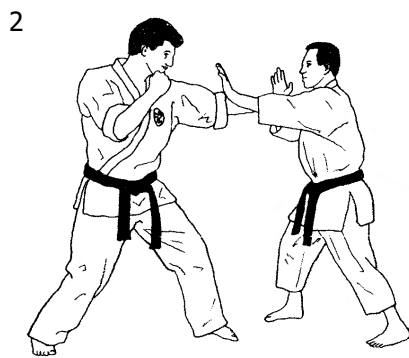


Neck Crank

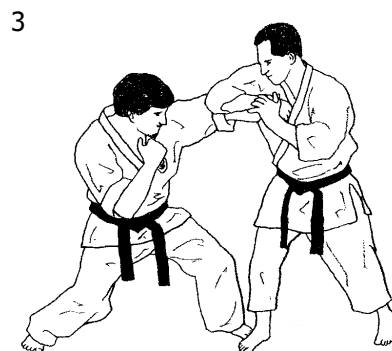
joint locking, trapping, dropping, and pinning technique



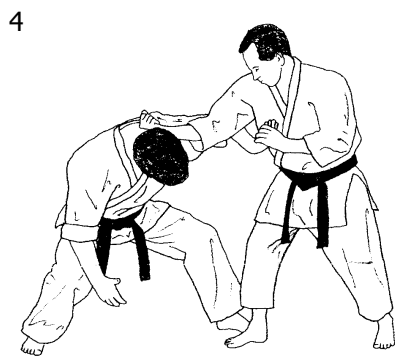
1 Against a same underside wrist grab attempting to punch



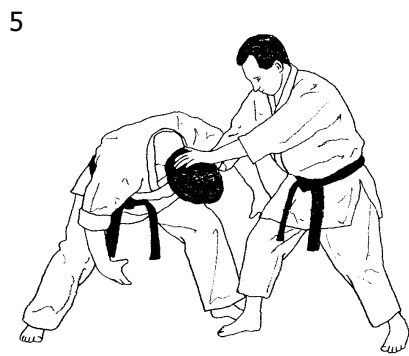
2 Shift forward off-line 1:30 leading and checking with left hand



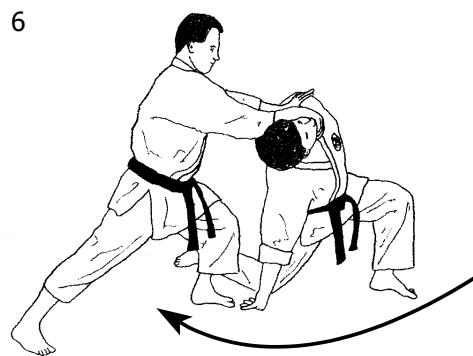
3 Trap attacker's hand to your wrist pressing in to your chest cutting in and down to top of attacker's forearm (SI7) with right elbow push-sliding forward matching centers applying wrist-lock (nikyo)



4 Continue to apply nikyo against your body with left hand and right rolling backfist/forearm strike to back of neck (GB20) continuing pressure on top of attacker's forearm (SI17)

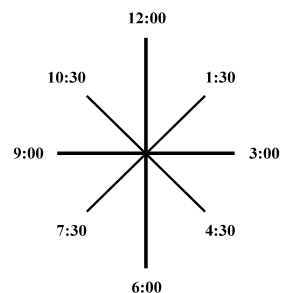


5 Reach under clasping and hooking the attacker's chin (ST4) with right hand while pressing down with left hand to side of head (GB8-9) pulling up on chin applying neck-lock



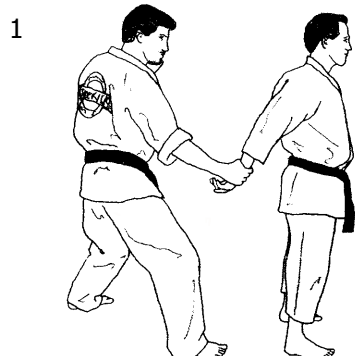
6 Step left rear-arc right 180° to left pulling back and rotating the head/chin over attacker's shoulder toward you simultaneously pressing or striking the shoulder (SI11-12) with the left hand sinking your right elbow on the side of the head (GB8-9) increasing pressure on the cervical spine

GRAB ART WAZA #31

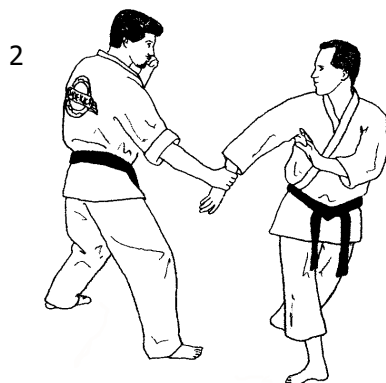


Eagle Claw

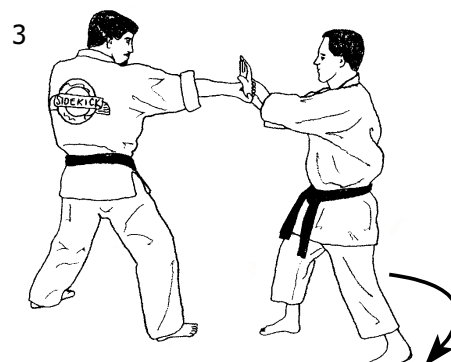
joint locking, trapping, dropping, and pinning technique



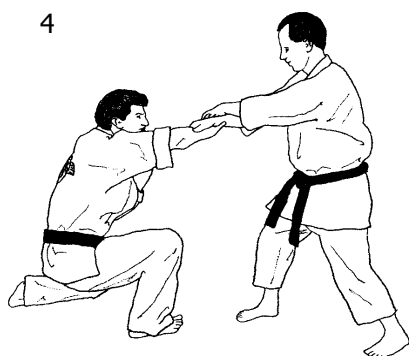
1 Against a same backside wrist grab from behind attempting to punch



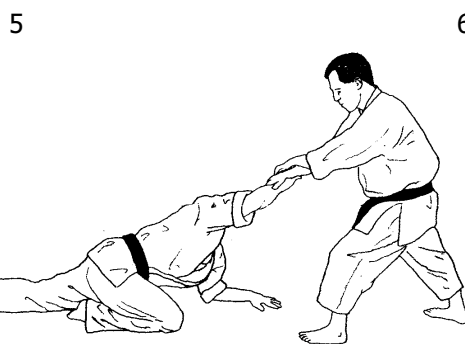
2 Pivot right (1/4 turn right toe out) 3:00 off-line checking with left hand



3 Step across left away from punch matching centers trapping attacker's hand to your wrist with left hand



4 Hook and clasp attacker's wrist with right hand (eagle claw) applying wrist-lock (nikyo) cutting attacker down

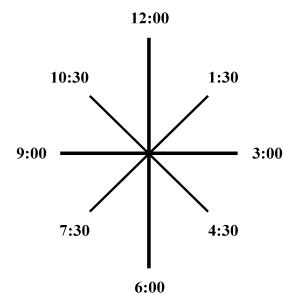


5 Step back right continuing to apply nikyo pulling attacker forward and down



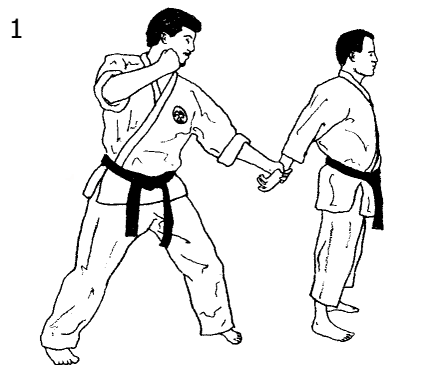
6 Pan right 180° - Right front snap kick (ball of foot) to throat and "Kiai!"

GRAB ART WAZA #32

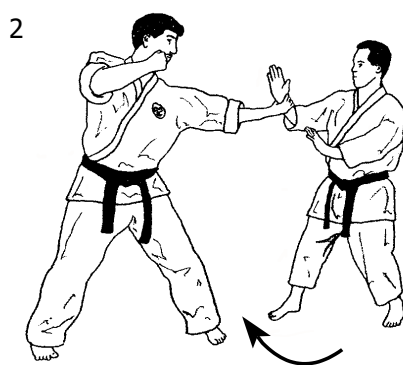


Sticky Hands

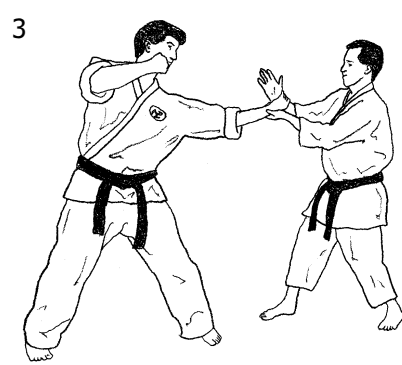
joint locking, trapping, dropping, and pinning technique



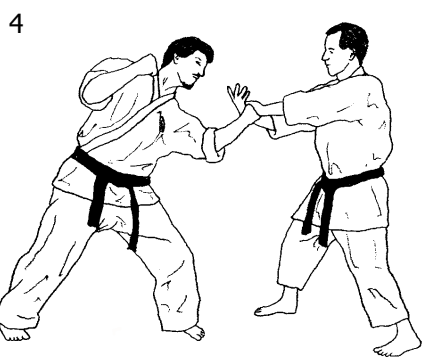
1 Against an opposite backside wrist grab from behind attempting to punch



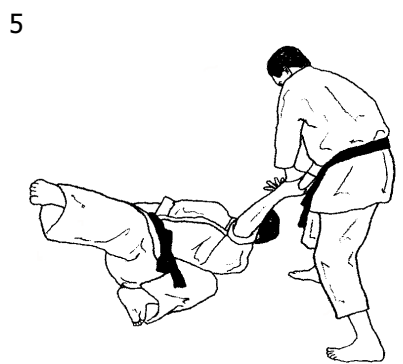
2 Step behind right and pivot right (1/2 turn) off-line away from punch matching centers checking with left hand (shuto position)



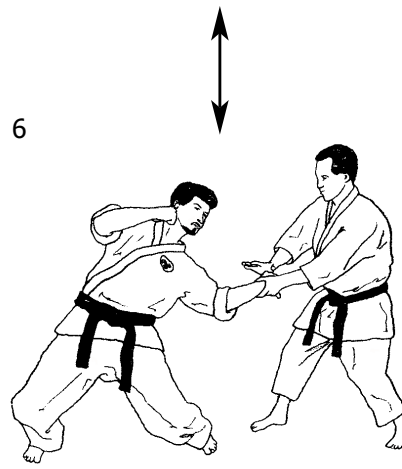
3 Trap attacker's hand to your wrist with left hand



4 Roll your left hand over (palm up) and your right hand over (palm down) staying sticky



5 Move out 45° right applying wrist-lock (kote-gaeshi) takedown



6 Alternate from position 3 - Grab attacker's wrist with left hand (LI5/SI5) and squeeze your thumb and fingers (HT7/LU9/LU10) rotating the wrist and arm clockwise staying sticky with right hand pressing down on top of attacker's hand (TH3) applying wrist-lock (te-hana)