

# Yawara

## Yeilding

### **Kata Te Hazushi Ichi**

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**Translation:** Single Hand Escape 1

**Notes:** Uke grabs Tori's right hand with his left. Turn your hand down and parallel to the floor and step just outside of Uke's left leg. As you step, pivot your forearm around the center of the grab (the wrist), and bring your elbow to Uke's elbow. The pivot should be coordinated with the step. Step away in a defensive stance.

### **Kata Te Hazushi Ni**

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**Translation:** Single Hand Escape 2

**Notes:** Uke grabs your right hand with his right (inside wrist grip). Turn your hand up and parallel to the floor, and step with your left leg outside of Uke's right leg. As you step, bring your elbow to Uke's elbow, pivoting around the wrist. Step away in a defensive stance.

### **Ryo Te Hazushi**

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**Translation:** Double Hand Escape

**Notes:** Uke grabs both of your hands. Make a fake attempt to move your hands outward, and when Uke pushes them in, clasp your hands together. Keeping both wrists straight, perform Kata Te Hazushi with the right hand as you step with your right, using the left hand to augment the action. Depending on the height difference, your hands may go above or below Uke's. Step away in a defensive stance.

### **Moro Te Hazushi**

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**Translation:** Both Hand Escape

**Notes:** Uke grabs your right wrist with both hands. Make a fist with your right hand, and strike Uke's face with your left hand as it comes down to grab your fist. Depending on height difference, you may pivot your right wrist vertically or horizontally as you step with your right, using your left hand to augment. Step away in a defensive stance.

### **Momiji Hazushi**

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**Translation:** Red Maple Leaf Escape

**Notes:** Uke grabs your neck from the front with both hands. Bring your hands together in prayer position and raise them along with your entire body. Bring your hands up until your elbows are above Uke's arms. At the same time, step forward with a knee to Uke's groin. As you step down with the kicking leg, bring both hands down and strike Uke's collar bones. Step away in a defensive stance.

### **Ryo Eri Hazushi**

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**Translation:** Double Lapel Escape

**Notes:** Uke grabs both lapels. If necessary, push Uke away from you by putting your right fingers in his trachea. Bring your right hand to the center of your chest, underneath Uke's left arm and between his hands. Bring your left hand over Uke's right arm, and lock fingers with your right hand. As you step back with your left foot, turn your arms like a propeller until your right elbow is at its highest point. Then bring your right elbow down to Uke's forearms in a circular motion, as if to strike his arms with your elbow. Step away in a defensive stance.

### **Yubi Tori Hazushi**

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**Translation:** Finger Hold Escape

**Notes:** Uke grabs all four fingers of your right hand with his left with the web of his hand against the back of your first knuckles. Immediately lock your wrist by pulling back on your knuckles, letting your fingers bend at the first joint. Simultaneously extend your palm and elbow toward Uke while pulling back with your knuckles until you are out of the hold. Step away in a defensive stance.

### **Yubi Tori**

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**Translation:** Finger Hold

**Notes:** Uke reaches for your obi with his left hand. Grab his hand with your right, pointing your thumb in the same direction as his fingers. Let your right hand slide over the back of his hand and curl the ring finger toward his palm with your thumb. Put the pad of your thumb over the tip of the finger, and pry the finger back, using the 2nd phalange of your first finger as a fulcrum. This motion is the same as cocking a gun. Step away in a defensive stance.

### **Moro Yubi Tori**

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**Translation:** Multiple Finger Hold

**Notes:** Uke reaches for your obi with his left hand. Grab the fingers of his hand so that the web of your right hand is against his first knuckles and project him forward with the fingers as you turn to your left and come in behind Uke. With your left hand, support his elbow as you drive your right elbow into his left elbow. Point the first finger of your right hand to the floor to bend his fingers back. Step away in a defensive stance.

### **Kata Te Tori**

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**Translation:** Single Hand Hold

**Notes:** Uke reaches for your obi with his right hand. Block the grab with your left forearm while pivoting your body to the right. Grab his hand with your left so that your fingers are in the meaty part of his thumb, and your thumb is between the 4th and 5th metacarpals. Turn his hand up to face him, so that his bicep and forearm make a 90° angle and his forearm and wrist make a 90° angle. Apply pressure to his rear 45° angle until he submits. Step away in a defensive stance.

## **Ryo Te Tori**

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**Translation:** Double Hand Hold

**Notes:** Uke reaches with both hands. Grab the meaty part of both hands from the inside as you step back. Turn both of his hands to face him and apply Kata Te Tori to each as above, keeping his hands close to his chest. When he submits, Step away in a defensive stance.

## **Akushu Kote Tori**

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**Translation:** Greeting Wrist Hold

**Notes:** From a handshake, pull Uke in with your right hand as you step forward with your left foot. Strike Uke in the face with your left hand as you bring it over his arm then put the point of your elbow in the hollow of his and grab his thumb. With the first two fingers of your left hand, pull the thumb toward its first joint so that the whole hand can be held between the fingers and the palm of your hand. Squeeze his thumb and bend his fingers back to make Uke submit. Step away in a defensive stance.

## **Akushu Ude Tori**

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**Translation:** Greeting Arm Hold

**Notes:** From a handshake, pull Uke in with your right hand as you step forward with your left foot. Strike Uke in the face with your left hand as you bring it over his shoulder and grab your lapel under his triceps with your wrist flat. Apply an arm bar by pushing against Uke's elbow (down and to the left) with your right hand and turn your left wrist up to hit the nerve center behind Uke's elbow. Step away in a defensive stance.

## **Akushu Kote Maki Tori**

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**Translation:** Greeting Wrist Winding Hold

**Notes:** From a handshake, pull Uke in with your right hand as you step forward with your left foot. Strike Uke in the face with your left hand as you bring it over his arm and grab his thumb as in Akushu Kote Tori above. Release his hand with your right and turn it palm toward him with your left. Reach under his arm with your right hand and bring his hand back with your left as in Kata Te Tori. Grab the top of his hand with your right and lever his arm, using his armpit as a fulcrum. Make sure his elbow is snug in your armpit. Step away in a defensive stance.

## **Emon Tori**

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**Translation:** Chest Hold

**Notes:** Uke pushes you 3 times. On the third push trap his hand with your left hand as you scrape his arm from the forearm to the back of the wrist with the knife edge of your left hand. Support your left hand with your right by grabbing your left thumb and step back and bend forward to apply a wrist lock. You may have to go to one or both knees to make Uke submit. Step away in a defensive stance.

## **Tekubi Tori Ichi**

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**Translation:** Wrist Hold 1

**Notes:** Uke grabs your right wrist with his left. Turn your right hand palm up and reach under with your left to grab the meaty part of Uke's thumb. Peel his hand off, apply pressure with the knife edge of your right hand below Uke's pinkie, and bring his hand to your right hip. Step away in a defensive stance.

### **Tekubi Tori Ni**

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**Translation:** Wrist Hold 2

**Notes:** Uke grabs your right wrist with his right hand. Trap his hand against your wrist with your left hand and circle your right hand clockwise. Put your hand over Uke's wrist and apply a wrist lock to bring him down. Step away in a defensive stance.

### **Ryo Eri Tori**

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**Translation:** Double Lapel Hold

**Notes:** Uke grabs both of your lapels. Strike the back of his left hand with a Judo knuckle and reach across to grab his right. Grab the meaty part of his hand below his pinkie, with your thumb on the back of his middle knuckle. Turn his arm over, and line his fingers up with his elbow and shoulder. Push the top of his hand, and pull the bottom toward you. Step away in a defensive stance.

### **Kubi Nuki Shime**

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**Translation:** Neck Withdrawal Constriction

**Notes:** Uke has you in a headlock. Apply a Judo knuckle strike to his left hand with your right, and grab his right hand so that your palms touch and are parallel. Turn his hand counterclockwise to make an opening for your head as you bury your left hand in Uke's obi with your knuckles on his spine. Step behind him, pulling his arm behind him and bending his elbow at a 90° angle. Push down and forward with your left knuckles, and pull up and back on Uke's arm as you curl your fist toward you. Step away in a defensive stance.

### **Hagai Shime**

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**Translation:** Wing Constriction

**Notes:** Uke throws a right punch. Block at the elbow with your left palm and slide your right hand on the inside on the punch to the back of Uke's neck as you step in with your left foot. Step behind Uke, and reach under both of his arms, wrap your hands around to the back/top of his head, and apply a full nelson. Try to bring his chin to his trachea.