**Tuk Gong Mo Sol**

\*\*\*All written are from a closed stance both have Left Foot forward, but these techniques should be done both sides

1. Cross Side Wrist Throw – Left hand Knife hand block to outside of opponent’s wrist, then Grab. Right hand comes underneath and confirms the grip. Thumbs should be on the back of the opponent’s hand. Pulling the arm across the opponent’s body to the Left, step under the arm with Right Foot (toward inside of opponent). Left foot steps back deep behind the opponent while swinging opponent’s arm low and torqueing the opponent’s wrist to throw.
2. Same Side Wrist Throw – Left hand Knife hand block to outside of opponent’s wrist, then Grab. Right hand comes underneath and confirms the grip. Thumbs should be on the back of the opponent’s hand. Extend opponent’s arm to the outside and walk under with Left foot to the outside. Right foot swings back between you and the opponent deep so that you end up behind the opponent. At the same time swing the arm low and back while torqueing the wrist to throw.
3. Sliding Arm Lock (Sankyo) - Knife hand block to inside of opponent’s wrist and Grab. Step, forward punch to solar plexus. Step under the arm with the Left foot and turn in a 360, so that the left foot ends up behind you. Right hand controls and locks the wrist out, positioning it on the Right knee. Left hand slides down the arm in a tiger mouth from the triceps to the elbow, locking it out.
4. Elbow, Knee– Right Hand inside out knife hand block to open opponent. LH elbow strike to Opponent’s head. LH palm reaches behind and controls opponent head pulling it down to a L knee strike.
5. Shihonage - Similar to 1. Left Hand Knife hand block to outside of opponent’s wrist and step to outside of opponent’s wrist. Grab opponent’s wrist with both hands (like a baseball bat). RF Step towards inside of opponent’s body rotate around with the Left foot bringing opponent’s arm behind his back. Hands should apply a wrist lock at the same time. Finish by holding the opponents elbow so the arm is pinned behind his head and strike.
6. Arm Bar Body Drop – Left Hand inside out Knife hand block and grab. RF steps in across opponent’s front Left Foot while RH controls behind the elbow in Ikkyo (#8) style. Keeping the arm in front of you, LF swings around to the outside.
7. Arm Bar Hip Throw - In-to-out back hand slap or knife hand block to outside of opponent’s wrist; grab wrist, step in to major hip throw position, without bending your knees, and locking your opponent’s elbow across you chest. Pull him over your hip.
8. Arm Bar Shoulder Throw - In-to-out back hand slap or knife hand block to outside or opponent’s wrist; grab wrist, step in and under, with your back to opponent’s chest. With your opponent’s arm resting on your shoulder, place one hand on his elbow lock the back of his elbow against your body. With your other hand, bend his fingers back towards his body, dip your shoulder and throw him.
9. Punch to Kotegaeshi - In-to-out back hand slap to outside of opponent’s wrist, reverse stance (no step). RH Reverse Punch to opponent’s face without stepping. Drop punching hand to opponent’s elbow, with your palm down collapsing opponent’s elbow while LH slides underneath the wrist to apply the wristlock from beneath. RF turns back at 90 degrees clockwise to apply the wristlock throw.
10. Baseball Maneuver – LH In-to-out knife hand to opponent’s outside wrist; grab opponent’s wrist with both hands (baseball bat grip), step in (i.e. so you are parallel with opponent), and with your front shoulder on his straight elbow, forcing a throw.
11. Kotegaeshi Dance Move – Outside-In RH grab to opponent’s front Hand and pull down while LH steps back. Step in with LF and as raising opponent’s hand w RH, confirm with LH from opposite side. RF swings 90 degrees clockwise to throw.
12. Kotegaeshi Extended Drop - Outside-In RH grab to opponent’s front Hand and pull down while LH steps back. LF front kick to midsection while pulling the opponent’s wrist back up with RH. LH confirms now from the back of hand instead of side. Step Back with Kicking foot and pull out and down the opponent’s wrist while stepping back.
13. Flying Scissor – Step in and RH slaps the front hand down. Flying scissors take down.
14. Body Drop – RH Inside-out knife hand to Opponent’s LH Front. Step in strike to opponent’s face, and turn to the Body Drop
15. Two Leg Reap - Out-to-in block; grab sleeve, back hand to face and major outer reap of both of opponent’s legs.
16. Hip Throw Strangle – LH grabs opponent front wrist, RH breaks the elbow, step behind and turn the opponent’s arm into a Kimura behind the back. RH reaches around the neck as if to do a rear naked choke, but confirms with LH handhold. Turn hips so that you are facing behind and pull opponent onto your hip as if you were going to hip throw him from behind. Instead of throwing, keep him lifted off the ground in a strangle.
17. Outer Neck Throw – LH grabs opponent front hand while stepping in with a RH palm strike. RH reaches over to grab opponent by the chin (exposing the neck) while LH pushes forearm into opponent’s back. Pull Straight down.
18. Inner Neck Throw – LH grabs Front Hand. Step to the outside and do RH inside out knife hand to opponent midsection. RH reaches up and around opponent’s neck from the inside of the arm. While rotating opponent’s arm around and across his shoulders, pull down opponent’s head.
19. Arm Over Shoulder Break Double Reap – RH inside out knife hand to grab and LH ridge hand. Step under the arm so it is across both shoulders, with your LH on his shoulder, pull his forward hand down and stand up to lock out. Double Leg Reap.
20. Double Leg Pull Down Rear – RH grab front hand inside while LH strikes to face, Step under arm and kick opponent. Reach down grab both feet and shoulder check to drive forward. Kick to Groin