
Juji Gatame - breaking the grip

Posted by Mark Teal - 2008/05/18 13:22

Whilst accross your opponent trying to get a Juji Gatame, you may find that your opponent manages to grab his lapel or other hand and grip together, making it difficult to break his grip to extend his arm, here are one of the ways to do this
{youtube}kFsSq1sW1j0{/youtube}

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