

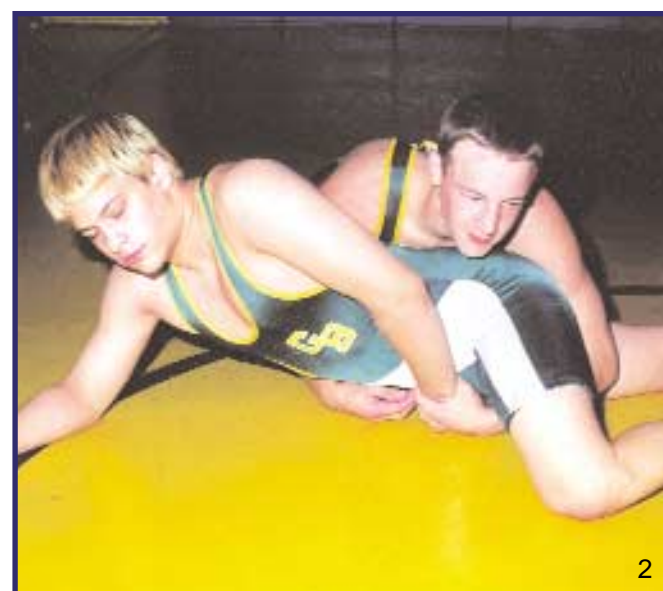
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Churella Roll Through



1-The top man is beginning to brake the bottom man down and has secured the opponent's left wrist with his right hand.



2-The top man has reached between the opponent's legs and has grabbed the opponent's left wrist with the left hand. This is called a ball-n-chain.



3-The opponent sensing the top man is going for a churella hook has shifted his left hip down into the man.