

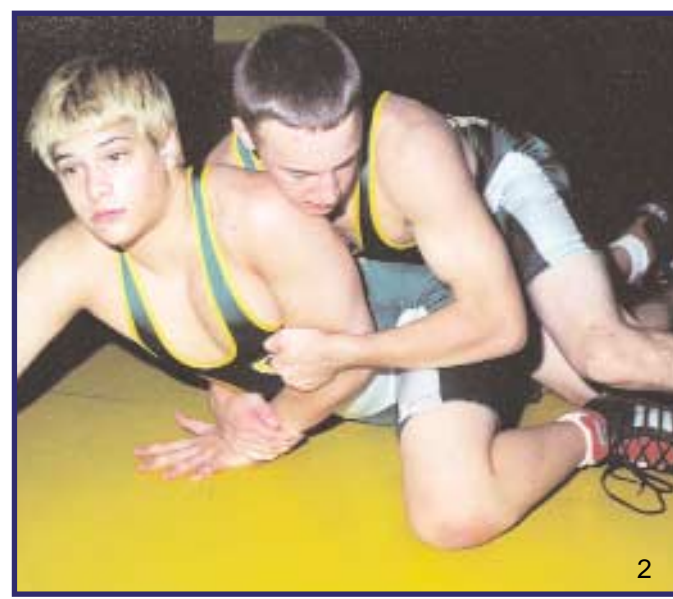
# Top e c h n i q u e

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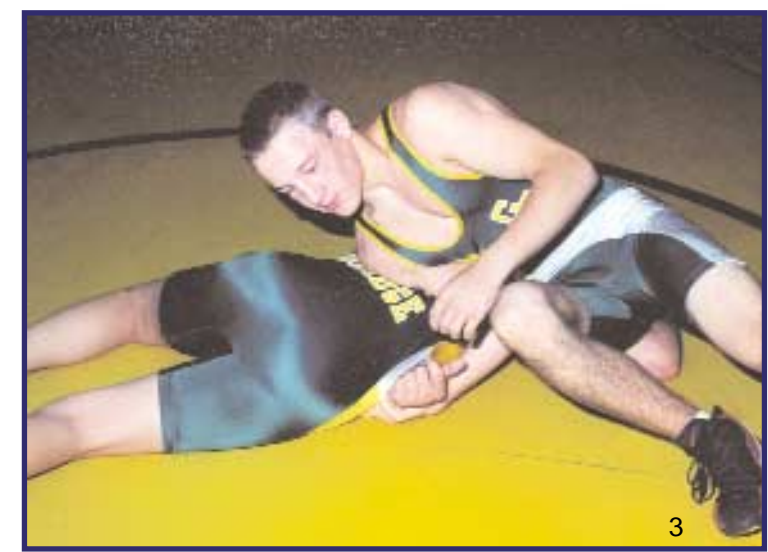
# Churella



1-The top man has chopped his opponent to his left elbow while he is bumping his opponent in his rearend with big right knee.



2-The top man has broken the bottom man down to his stomach and has secured the opponent's left wrist with his right hand.



3-The top man has jumped across and has secured the bottom man's left wrist with his right hand. The top man has all his weight on the bottom and is jamming his left shoulder into the bottom man.