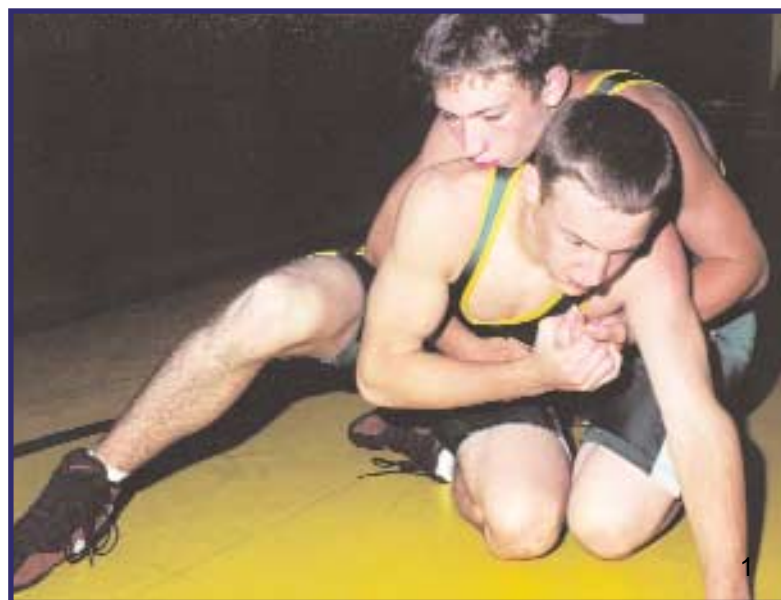
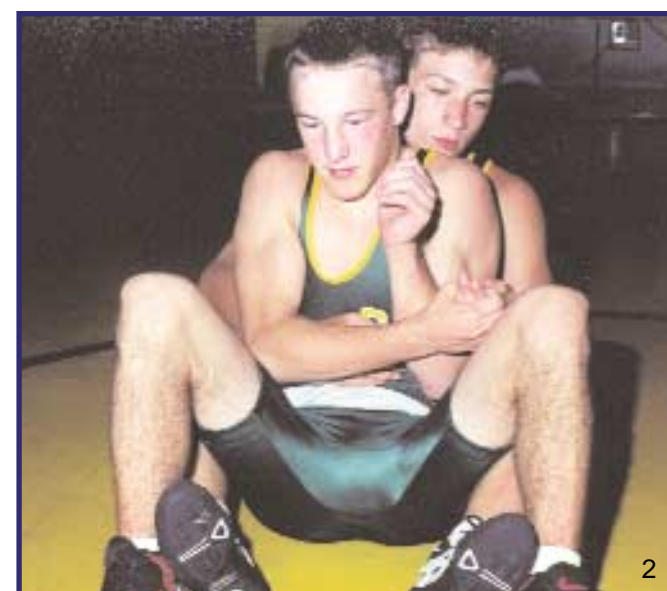


Top e c h n i q u e

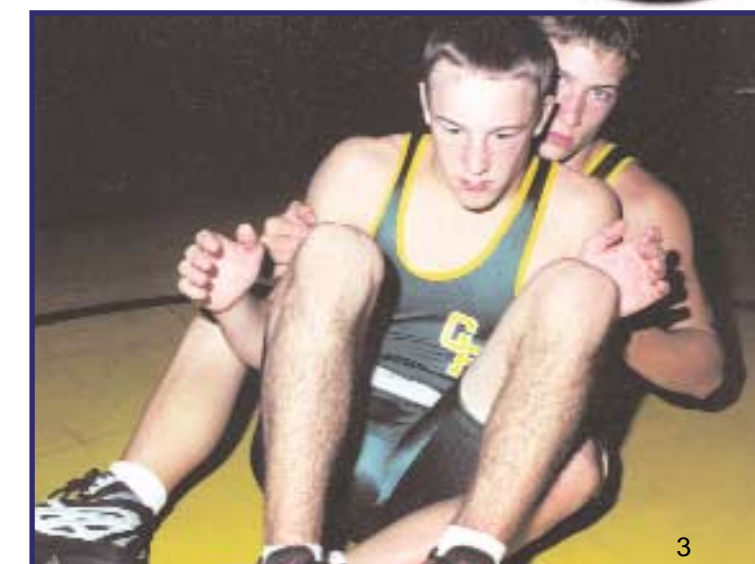
Crab Ride Defense



1-The opponent has started in the Referees Position and the bottom is controlling the opponent's underhook.



2-The opponent has sat under into a Crab ride and the bottom has posted the underhook to the outside of his left arm. The bottom man's left elbow is now inside the opponent's underhook.



3-The offensive man has stepped his right foot over the opponent's left leg and is pulling the opponent's foot into him with his own feet.