

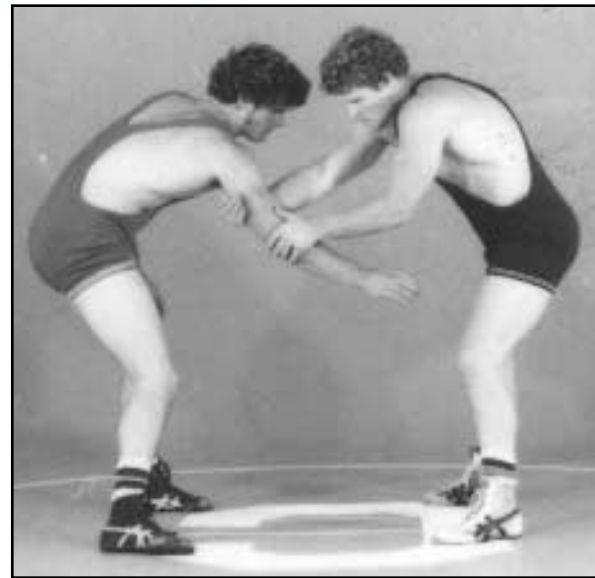
VAUGHAN HITCHCOCK

Drag Trip

A Move from the Arm Drag Series



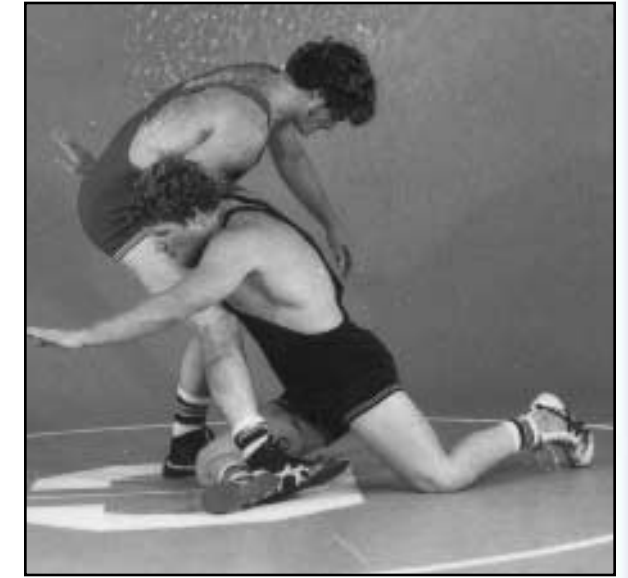
A - As your opponent reaches for you, block his arm below the elbow and with a spiral action ring out his arm, passing it across in front of you.



B - As the arm passes between, apply an arm drag above the elbow.



C - Tug hard on the drag as you jab step with your left leg.



D - Stride deep between his legs with your right leg, hooking his right foot at the heel. Your penetration is down and in, your shoulder should be at his waist or lower when you make contact.

TAKEDOWN TECHNIQUE