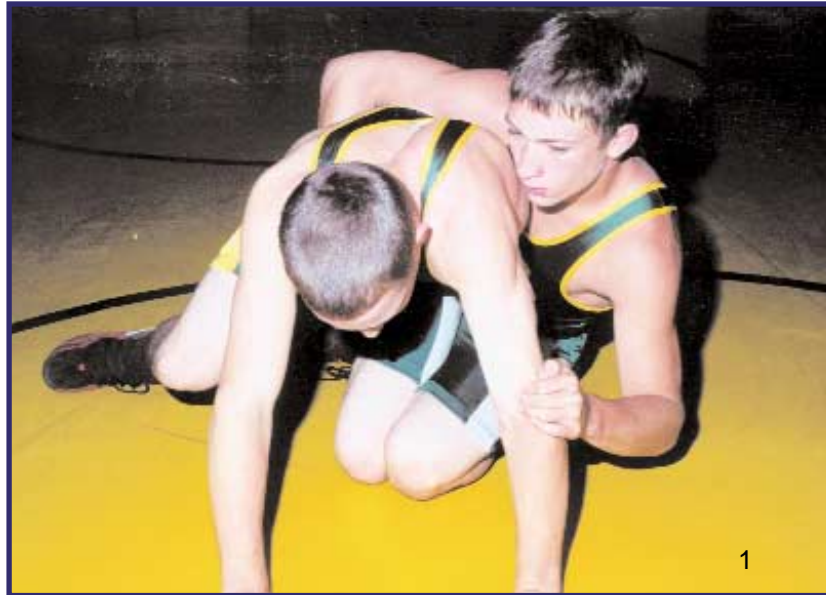


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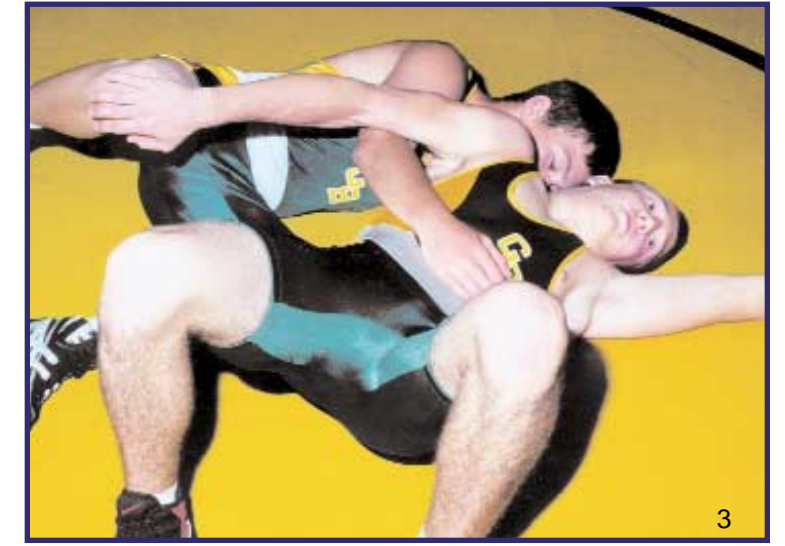
# Run the Circle



1-The opponent has begun a sit under ride.



2-The offensive man is beginning to run the circle by pushing out of the opponent's lap with his right hand and lifting his left hand above his head. This is important because you do not want the opponent to be able to control a two-on-one on you.



3-The offensive man has walked his hips out to a 90 degree angle with the opponent's body and is running the circle. Notice how he has popped his hips out of the opponent's lap.

# Top e c h n i q u e