

Side Grabs

Natural

1. Side kick to the knee with the leg closest to the attacker.
2. Lift hand counter clockwise while the palm is facing you.
3. Grab the attacking hand with your free hand by coming from underneath (when done correctly your thumbs should be next to each other).
4. Remove the hand that was grabbed pressing on the back of the attacker's hand shifting from a side stance to a front stance.
5. Finish with a rear leg round house kick.

Unnatural

1. Take free hand and grab the back of the attacker's hand holding it in place (be careful not to support the wrist).
2. Take the elbow of the hand being grabbed bringing it over the attacker's forearm.
3. Bring the elbow towards thigh creating a Z shape in the attackers arm.