

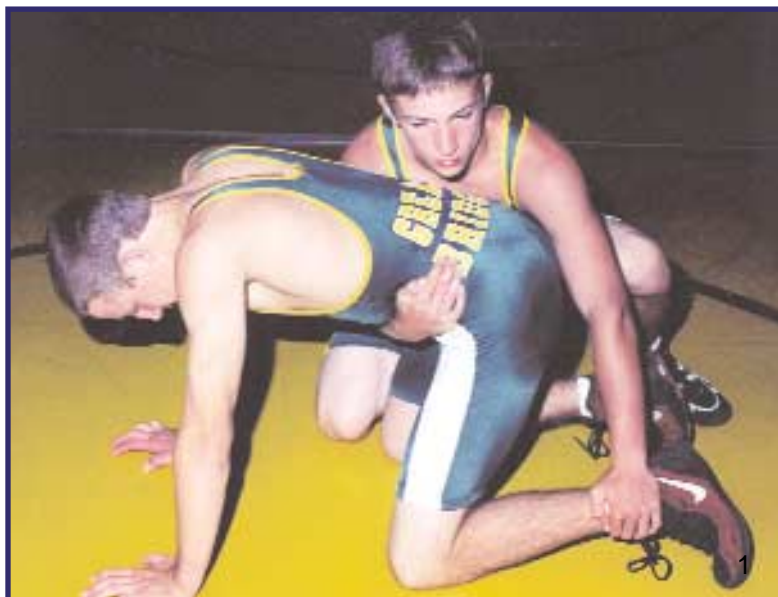
# Top e h n i q u e



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1 - The top man starts on the opponent's right hand side with the opponent's left ankle in his left hand.

# Stand-Up Defense

By Steve Martin



2 - The opponent posts the hand on the ankle and begins to stand-up.



3 - The top man rotates to the right hand side of the body and drops his left hand in the opponent's crotch.