







## ***USHIRO KUBISHIME IKKYO OMOTE***

	(1)	Uke grabs you from the rear by your left wrist and by the collar of your gi. You are starting in left hanmi.
	(2)	Shift your hips to the rear as you bring both hands in to your center. Cross your palms as they end in front of your center.
	(3)	Keeping the hips down, roll your arms up so that you can see the back of both wrists.

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	(4)	<p>Pivot to the rear and change to left hanmi. Shift your hips back slightly as you extend both arms out. Bring your right hand back and grab uke's left elbow. Push it forward in the direction of uke's head.</p>
	(5)	<p>Turn your hips firmly to the left cutting uke down. As you cut uke, grab his wrist with your left hand and keep his hands in your center.</p> <p>Step into uke at a 45 degree angle with your right leg (toward the direction of uke's armpit and through his center).</p> <p>Keep both arms extended out and in front of you. His wrist should be slightly higher than his elbow.</p>
	(6)	<p>Bring your left foot up and lead uke down to the mat. Drop the inside knee first, then the outside knee. Pin uke to the mat using both hands keeping his elbow in line with your center.</p>