

## **FSSD THROWS**

### **Single Arm Shoulder Throw.**

- Step your right foot across to opponent's right foot, at same time shooting your right arm under his right armpit, then bending your arm so hand is pointed upwards.
- You have hooked up around his arm.
- Now step back with your left foot, so your right hip is into his mid section.
- Your left hand is holding onto his right sleeve at wrist level or grasp the wrist.
- Bend the knees, pull him over onto your back, straighten the knees and twist to pull him over your right side.
- Release your opponent.

### **Hip Throw method 1.**

- Grasp your opponents clothing at shoulder height.
- Step your right foot across to opponent's right foot
- Now step back with your left foot, so your right hip is into his mid section.
- Bend the knees
- Twist to pull him over your right side.
- Release your opponent

### **Hip Throw method 2.**

- Grasp your opponent's right wrist with your left hand.
- Slide your right hand under your opponents left armpit, bend the left arm around your opponents back and grasp them
- Step your right foot across to opponent's right foot
- Now step back with your left foot, so your right hip is into his mid section.
- Bend the knees
- Twist to pull him over your right side.
- Release your opponent

### **Spring Hip Throw method 1.**

- Grasp your opponents clothing at shoulder or lapel height.
- Step your right foot across to opponent's right foot
- Now step back with your left foot, so your right hip is into his mid section.
- Bend the knees
- Twist to pull him over your right side at the same time push upward with your legs.
- Release your opponent

### **Spring Hip Throw method 2.**

- Grasp your opponents clothing at their right shoulder or lapel with your left hand.
- Slide your right hand under your opponents left armpit, bend the left arm around your opponents back and grasp them

- Step your right foot across to opponent's right foot
- Now step back with your left foot, so your right hip is into his mid section.
- Bend the knees
- Twist to pull him over your right side at the same time push upward with your legs.
- Release your opponent

**BE CAREFULL WHEN RELEASING YOUR OPPONANT AS RELEASING TO EARLY COULD DRIVE YOUR OPPONANT INTO THE GROUND HEAD FIRST**

**ALTERNATLY INSTEAD OF RELAESING YOU OPPONANT KEEP HOLD UNTILL THEY HIT THE GROUND AND APPLY CONTROL HOLD TO THEM.**

### **Spring Hip Throw scenario.**

You can do this facing an attacker, turning into him to do the throw, or do it to a rear attacker. This is an example of a throw of a rear attacker:

- Rear attacker grabs you in a bear hug.
- You throw your head back, head butting him on the bridge of his nose.
- As you are head butting him, you are throwing your hips out forward.
- Now come back in with your hips, pushing backwards at your waist, and pushing the attacker away from you.
- Step off to the left in a horse stance, crossing your left hand over to grab his right hand.
- Do a rear elbow strike.
- Then a groin hammerfist strike.
- Holding onto his hand with your right leg in front of his right leg, bring your right arm around his back, and turn in a counter-clockwise direction, pulling the opponent over your right hip.
- Follow-ups.