



### Lesson 3. Sankyo

Ai Hanmi Katate Tori Sankyo

#### Complete Outline

##### 1. Technique Outlook

Warm-Up for Sankyo

##### 2. Sequence of Movements

Ura Variation

Omote Variation

##### 3. Mechanics of the Influence

Shoulder Hold

Full Wrist Lock

Step Forward to Unbalance

Lead Down

Twisting Spin

##### 4. Integrality of Control

High Elbow Control

Tip Over to Lead Down

##### 5. Intended Completion

Standing Twist Control

Twisting Influence in Seiza

##### 6. Avoided Intentions

Forced Hand Twist

Hasty Pull Down

##### 7. Counter Actions

Hasty Raise Counterbalance

Elbow Down to Unbalance

Pull Down Counter

##### 8. Mastery Drills

Drill 1: Nikkyo Failure

Drill 2: Alternative Twisting Control

Drill 3: Suwari Waza Sankyo

##### 9. Self-Defense Perspective

Fist Case