

Two-Hand Catch for Sleeve Grip

By David Loshelder

The purpose of this gripping strategy is to secure the opponent's sleeve hand by taking control away from his power side, in this case, uke's right hand.

Uke: Kyle (White) Tori: Dave (Blue)

1. This gripping strategy begins in a same stance posture (i.e., Ai-yostu); in case both tori and uke's right legs are advanced forward. The technique begins with Dave's hands in front of his chest with his arms close to his sides. Dave chooses to attack Kyle's right sleeve to secure a strong sleeve grip for his favorite technique (i.e., tokui-waza).



2. Dave quickly snaps out with both hands and captures Kyle's right sleeve by sandwiching his hands together – right hand is on top and left hand underneath the wrist). To avoid Kyle from grabbing Dave's left lapel, he pushes Kyle's arm down and away from his body and slightly turns his left shoulder away and his right shoulder toward Kyle as he forced down on the arm. As Dave's right hand keeps pressure on the arm (by forcing downward), his left hand snatches additional material for a strong grip on the sleeve.

3. Once the grip is locked in, Dave releases Kyle's wrist with this right hand and sets his power hand on Kyle's left lapel. Having a two-on-one gripping advantage, Dave moves and attacks to set up angles for his favorite technique.

Important Note: Roll your thumb along the seam of the sleeve and force your wrist outward and down. This will provide maximum control on the arm and put your opponent on the defensive.



Tip: Take your time when securing the grip on uke's sleeve. To buy time for a secure grip, use ashi-waza techniques, such as ko-uchi-gari to keep uke's mind off the grip you are securing.