

# Bait & 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. The first part of this technique is the bait, the second is the catch and the third is the securing of the sleeve.

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

**1.** Dave reaches forward grasping Kyle's right lapel with his left hand. Once the lapel is secured, Dave pushes forward with his fist. As Dave applies pressure to Kyle's right shoulder, Kyle responds forward.



**2.** Kyle responds to Dave's initial grip by reaching over Dave's left arm to secure his own grip on Dave's left lapel. As Kyle reaches, Dave catches Kyle's right wrist over top his left arm -- before Kyle is able to secure his grip.



**3.** Dave drives Kyle's arm down by using his body weight as he steps forward toward Kyle's right hip. By using the weight of his body, this gives Dave the leverage to control Kyle's arm while he works to capture Kyle's right sleeve.



**4.** Dave holds on to Kyle's wrist and secures the sleeve grip with his left hand. To establish an iron clad grip, Dave rolls his thumb along the seam of the sleeve and forces his wrist outward and down. (i.e., Dave's pinkie finger is facing out and away from the two bodies.) Once the grip is locked, 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 the angle for his favorite technique.

