

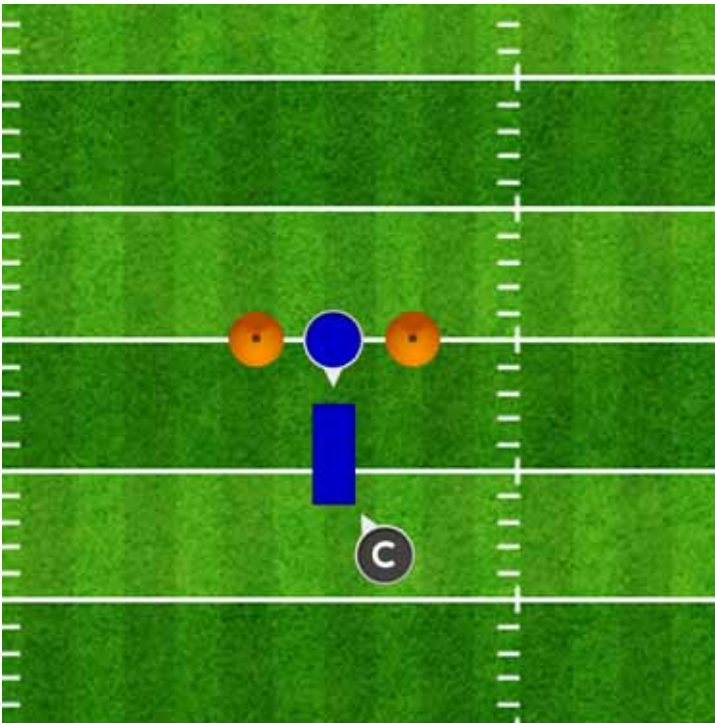


SHOOT

Key Points:

Type: Fundamental

- a) Forcefully explode your hips open and upward.
- b) Using the larger muscle groups of the lower body produces a powerful tackle.
- c) To finish the tackle, continue to drive your legs while working up and through opponent.



Notes
