

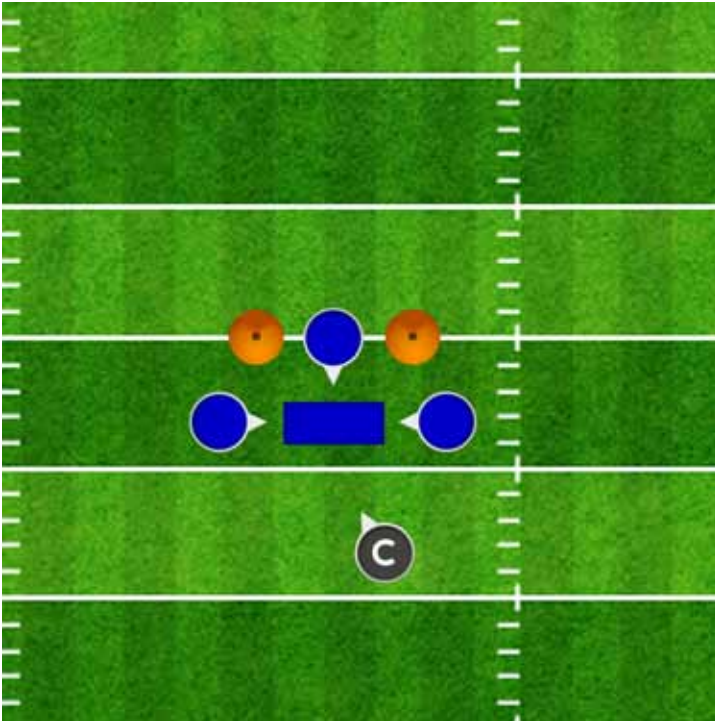


# RIP

## Key Points:

*Type: Fundamental*

- a) Upper body movement to secure tackle
- b) Forcefully swing both arms in an upper-cut motion; "Thumbs up and elbows down."
- c) After the Rip, secure the tackle by "grabbing cloth" (the back of the ball-carrier's jersey), you should have your elbows tight to ball-carrier's sides.



## Notes

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