

### 1.2.2 Abrazare – Master #1 (wrestling techniques)

- ❖ shoulder hook (agent) → **boar's tooth** (counter)



The agent<sup>9</sup> grasps the patient agent's<sup>10</sup> shoulder with his left hand, and attempts to grab the patient's left hip. The patient agent thrusts his left hand forward to grip the elbow/upper right arm of the agent, and counters the neck grab by deploying the **boar's tooth** (*denti di zenchiar*) on the outside the agent's elbow, striking the elbow with the heel of the hand as it passes by and continues with the upward motion of the right arm, pressing against the arm now with the elbow upwards, and while maintaining the wrist locked on the neck, take down the opponent.

- ❖ continuing with **boar's tooth** → **to take down**



Continuing with the previous manoeuvre, the patient agent must not bend down or over while deploying this takedown. Ensure that the agent's wrist and hand remain on the shoulder of the patient agent during deployment of takedown.

- ❖ shoulder hook (agent) → **boar's tooth** failure → **long guard** with leg grab (counter)



The agent grasps the patient agent's shoulder with his left hand, and successfully grabs the patient's left hip. The patient agent suppresses the agent's right arm with his left, deploys the **boar's tooth** (*dente di zenchiar*) over the agent's left arm, positions the right leg behind the agent's left leg, deploys the **long guard** (*posta longa*), grasps agent's left leg and lifts while pushing against the neck to initiate a backward fall, following through with **iron gate** (*porta de ferro*) with take down over patient agent's right leg.

<sup>9</sup> agent: the individual on the offensive

<sup>10</sup> patient agent: the individual on the defensive