# Yakusoko 3

Offense Person / (**Defense Person)**

Front Stance with Down Block **(Fudo dachi)**

#2 F Kick, land in front **(Step back so LFF, Down Block)**

RH Punch to chest (**Rising Block**)

**(#2 F kick land in front**) / Step back so LFF, Down Block)

**(RH Punch to Chest)** Rising Block

#2 F Kick, land in front **(Step back so LFF, Down Block**)

RH Punch to chest (**Rising Block, shoot forward shoulder rap, Elbow to chest, knee)**

RH Punch **(Rising Block with slide into catch block wrap, Palm Heel punch to chest)**

**(Step with RF behind opponents Right Heel, Clothes line Takedown**

**Step around arms capturing the arm between your knees**

**Bring opponents thumb to outside –facing away from their body**

**Twist wrist/arm for elbow break**