

Now, we're looking at Uri Geshi. I'm going to show you now what is arguably the strongest form of Uri Geshi. It's also the one which is the more difficult to get because you need a very specific grip for it. But if you can get this grip, you can really put some pressure on people. Always remember, the Japanese had a lot of wisdom with the names of their moves. Uri Geshi means the arm reversal, which implies you put a temporary arm lock on somebody and throw them out of the arm lock. So we're going to have Genkawa standing right against me. Remember, we need to be Kenki Yotsu for most forms of Uri Geshi to be effective. Now he comes in and gets his grip. I'm going to go under his arm. Remember, every Uri Geshi requires it would be under his arm. I'm going to get not the conventional grip here. This is conventional. I'm going to go further across my training partner's body. And I'm going to get to the cross grip situation. From cross grip, I'm going to take my training partner's wrist over and I'm going to break the grip here. I'm not going to grab his cloth. I'm going to grab his wrist and pull it through. So you have a much stronger, more direct form of arm lock. When he goes to pull away, it's very, very difficult. I connect my forehead to his shoulder. He goes to yank away from me, there's a good connection. Now when I squat and roll through, it's so much of a stronger form of lock. Your opponent will feel it as a genuine arm lock. And as a result, we can come up and into our pattern, making sure we chest to chest at the conclusion of the throw. So once again, we come out Kenki Yotsu. I go inside, I go through, and I cross grip for a stronger connection to him. I break his grip. In the time available, I bring the hand down and I hold the hand, not the cloth, the hand. When he goes to yank away, it's hard because of my head position. If my head's out here and he yanks, it's gone. But when I put head position in, it's hard. Now I step, and just like all the other times, I hit that crocodile roll. And as a result, we come up, chest to chest, and into our pattern. This is a stronger form of urige-eshi. Harder to get the grip, but if you do get it, it's a punishing roll for your training partner.