

Set 9 Scoops

Attacker and defender are in a cover right .

1. (traditional) Left hand grab the attackers gi at the shoulder, pull the shoulder to the left while executing a left foot sweep left to right scooping the attacker. Execute a right hand two knuckle to the body.
2. (opposite) Left hand grab the attackers gi at the shoulder, pull the shoulder to the right while executing a left foot sweep right to left scooping the attacker. Execute a right hand two knuckle to the body.
3. (trap, scoop) cross over step ,trap the slap kick (left hand over right) while stepping forward with your left leg behind your attackers right foot tip their leg up until the fall.
4. (trap, scoop, punch) cross over step , trap the slap kick (left hand over right) while stepping forward with your left foot in front of your attackers right foot. Pull the attacker tripping them over your left leg. Hold on to the leg execute a reverse two-knuckle with the left hand to the body
5. Left hand grab the attackers gi at the shoulder, power leg scoop to the back of the attackers lead leg, (power leg scoop) behind the attackers lead foot scooping the foot off the ground.
6. (standing, reverse sweep) from a standing cover right, execute a reverse sweep, with your right leg to the attackers lead leg (striking below the ankle bone)
7. (drop, reverse sweep) drop to left knee then execute a reverse sweep ; with your right leg to the attackers lead leg (striking below the ankle bone)
8. (drop, trap) drop to the ground on right side right leg bent behind left. Right leg slides between the attackers legs, execute a scissor kick. Once the attacker is on the ground perform a hatchet kick to the attackers back with the right leg.