

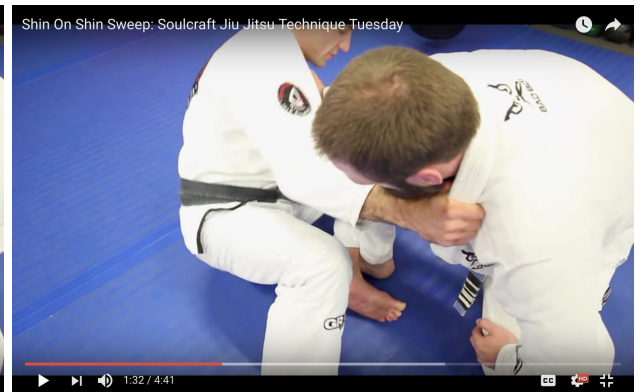
## Shin to Shin Slide In Shoulder Roll Sweep

Start on your knees or combat stance with 1 foot up and 1 down.



When opponent steps up into combat stance with his right foot on mat, grab his opposite side collar with your right hand.

Post your other hand, left hand on mat as you post your right foot



on mat. Your left toes are on the mat ready to slide in shin to shin. Slide your left foot in so you have shin to shin and you are sitting on your left cheek. (sit through)

Immediately block his down on mat knee with your same side foot. This is key. Keep the distance. This momentarily keeps him from advancing forwards.



