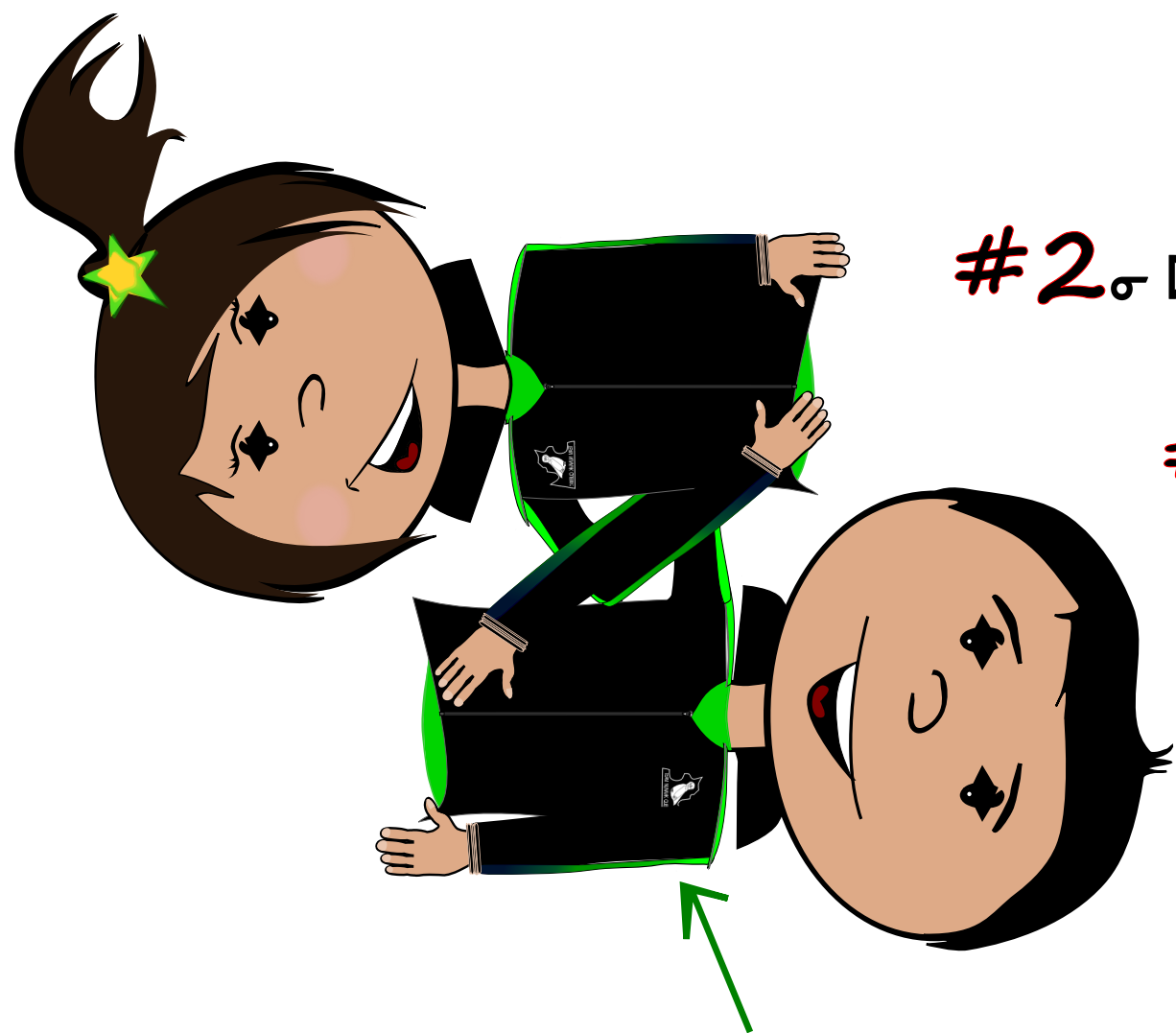


# ᓂᓯᓳᐅᓃᑦ ᓴᓃᓴᓃᑦ ᓂᓯᓳᐅᓃᑦ Leg Wrestle

**#3** ᐱᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ, ᓂᓯᓳᐅᓃᑦ ᓴᓃᓴᓃᑦ ᓂᓯᓳᐅᓃᑦ ᐱᓃᓃᓴᓃᑦ ᐱᓃᓃᓴᓃᑦ ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ.

**#3** At signal, both swing inside legs to join with opponent at the knee.

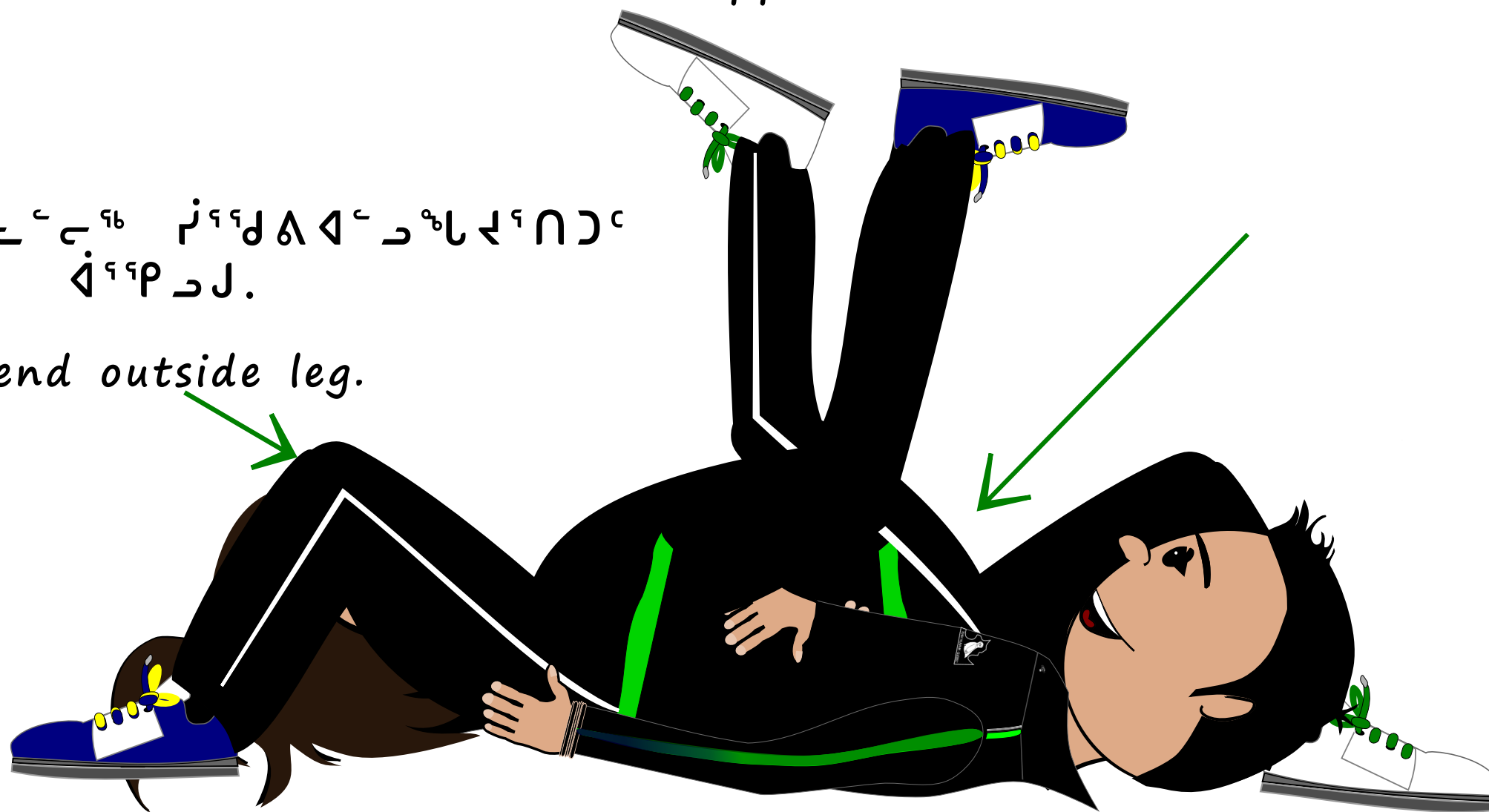


**#1** ᐱᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ, ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ, ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ ᐱᓃᓃᓴᓃᑦ ᓂᓯᓳᐅᓃᑦ.

**#1** Lying on the floor, in opposite directions, link inside arms at elbows.

**#2** ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ.

**#2** Bend outside leg.



**#4** ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ, ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ ᓂᓯᓳᐅᓃᑦ.

**#4** Pulling down with your leg, try to flip your opponent over backwards.