
ROTATING DEATH

Lock & Choke | Two-handed choke | 6:00

Name:

Rotating: A turning maneuver

Death: Two-handed choke

Attack:

The Ideal attack requires that your opponent approaches you from behind (6:00) and applies a two-handed choke hold.

Movement:

1. **Left Cross Behind** toward 4:30 into a **Left Rear Twist Stance** while you deliver a **Left Back Knife Hand** to your opponent's groin.
2. Pivot counterclockwise into a **Left Closed Kneel Stance** (facing 6:00) while you deliver a **Right Ridge Hand** to your opponent's groin. **Left Positional Forearm Check** above your right arm.
3. **Right Gauging Step** toward 4:30 then **Left Step Forward** towards 4:30 and pivot clockwise into a **Right Neutral Bow Stance** (facing 10:30) as you execute a **Right Pressing Check** to your opponent's back.
4. Perform a **Right Front Crossover** and **Cover Out** toward 4:30.