
NORTHERN VICE

Lock & Choke | Head lock or forearm choke | 12:00

Name:

Northern: Moving forward

Vice: Head lock or forearm choke

Attack:

The Ideal attack requires that your opponent starts in front of you. The initial action commences with your opponent stepping forward with their right leg as they apply a right headlock, or choke, which forces you to bend over. Your opponent completes the headlock, or choke, by placing their right arm under your chin, while grabbing their own right wrist with their left-hand.

Movement:

1. **Right Step Forward** toward 12:00 into a low **Right Neutral Bow Stance** while you execute a **Left Hand Check** to your opponent's right wrist and deliver a **Right Ridge Hand** to your opponent's groin.
2. Deliver a **Right Obscure Elbow** to the underside of your opponent's jaw.
3. **Shuffle Forward** and deliver a **Right Inward Downward Elbow** to your opponent's jaw or neck.
4. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.