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# RESISTING BEAR

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Hug & Hold | Bearhug | 6:00

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## Name:

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Resisting: To stop before fully locked

Bear: Bearhug

## Attack:

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The Ideal attack requires your opponent be attacking from the rear. Your opponent applies a high bearhug with both of your arms pinned.

## Movement:

1. **Left Step Sideways** toward 9:00 into a **Right Fighting Horse Stance** as you execute a **Left Pinning Check** to your opponent's hands. Deliver a **Right Back Hammer Fist** to your opponent's groin.
2. **Right Step** into a **Right Cat Stance** (facing 3:00). Deliver a **Right Heel Palm** to your opponent's groin.
3. **Right Step** toward 4:30 into a **Left Neutral Bow Stance** (facing 12:00).
4. Pivot clockwise into a **Right Forward Bow Stance** (facing 4:30). Deliver a **Right Obscure Elbow** to the underside of your opponent's jaw.
5. Perform a **Right Front Crossover** and **Cover Out** toward 10:30.