
AVOIDING HAWK

Grab & Tackle | One-handed body grab from the front | 12:00

Name:

Avoiding: Moving back to left rear quadrant

Hawk: One-handed body grab from the front

Attack:

The Ideal attack requires that the attack is from the front. Your opponent starts from a right Fighting Stance, and proceeds to step forward with his left leg while delivering a left grab to your right shoulder.

Movement:

1. **Left Step Back** toward 7:30 into a **Right Neutral Bow Stance** as you execute a **Right Extended Outward Block** to your opponent's left inner forearm. Your other hand should be in a **Left Positional Check** covering your solar plexus.
2. Immediately slide your right foot back into a **Right Cat Stance**.
3. Deliver a **Right Front Snap Ball Kick** to your opponent's groin.
4. Plant your right foot forward inside of your opponent's left leg into a **Right Neutral Bow Stance** while executing a **Right Inward Knife Hand** to the left side of your opponent's neck.
5. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.