
ROTATING RESTRAINTS

Hug & Hold | Hold from the back | 6:00

Name:

Rotating: A turning maneuver

Restraints: Hold from the back

Attack:

The Ideal attack requires your opponent be to the rear. It is a two-handed shoulder grab. His right hand grabs your right shoulder and his left hand grabs your left shoulder.

Movement:

1. **Left Step Back** toward 4:30 into a **Left Rear Twist Stance** then pivot counterclockwise into a **Left Neutral Bow Stance** (facing 6:00). Execute a **Left Upward Block** to the opponent's left arm.
2. Pivot into a **Left Forward Bow Stance** as you continue the motion of your left arm and execute a **Left Vertical Outward Block** at or above the outside of your opponent's left elbow. In the same motion deliver a **Right Inward Horizontal Elbow** to the back of your opponent's left lower ribcage.
3. Pivot clockwise into a **Left Neutral Bow Stance** (facing 6:00) while executing a **Right Vertical Outward Block** at or above the outside of your opponent's left elbow.
4. Deliver a **Left Inward Horizontal Elbow** to the front of your opponent's left lower ribcage.
5. Convert your left elbow strike into a **Left Thrusting Outward Block** at or above the outside of your opponent's left elbow.
6. Perform a **Left Front Crossover** and **Cover Out** toward 10:30.