
RESISTING GUARD

Lock & Choke | Lock from the back | 6:00

Name:

Resisting: To stop before fully locked

Guard: Lock from the back

Attack:

The Ideal attack requires that your opponent be attacking from the rear. He is applying a hammerlock to your right arm with his right hand (palm up).

Movement:

1. **Left Step Back** counterclockwise to 4:30 into a **Right Transitional Neutral Bow Stance** (modify the depth or width of your stance as the situation dictates). Use a **Right Hand Counter Grab** to control your opponent's right wrist.
2. Continue to pivot your entire body counterclockwise into a **Left Neutral Bow Stance** (facing 6:00), as you attempt to deliver a **Left Outward Elbow Strike** to your opponent's face, and have it blocked.
3. **Left Step Forward** toward 12:00 into a **Right Reverse Cat Stance**. Straighten your right arm during this transition, while maintaining your grab to your opponent's right wrist.
4. Deliver a **Right Thrusting Back Heel Kick** to your opponent's right ribcage and **Plant** your right foot toward 6:00.
5. Pivot into a **Right Neutral Bow Stance** (facing 6:00) while twisting your opponent's right arm clockwise in a very tight circle and using a **Left Positional Check** to the opponent's right elbow.
6. Follow up with a **Left Knife-Edge Side Kick** to your opponent's left inner knee.
7. Without planting your left foot execute a **Left Front Crossover** toward 10:30 into a **Left Front Twist Stance** as you deliver a **Left Downward Pressing Heel Palm** on top of your opponent's right elbow joint creating a **Left Arm Bar**.
8. Continue to **Cover Out** toward 10:30.