
COUNTERING HAWK

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

Name:

Countering: Retaliate, a series of rapid strikes

Hawk: One-handed body grab from the front

Attack:

The Ideal attack requires your opponent to be attacking from the front. Your opponent grabs your left lapel with his right hand.

Movement:

1. **Left Step Back** toward 6:00 into a **Right Neutral Bow Stance** while executing a **Left Outward Block** to your opponent's right wrist. At the same time, **Right Positional Check** at guard.
2. Execute a **Right Hammering Inward Block** to the radial nerve of your opponent's right forearm. At the same time, **Left Positional Check** at solar plexus level.
3. Slide your right foot back into a **Right Cat Stance** then deliver a **Right Front Snap Ball Kick** to your opponent's groin.
4. **Plant Forward** into a **Right Neutral Bow Stance** checking your opponent's right knee as you deliver a **Right Outward Knife Hand** to the right side of your opponent's neck.
5. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.