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# ROOTED BEAR

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Hug & Hold | Bearhug | 6:00

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## Name:

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Rooted: Buckling maneuver, potential takedown

Bear: Bearhug

## Attack:

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The Ideal attack requires that your opponent be attacking from the rear. He is applying a bearhug (at waist level) with your arms free.

## Movement:

1. **Right Step** toward 3:00 into a **Horse Stance** and deliver **Dropping Elbows** to your opponent's forearms.
2. **Left Step** into a **Left Cat Stance** as your left and right arms chamber to the right side of your waist (right palm up and left palm down).
3. **Left Step** toward 9:00 around and behind your opponent's right leg into a **Left Reverse Bow Stance**.
4. Pivot into a **Left Neutral Bow Stance** toward 7:30 while striking with a **Left Outward Elbow** to your opponent's face.
5. Continue to pivot counterclockwise into a **Left Forward Bow Stance** as you deliver a **Right Inward Downward Hammer Fist** to your opponent's bladder.
6. Perform a **Left Front Crossover** and **Cover Out** toward 12:00.