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# LEVERAGED RAGE

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Grab & Tackle | Tackle | 12:00

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## Name:

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Leveraged: To use a fulcrum

Rage: Tackle

## Attack:

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The Ideal attack requires that your opponent charges at you from the front, with the intention of tackling you. Your opponent gets ahold of you with their left arm.

## Movement:

1. Point of origin: **Right Interview Stance** with your arms up.
2. **Left Cross Behind** toward 4:30 into a **Right Front Twist Stance** while delivering a **Right Outward Downward Hooking Knife Hand** to your opponent's left arm (keeping your elbow above their arm) and a **Left Thrusting Outward Knife Hand** to the left side of your opponent's neck.
3. Pivot into **Right Neutral Bow Stance** and deliver a **Right Hammering Forearm** to the back of your opponent's neck or upper back.
4. Circle right arm clockwise and execute a **Right Arm Bar** to the joint of your opponent's left elbow then pivot into a **Right Reverse Bow Stance** (facing 10:30).
5. **Left Gauging Step** toward 10:30 then deliver a **Right Rear Lifting Heel Kick** to your opponent's groin.
6. **Plant Back** toward 12:00 into a **Left Forward Bow Stance** (facing 6:00) as you deliver a **Right Buckle** to the inside of your opponent's left leg while moving your right hand counterclockwise and over your opponent's left arm. As you settle into your stance, deliver a **Right Vertical Punch** to your opponent's left jaw hinge or temple.
7. **Left Gauging Step** toward 3:00 then perform a **Right Front Crossover** and **Cover Out** toward 3:00.