
ENTWINED VINE

Lock & Choke | Lock to the wrist | 12:00

Name:

Entwined: Two-handed wrapping hold

Vine: Lock to the wrist

Attack:

The Ideal attack requires your opponent attacks from the front. He uses both of his arms to secure a figure 4 lock on your right arm and wrist. With your right arm hanging naturally, your opponent's action (to compete the lock) commences with a right hand grabbing the top of your right wrist. He then proceeds to lift your arm vertically so that he can now interlock his left arm with your right forearm by reaching over your right forearm. He completes the lock by having his own left arms grab his own right wrist by having his left arm figure 8 under his right wrist then turn to grab it.

Movement:

1. **Right Step Forward** towards 12:00 into a **Right Neutral Bow Stance**. Execute a **Left Pressing Check** to your opponent's right elbow and deliver a **Right Upward Elbow** to your opponent's solar plexus and/or jaw.
2. Execute a **Left Pinning Check** and **Grab** to your opponent's left hand reaching over the right forearm.
3. **Left Gauging Step** toward 3:00 then pivot counterclockwise into a **Left Neutral Bow Stance** (facing 3:00) while executing a **Two Hand Grab** to your opponent's left wrist. Execute an **Arm Bar** over your shoulder to your opponents left elbow while delivering a **Left Back Elbow** to your opponent's ribs.
4. Pivot clockwise and execute an **Arm Bar** over your shoulder to your opponents left elbow while delivering a **Right Back Elbow** to your opponent's midsection or left ribcage.
5. Convert your right elbow strike into a **Right Arm Bar** to your opponent's left elbow by circling your right arm clockwise.
6. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.