
ROTATING GUARD

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

Name:

Rotating: A turning maneuver

Guard: Lock from the back

Attack:

The Ideal attack requires that your opponent starts behind you. They are applying a two arm hold around each of your arms (chicken wing lock), as they pin you against their body.

Movement:

1. **Left Step Sideways** toward 9:00 into a **Half Horse Stance** while you execute a **Left Hand Grab** to the groin and deliver a **Left Stomp** to your opponent's left instep. At the same time deliver a **Right Obscure Elbow** potentially striking the underside of your opponent's chin while freeing your right arm.
2. Turning counterclockwise use a **Right Front Crossover** toward 9:00 then continue to rotate and use a **Left Cross Behind** toward 9:00 ending in a **Horse Stance** facing 12:00. While spinning, maintain a **Left Pinning Check** to your opponent's left arm.
3. Pivot counterclockwise into a **Left Forward Bow Stance** (facing 10:30) and deliver a **Right Lifting Forearm** to your opponent's left elbow joint.
4. Deliver a **Right Outward Back Knuckle** to your opponent's left ribcage.
5. Convert your right back knuckle strike into a **Right Inward Block** to the outside of your opponent's left elbow concluding in a **Right Arm Bar**.
6. Perform a **Left Front Crossover** and **Cover Out** toward 10:30.