
LEVERAGED SURRENDER

Hug & Hold | Full nelson | 6:00

Name:

Leveraged: To use a fulcrum

Surrender: Full nelson

Attack:

The Ideal attack requires your opponent be applying a full nelson hold and pressing your head down towards your knees.

Movement:

1. **Right Step Sideways** toward 3:00 into a **Horse Stance**.
2. **Left Step** into a **Left Transitional Cat Stance**. Then immediately execute a **Left Step** towards 9:00 into a **Horse Stance** moving around and behind your opponent's right leg.
3. Have both of your arms **Grab** the back of your opponent's knees.
4. **Lift** your opponent's legs off the ground as you straighten your back and rotate your upper body counterclockwise.
5. **Drop** your opponent on his back and head then pivot clockwise and deliver a **Right Back Heel Stomp** to your opponent's head or ribs.
6. Perform a **Right Front Crossover** and **Cover Out** toward 10:30.