
BROKEN DEATH

Lock & Choke | Two-handed choke | 6:00

Name:

Broken: To break or hyperextend a limb

Death: Two-handed choke

Attack:

The Ideal attack requires your opponent be to the rear. He applies a two-handed choke.

Movement:

1. Tuck your chin to your chest to protect your throat. **Left Step Sideways** toward 9:00 into a **Horse Stance** (facing 12:00). **Grab** both of your opponent's wrists with both of your hands and **Pull**, hyperextending or dislocating your opponent's thumbs against the back of your neck.
2. Continue to **Pull** your opponent's arms forward and down while using your shoulders to apply two **Arm Bars** (one on each arm).
3. **Right Cross Step** toward 10:30 into a **Right Transitional Neutral Bow Stance**. Pivot counterclockwise into a **Left Neutral Bow Stance** (facing 4:30) as you cross your opponent's arms with his right arm over his left.
4. **Shuffle Backward** to pull your opponent off balance, then immediately deliver a **Right Knee** to your opponent's left elbow joint. Without planting, deliver a **Right Front Snap Ball Kick** to your opponent's groin or right thigh.
5. **Plant Forward** toward 4:30 into a **Right Neutral Bow Stance** and deliver a **Right Inward Elbow** to the left side of your opponent's jaw. Simultaneously, execute a **Left Inward Horizontal Heel Palm** to the right side of your opponent's jaw.
6. Perform a **Right Front Crossover** and **Cover Out** toward 10:30.