
ROTATING SURRENDER

Hug & Hold | Full nelson | 6:00

Name:

Rotating: A turning maneuver

Surrender: Full nelson

Attack:

The Ideal attack requires your opponent be approaching from the rear as he applies a full nelson.

Movement:

1. **Jump** moving your right leg toward 3:00 and your left leg towards 9:00 into a **Horse Stance** while you deliver two **Middle Knuckle Fists** to your opponent's temples or face.
2. Execute two **Dropping Elbows** breaking the full nelson.
3. Execute a **Pinning Check** with both of your arms by thrusting both of your fists toward the ground. **Shallow** your base into a **Half Horse Stance** and deliver a **Reverse Head-Butt** to your opponents face.
4. Execute a **Left Hand Grab** to the opponents right wrist then **Left Step Forward** towards 12:00 into a **Left Transitional Neutral Bow Stance**. Pivot clockwise into a **Right Forward Bow Stance** (facing 6:00) and deliver a **Right Outward Elbow** to the right side of your opponent's jaw.
5. **Left Step Back** into a **Half Horse Stance**.
6. Execute a **Right Hand Grab** to the opponents left wrist then **Right Step Forward** towards 12:00 into a **Right Transitional Neutral Bow Stance**. Pivot counterclockwise into a **Left Forward Bow Stance** (facing 6:00) and deliver a **Left Outward Elbow** to the right side of your opponent's jaw.
7. Perform a **Left Front Crossover** and **Cover Out** toward 12:00.