
DOMINATING BEAR

Hug & Hold | Bearhug | 12:00

Name:

Dominating: To gain control of the opponent

Bear: Bearhug

Attack:

The Ideal attack requires that your opponent attacks you from the front. Your opponent is applying a bearhug with your arms pinned.

Movement:

1. **Right Step Back** toward 6:00 into a **Left Forward Bow Stance** while you deliver a **Double Thumb Thrust** to your opponent's bladder and a **Head-Butt** to your opponent's face.
2. **Left Hooking Check** to your opponent's right elbow as you deliver **Right Heel Palm** to the left side of your opponent's jaw.
3. Deliver a **Right Knee** to your opponent's groin followed by a **Right Knife-Edge Side Kick** to the inside of your opponent's left shin.
4. **Plant Forward** into a **Right Neutral Bow Stance** while frictionally pulling with a **Right Outward Downward Crane Hand** over the top of your opponent's right arm.
5. Deliver a **Right Horizontal Inward Elbow** to your opponent's jaw.
6. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.