
CROSSED DEATH

Lock & Choke | Two-handed choke | 12:00

Name:

.....
Crossed: A maneuver that crosses

Death: Two-handed choke

Attack:

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The Ideal attack requires your opponent be to the front and he applies a cross choke.

Movement:

1. **Right Step Forward** toward 12:00 into a **Right Neutral Bow Stance** buckling the inside of your opponent's right knee with your right knee. Execute a **Left Pinning Check** to your opponent's hands (making sure that greater pressure is on his upper hand). Deliver a **Right Thrusting Forearm** against your opponent's left elbow. Your right arm continues its motion ending with a **Right Vertical Punch** to your opponent's face.
2. Pivot into a **Right Forward Bow Stance** as you deliver a **Left Uppercut Punch** to your opponent's solar plexus or stomach. **Right Pinning Check** to your opponent's wrists.
3. Execute a **Left Outward Hooking Parry** to the outside of your opponent's left elbow as you deliver a **Right Inward Elbow** to turn the opponents head clockwise. Without stopping the motion of your right arm deliver a **Right Outward Palm Claw** to the opponent's face.
4. **Left Cross Behind** towards 3:00 into a **Right Front Twist Stance** as you right hand claws through the opponent's face and continues a clockwise loop delivering a **Right Inward Hammer Fist** to the opponents spine or left kidney. At the same time deliver a **Left Inward Heel Palm Claw** to the opponents face forcing them to fall to the ground on their back.
5. Pivot counterclockwise and deliver a **Left Back Heel Stomp** to the opponents head or ribs.
6. Perform a **Left Front Crossover** and **Cover Out** toward 7:30.