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# GROUNDING BEAR

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Hug & Hold | Bearhug | 6:00

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## Name:

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Grounded: Full takedown from the front

Bear: Bearhug

## Attack:

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The Ideal attack requires your opponent be to the rear applying a bear hug with your arms free. His right leg is slightly in front of his left.

## Movement:

1. **Right Step Sideways** toward 3:00 into a **Horse Stance** and strike with both **Dropping Elbows** against your opponent's forearms.
2. Pivot clockwise into a **Right Neutral Bow Stance** (facing 1:30) then bend forward, squat on your opponent's right knee, and **Grab** your opponent's right ankle with both hands. **Pull** up forcing your opponent down onto his back.
3. Have your right leg circle clockwise and deliver a **Right Spinning Hooking Heel Kick** to your opponent's right kidney.
4. **Plant** your right foot toward 7:30 into a **Right Reverse Close Kneel Stance** and **Twist** your opponent's right ankle counterclockwise (pushing down on your opponent's toes with your left heel palm, and pulling up on his ankle with the fingers and palm of your right hand).
5. Pivot into a **Right Forward Bow Stance** (facing 6:00) while completing the twisting of your opponent's right ankle, forcing your opponent onto his stomach.
6. **Left Step Forward** toward 4:30 into a **Left Close Kneel Stance**.
7. Deliver a **Right Front Scoop Kick** to your opponent's groin as you shift your weight onto your left leg, and you chamber your right leg high in a **Left One-Legged Stance**.
8. Deliver a **Right Stomp** to the opponent's neck or spine.
9. Perform a **Right Front Crossover** and **Cover Out** toward 4:30.