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# SOUTHERN EAGLES

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Grab & Tackle | Two-handed body grab from the front | 12:00

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## Name:

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Southern: Moving back

Eagles: Two-handed body grab from the front

## Attack:

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The Ideal attack requires that your opponent starts in front of you. They grab your shirt with both of their hands and extend both of their arms in an effort to push you back.

## Movement:

1. **Left Step Back** toward 6:00 into a **Right Neutral Bow Stance** while you execute a **Left Pinning Check** on top of your opponent's arms at the wrists. Deliver a **Right Upward Forearm** to your opponent's elbow joints.
2. **Left Step** toward 4:30 into a **Right Front Twist Stance** as you deliver a **Right Outward Back Knuckle** to your opponent's solar plexus.
3. Pivot into a **Right Neutral Bow Stance** (facing 10:30) as you circle your right arm counterclockwise, and execute a **Right Inward Downward Forearm** against your opponent's left forearm. **Left Positional Check** by your chest.
4. Pivot into a **Right Forward Bow Stance** as you deliver a **Left Horizontal Finger Thrust** to your opponent's eyes.
5. Pivot into a **Right Neutral Bow Stance** as you deliver a **Right Outward Knife Hand** to your opponent's throat.
6. **Shuffle Forward** and deliver a **Right Inward Horizontal Elbow** to the right side of your opponent's jaw and a **Left Inward Horizontal Heel Palm** to the left side of your opponent's jaw.
7. Pivot into a **Right Reverse Close Kneel Stance** as you deliver a **Right Back Hammer Fist** to your opponent's groin.
8. Deliver a **Right Thrusting Back Heel Kick** to your opponent's groin.
9. Perform a **Right Front Crossover** and **Cover Out** toward 4:30.