
LEVERAGED BEAR

Hug & Hold | Bearhug | 12:00

Name:

.....
Leveraged: To use a fulcrum

Bear: Bearhug

Attack:

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

Movement:

1. **Right Step Back** toward 6:00 into a **Left Forward Bow Stance** while you deliver a **Right Inward Heel Palm** to your opponent's left temple.
2. Pivot clockwise into a **Left Reverse Bow Stance** (facing 12:00) while you deliver a **Left Inverted Back Knuckle** to your opponent's left mastoid.
3. Pivot counterclockwise into a **Left Forward Bow Stance** as you execute a **Left Hand Grab** to your opponent's hair and **Pull** down.
4. Deliver a **Right Half Fist** to your opponent's throat.
5. Perform a **Left Front Crossover** and **Cover Out** toward 6:00.