
NORTHERN HONOR

Hold & Hug | Handshake | 12:00

Name:

Northern: Moving forward

Honor: Handshake

Attack:

The Ideal attack requires your opponent attacks you from the front. Your opponent is in a right fighting stance as they aggressively squeeze your right hand.

Movement:

1. **Left Step Forward** toward 12:00 (on the outside of your opponent's leg) into a **Left One-Legged Stance** with a **Right Hand Pull** jerking your opponent's right hand toward, and diagonally down past, your right hip. While in motion, deliver a **Left Underhand Thrusting Heel Palm** to your opponent's right elbow. and a **Right Knee** to your opponent's stomach.
2. **Plant Forward** toward 12:00 into a **Right Neutral Bow Stance** while making sure your right knee is to the inside of your opponent's right knee and pressing up against it. As you settle into your stance, execute a **Left Pressing Check** on top of your opponent's right arm.
3. Deliver a **Right Inward Horizontal Elbow** to your opponent's face.
4. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.