
HAMMERING VICE

Lock & Choke | Head lock or forearm choke | 9:00

Name:

Hammering: To strike with a hammer fist

Vice: Head lock or forearm choke

Attack:

The Ideal attack requires that your opponent starts at your left side (9:00). Your opponent grabs your head and pulls you into a side headlock.

Movement:

1. **Right Step Forward** toward 12:00 into a **Right Closed Kneel Stance** while you deliver a **Right Inward Hammer Fist** to your opponents groin and a **Left Inward Hammer Fist** to your opponent's left kidney.
2. Circle your left arm over your opponent's right shoulder and deliver a **Left Outward Claw** to your opponent's face pushing their head back.
3. Pivot into a **Left Forward Bow Stance** (facing 6:00) and deliver a **Right Heel Palm** to your opponent's chin.
4. Perform a **Left Front Crossover** and **Cover Out** toward 12:00.