
CROSSED RESTRAINTS

Hug & Hold | Hold from the back | 6:00

Name:

Crossed: A maneuver that crosses

Restraints: Hold from the back

Attack:

The Ideal attack requires your opponent be grabbing both of your wrists from the rear in an effort to restrain you. His right hand grabs your right wrist and his left hand grabs your left wrist.

Movement:

1. **Left Step Forward** towards 12:00 into a **Left Transitional Neutral Bow Stance** as you **Counter Grab** both of your opponent's wrists.
2. Pivot clockwise into a **Right Neutral Bow Stance** (facing 6:00). Deliver a **Right Obscure Elbow** to the right side of your opponent's face then **Pull** your opponent's right arm across and on top of your opponent's left arm.
3. Release your opponent's right arm and loop your right arm counterclockwise then deliver a **Right Inward Downward Elbow** to the upper spine of your opponent.
4. Deliver a **Right Downward Heel Palm** to your opponent's left kidney and a **Left Downward Heel Palm** to your opponent's right kidney.
5. Deliver a **Left Knee** to your opponent's right ribcage.
6. **Plant Back** toward 12:00 then perform a **Right Front Crossover** and **Cover Out** toward 12:00.