
LEVERAGED DEATH

Lock & Choke | Two-handed choke | 6:00

Name:

Leveraged: To use a fulcrum

Death: Two-handed choke

Attack:

The Ideal attack requires your opponent be to the rear. He applies a two-handed choke.

Movement:

1. Tuck your chin to your chest to protect your throat. **Left Step Sideways** toward 9:00 into a **Horse Stance** (facing 12:00). **Grab** both of your opponent's wrists with both of your hands and **Pull**, hyperextending or dislocating your opponent's thumbs against the back of your neck.
2. Continue to **Pull** your opponents arms down and forward using your shoulders to apply two **Arm Bars** (one on each arm).
3. **Right Cross Behind** toward 7:30 into a **Left Neutral Bow Stance** (facing 3:00) as you cross your opponent's arms with his left arm over his right.
4. Execute a **Left Hand Pull** with a **Right Hand Push** resulting in an **Arm Bar** to your opponent's left arm.
5. Deliver a **Right Front Snap Ball Kick** to your opponent's groin or right thigh.
6. **Plant Forward** toward 3:00 into a **Right Neutral Bow Stance** and pivot counterclockwise into **Horse Stance** (facing 12:00) as you execute a **Left Hand Pull** with a **Right Hand Push** resulting in an **Arm Bar** to the opponent's left arm.
7. Perform a **Right Front Crossover** and **Cover Out** toward 9:00.