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# NORTHERN EAGLES

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Grab & Tackle | Two-handed body grab from the front | 12:00

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## Name:

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Northern: Moving forward

Eagles: Two-handed body grab from the front

## Attack:

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The Ideal attack requires that your opponent attacks you from the front. They begin their attack by grabbing your lapels with both of their hands and pulling you toward them.

## Movement:

1. **Right Step Forward** toward 12:00 into a **Right Neutral Bow Stance** while you deliver a **Right Inward Forearm** to your opponent's left elbow and a **Right Thrusting Back Knuckle** across the bridge of your opponent's nose. **Left Pinning Check** on top of your opponent's arms at the wrists.
2. Deliver a **Right Inward Downward Forearm** to your opponent's forearms.
3. **Right Crane Hand Hook** to the outside of your opponent's right arm and execute a short snapping **Pull** to your right.
4. Deliver a **Right Inward Elbow** to the left side of your opponent's jaw.
5. Deliver a **Right Outward Elbow** to your opponent's sternum.
6. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.