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# DOMINATING 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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Dominating: To gain control of the opponent

Eagles: Two-handed body grab from the front

## Attack:

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The Ideal attack requires that your opponent starts in front of you. They pull you toward them with a two-handed chest grab.

## Movement:

1. **Right Step Forward** toward 12:00 into a **Right Neutral Bow Stance** while you deliver a **Right Uppercut Punch** to your opponent's solar plexus and **Left Overhead Punch** to your opponent's face.
2. **Right Step Sideways** toward 1:30 into a **Right Neutral Bow Stance** while you execute a **Left Inward Downward Block** to the top of your opponent's right arm.
3. Pivot into a **Right Forward Bow Stance** as you execute a **Left Inverted Inward Upward Block** to your opponent's left wrist. **Right Positional Check** by your solar plexus.
4. Execute a **Left Outward Extended Block** to the outside of your opponent's left arm at or above the elbow.
5. Deliver a **Left Two-Finger Eye Poke** to your opponent's left eye.
6. Pivot into a **Horse Stance** (facing 10:30) as you execute a **Left Hand Grab** to your opponent's left arm and **Pull** it diagonally down and past your left hip. Deliver a **Right Straight Punch** to your opponent's left ribcage.
7. Pivot into a **Left Neutral Bow Stance** (facing 9:00) as you execute a **Right Arm Bar** to your opponent's left arm.
8. Perform a **Left Front Crossover** and **Cover Out** toward 1:30.