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# ESCAPING VICE

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Lock & Choke | Head lock or forearm choke | 6:00

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## Name:

Escaping: To break free

Vice: Head lock or forearm choke

## Attack:

The Ideal attack requires that your opponent starts behind you and starts applying a right forearm choke around your throat. His left hand is assisting his right hand by grabbing his own right wrist to apply pressure.

## Movement:

1. **Right Step Sideways** toward 3:00 into a **Horse Stance** while you execute a **Right Hand Check** to your opponent's right wrist. Deliver a **Left Back Elbow** to your opponent's solar plexus followed by a **Left Back Hammer Fist** to your opponent's groin.
2. **Left Step** to a **Left Transitional Cat Stance** and deliver a **Left Outward Back Knuckle** to your opponent's right ribcage.
3. **Left Step Back** toward 7:30 into a **Right Closed Kneel Stance** while you deliver a **Right Inward Hammer Fist** to your opponent's groin and a **Left Inward Hammer Fist** to your opponent's left kidney.
4. 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.
5. Pivot into a **Left Forward Bow Stance** (facing 7:30) and deliver a **Right Heel Palm** to your opponent's chin.
6. Deliver a **Right Knee** to the outside of your opponent's right thigh.
7. **Plant Back** toward 1:30 then perform a **Left Front Crossover** and **Cover Out** toward 1:30.