
LEVERAGED CLAW

Grab & Tackle | One-handed grab to the wrist | 12:00

Name:

Leveraged: To use a fulcrum

Claw: One-handed grab to the wrist

Attack:

The Ideal attack requires that your opponent starts in front of you. They steps forward with their left foot as they apply a direct grab to your right wrist with their left hand.

Movement:

1. **Right Step Forward** toward 12:00 (inside of your opponent's left foot) into a **Right Neutral Bow Stance** while circling your left hand (palm in) counterclockwise, under, and to the outside of your opponent's left wrist. At the same time, circle your right hand (palm in) clockwise toward your chest.
2. Circle your right hand counterclockwise creating a fulcrum that ends in a **Wrist Lock** to your opponent's left wrist.
3. **Left Hand Counter Grab** to your opponent's left wrist as you break your right wrist free and deliver a **Right Outward Back Knuckle** to your opponent's left ribcage.
4. Deliver a **Right Inward Elbow** to your opponent's left ribcage followed immediately by a **Right Outward Elbow** to your opponent's left ribcage.
5. **Left Gauging Step** toward your opponent and deliver a **Right Outward Back Knuckle** to your opponent's left ribcage.
6. **Right Step Back** toward 12:00 into a **Right Reverse Bow Stance** while delivering a **Right Buckle** to the inside of your opponent's left leg.
7. Circle your right arm counterclockwise and deliver a **Right Inward Downward Forearm** to the right side of your opponent's neck.
8. Deliver a **Right Knee** to your opponent's face.
9. **Plant Forward** toward 7:30 into a **Right Front Crossover** and **Cover Out** toward 4:30.