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# BROKEN HONOR

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Hold & Hug | Handshake | 12:00

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## Name:

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Broken: To break or hyperextend a limb

Honor: Handshake

## Attack:

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The Ideal attack requires your opponent be attacking from the front. Your opponent aggressively squeezes your right hand.

## Movement:

1. **Left Step Forward** towards 12:00 into a **Left Neutral Bow Stance**. **Right Hand Pull** turning your opponent's right hand counterclockwise as you **Left Hand Grab** your opponent's right wrist (palm up and underneath your opponents wrist).
2. Deliver a **Left Upward Flapping Elbow** under your opponent's right elbow, while having your **Right Hand Pull Down**, to cause your opponent's elbow to break.
3. **Left Step Back** towards 6:00 into a **Right Neutral Bow Stance**. With the **Left Hand Grab** to your opponent's right wrist execute a **Left Hand Pull** to violently jerk your opponent's arm diagonally down past your left hip as you deliver a **Right Outward Back Knuckle** to your opponent's right temple.
4. **Left Gauging Step** toward 4:30 into a **Right Transitional Neutral Bow Stance** (facing 10:30) and continue to pivot to a **Left Forward Bow Stance** as you deliver a **Right Inward Elbow** to the left side of your opponent's jaw.
5. Perform a **Left Front Crossover** and **Cover Out** toward 10:30.