
CIRCLING DEATH

Lock & Choke | Two-handed choke | 6:00

Name:

Circling: To maneuver over or on top of

Death: Two-handed choke

Attack:

The Ideal attack requires your opponent be to the rear. He applies a two-handed choke while pushing you forward.

Movement:

1. Tuck your chin to your chest to protect your throat. **Left Cross Step** toward 1:30 into a **Left Transitional Neutral Bow Stance**.
2. Pivot clockwise into a **Right Forward Bow Stance** (facing 7:30) as you circle your right elbow over your opponent's arms ending in a **Right Pinning Check** trapping your opponent's right arm under your arm and against your body. Simultaneously, deliver a **Left Horizontal Finger Thrust** to your opponent's eyes.
3. Pivot counterclockwise into a **Right Transitional Neutral Bow Stance** (facing 7:30) as you deliver a **Right Upward Elbow** to your opponent's chin.
4. Continue to pivot into a **Right Reverse Bow Stance** (facing 7:30) and deliver a **Right Back Hammer Fist** to your opponent's groin as you execute a **Left Positional Check** over your right shoulder.
5. Perform a **Right Front Crossover** and **Cover Out** toward 1:30.