
BRACING OAK

Weapon | Club | 12:00

Name:

Bracing: To use an X-block

Oak: Club

Attack:

The Ideal attack requires that your opponent attacks you from the front. Your opponent starts in a left Fighting Stance. They step forward with their right foot as they execute a right overhead club attack.

Movement:

1. **Left Step Forward** toward 12:00 into a **Left Neutral Bow Stance** on the outside of your opponent's right leg and execute a **Left X-Block** to your opponent's right arm.
2. **Right Hand Grab** and **Pull** to your opponent's right wrist as you execute a **Left Arm Bar** to your opponent's right elbow.
3. **Left Step** into a **Left Transitional Cat Stance** then **Left Step Forward** toward 12:00 into a **Left Neutral Bow Stance** on the inside of your opponent's right leg.
4. Deliver a **Right Knee** to your opponent's head or chest.
5. **Plant Back** toward 6:00 then perform a **Left Front Crossover** and **Cover Out** toward 6:00.