
DOMINATING HAWK & RAM

Grab & Tackle | One-handed body grab from the front/Right hand punch | 12:00

Name:

Dominating: To gain control of the opponent

Hawk: One-handed body grab from the front

Ram: Right hand punch

Attack:

The Ideal attack requires your opponent be to the front. He grabs your right lapel with his left hand, and attempts to punch you with his right hand, his left is foot forward.

Movement:

1. **Left Pinning Check** to your opponent's left grabbing hand as you execute a **Right Hammering Forearm** to your opponent's left radial nerve. Continue the motion to a **Right Upward Forearm** against the elbow joint of your opponent's left arm.
2. Deliver a **Right Vertical Punch** to your opponent's face and a **Right Front Thrusting Ball Kick** to the right inner knee or groin of your opponent.
3. **Plant Forward** towards 12:00 into a **Right Neutral Bow Stance**. Deliver a **Right Downward Elbow** to your opponent's left forearm.
4. Deliver a **Right Upward Elbow** to your opponent's chin.
5. Deliver a **Right Downward Heel Palm Claw**, first to the bridge of the nose, and then to the eyes and face of your opponent.
6. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.