
GROUNDING HAWK

Grab & Tackle | One-handed body grab from the front | 12:00

Name:

Grounded: Full takedown from the front

Hawk: One-handed body grab from the front

Attack:

The Ideal attack requires your opponent be to the front. He steps forward with his right foot, as he grabs your right lapel with his right hand. He is up close to you and his right arm is bent.

Movement:

1. **Right Step Forward** towards 12:00 into a **Right Neutral Bow Stance**. As you step, execute a **Left Pinning Check** to your opponent's right hand, and deliver a **Right Upward Elbow** or **Right Vertical Forearm** to your opponent's right shoulder.
2. Pivot counterclockwise into a **Left Forward Bow Stance** (facing 6:00). Use a **Right Pressing Forearm** to force your opponent to the ground.
3. Pivot clockwise into a **Left Forward Bow Stance**. Have your **Right Hand Counter Grab** your opponent's right wrist, and twist it clockwise, applying pressure on his right wrist and shoulder. Deliver a **Left Underhand Heel Palm** to your opponent's right elbow concluding the motion in a **Left Arm Bar** forcing your opponent's shoulder away from you.
4. Deliver a **Left Knife-Edge Side Kick** or a **Left Stomp** to the right side of your opponent's neck or head as you **Pull** on your opponent's arm. **Plant** your left foot back to 6:00 into a **Left Forward Bow Stance**.
5. Have your **Left Hand Counter Grab** your opponent's right arm and pivot into a **Left Forward Bow Stance** as you twist the opponent's right wrist counterclockwise. To aid in applying pressure to his right wrist and shoulder, execute a **Right Pressing Check** to your opponent's right elbow.
6. Deliver a **Right Shin Kick** to the back of your opponent's head.
7. Deliver a **Right Back Side Scooping Heel Kick** to the opponent's left kidney or ribs.
8. Deliver a **Right Downward Looping Roundhouse Ball Kick** to the opponent's sternum.
9. Perform a **Right Front Crossover** and **Cover Out** toward 1:30.