
ROTATING BEAR

Hug & Hold | Bearhug | 6:00

Name:

Rotating: A turning maneuver

Bear: Bearhug

Attack:

The Ideal attack requires that your opponent be to the rear. He is applying a high bearhug (arms free) with his right hand over his left.

Movement:

1. **Right Step Sideways** toward 3:00 into a **Horse Stance** and deliver both **Middle Knuckle Fists** to the back of your opponent's top hand.
2. **Drop** both of your elbows executing a **Pinning Check** to both of your opponent's arms then use both hands to **Grab** your opponent's right hand, making sure that your thumbs are on top, and with your fingers inside of your opponent's palm.
3. **Left Step Forward** toward 1:30 then pivot clockwise and **Right Step Back** towards 1:30 into a **Left Neutral Bow Stance** (facing 7:30). Twist your opponent's right wrist clockwise in a very tight circle and use both your hands to execute a **Wrist Lock**.
4. Deliver a **Right Front Snap Ball Kick** to the body of your opponent.
5. **Plant Forward** towards 7:30 into a **Right Neutral Bow Stance**. Execute a **Left Hand Check** your opponent's right elbow and deliver a **Right Underhand Back Knuckle** to your opponent's face or temple.
6. Perform a **Right Front Crossover** and **Cover Out** toward 1:30.