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# ENTWINED HONOR

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Hold & Hug | Handshake | 12:00

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## Name:

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Entwined: Two-handed wrapping hold

Honor: Handshake

## Attack:

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The Ideal attack requires your opponent attacks you from the front. Your opponent aggressively squeezes your right hand.

## Movement:

1. **Right Step Forward** toward 12:00 into a **Right Neutral Bow Stance** while making sure your right knee is to the inside of your opponent's right knee and pressing up against it. Deliver a **Left Outward Downward Crane Hand** to your opponent's right wrist as you deliver a **Right Inward Flapping Elbow** to your opponent's solar plexus.
2. While maintaining your **Right Hand Grab**, apply a **Left Hand Grab** to your opponent's right wrist by circling your right hand (palm in) clockwise toward your chest then circle your left hand (palm in) counterclockwise, under your opponent's right wrist.
3. **Right Step Back** towards 6:00 into a **Left Neutral Bow Stance** while using a **Two Hand Pull** to pull your opponent's arm towards your right hip. As you settle into your stance, execute a **Wrist Lock** to the opponent's right wrist. This is accomplished by having your right hand circle counterclockwise on the back of opponent's right hand, while maintaining contact with the palm of your right hand ending in a **Right Hand Grab**. After grabbing the opponent's right hand, rotate your right hand to point towards them.
4. Deliver a **Right Front Snap Ball Kick** to your opponent's right rib cage or liver.
5. **Plant Back** then perform a **Left Front Crossover** and **Cover Out** toward 6:00.