
ECHOED CLAW

Grab & Tackle | One-handed grab to the wrist | 12:00

Name:

Echoed: Retaliate with a similar attack

Claw: One-handed grab to the wrist

Attack:

The Ideal attack requires that your opponent starts in front of you. His right hand reaches out and cross grabs your right wrist.

Movement:

1. **Counter Grab** your opponent's right wrist as you execute a **Left Step Forward** toward 1:30 (in front of your opponent) into a **Left Neutral Bow Stance**. Execute a **Left Arm Bar** to your opponent's right elbow.
2. Deliver a **Left Outward Elbow** to your opponent's right jaw or temple.
3. Deliver a **Left Outward Palm Claw** to your opponent's face and pull up and through your opponent's face.
4. Continue moving your left arm in a counterclockwise motion and deliver a **Left Downward Elbow** to your opponent's upper spine.
5. Deliver a **Left Downward Heel Palm** to the back of your opponent's neck and a **Right Knee** to your opponent's face.
6. Plant Back into a **Left Neutral Bow Stance** and perform a **Left Front Crossover** and **Cover Out** toward 6:00.