
TRIPPING BEAR

Hug & Hold | Bearhug | 12:00

Name:

Tripping: Full takedown from the back

Bear: Bearhug

Attack:

The Ideal attack requires that your opponent attacks you from the front. Your opponent is applying a bearhug with your arms free, but bent and positioned between you and your opponent.

Movement:

1. **Left Step Sideways** toward 9:00 into a **Left Neutral Bow Stance** while you deliver a **Left Outward Downward Hooking Knife Hand** to your opponent's right shoulder and collar bone area. At the same time deliver a **Right Inward Heel Palm** to your opponent's left temple or jaw hinge.
2. **Right Step** into a **Right Transitional Cat Stance** or a **Left One-Legged Stance** then **Right Step** toward 3:00 into a **Right Reverse Fighting Horse Stance** behind your opponent while delivering a **Right Buckle** to the back of their right leg. As you settle execute. **Left Hand Grab** to your opponent's right arm while executing a **Right Pressing Check** to the left side of your opponent's head.
3. As you settle into your stance pivot counterclockwise into a **Left Forward Bow Stance** (facing 9:00) as you deliver a **Right Heel Palm** to your opponent's left temple or jaw hinge. **Left Hand Pull** to your opponent's right arm to assist in tripping and knocking them to the ground.
4. Deliver a **Right Stomp** to your opponent's face.
5. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.