
CIRCLING FALCON

Grab & Tackle | One-handed grab from the flank | 4:30

Name:

Circling: To maneuver over or on top of

Falcon: One-handed grab from the flank

Attack:

The Ideal attack requires your opponent be attacking from your right rear flank. He is grabbing your right shoulder with his left hand, and pulling you toward him with his left elbow bent.

Movement:

1. **Right Step Back** toward 6:00 (on the outside of your opponent's left leg) into a **Right Fighting Horse Stance** (facing 6:00). Circle your arms clockwise and deliver a **Right Upward Ripping Claw** to your opponent's face. Immediately deliver a **Left Inward Claw** to your opponent's face as you continue the motion of your right hand in a clockwise direction and deliver a **Right Inward Downward Diagonal Hammer Fist** to your opponent's left kidney.
2. Continue your right arm in a clockwise motion securing a **Right Arm Bar**.
3. **Left Positional Check** as you execute a **Right Step Forward** toward 1:30 into a **Right Front Twist Stance** as you deliver a **Right Upward Forearm** against the elbow joint of your opponent's left arm.
4. **Left Step Forward** toward 1:30 into a transitional **Left Neutral Bow Stance** and pivot to your right into a **Right Forward Bow Stance** (facing 7:30). Reverses your right hands motion into a counterclockwise direction and deliver a **Right Inverted Back Knuckle** to your opponent's right mastoid. At the same time deliver a **Left Heel Palm** to the left side of your opponent's face.
5. Reverse your right hand's motion and deliver a **Right Outward Inverted Middle Knuckle Fist** to your opponent's sternum.
6. Perform a **Right Front Crossover** and **Cover Out** toward 12:00.