
CHOPPING FALCON

Grabs & Tackles | One-handed grab from the flank | 4:30

Name:

Chopping: To use knife hand strikes

Falcon: One-handed grab from the flank

Attack:

The Ideal attack requires that your opponent be attacking you from your right rear flank (4:30). When grabbing your right shoulder, your opponent's left arm is bent at the elbow.

Movement:

1. **Right Step Back** towards 4:30 into a **Right Fighting Horse Stance** while utilizing a **Left Pinning Check** your opponent's left hand, and striking your opponent's throat with a **Right Outward Knife Hand**.
2. Deliver a **Right Back Hammer Fist** to your opponent's groin.
3. Perform a **Right Front Crossover** and **Cover Out** toward 10:30.