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# DESCENDING VINE

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Lock & Choke | Lock to the wrist | 12:00

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## Name:

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Descending: Downward maneuver

Vine: Lock to the wrist

## Attack:

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The Ideal attack requires that your opponent starts in front of you. While trying to defuse the situation and maintain distance, you place your right hand defensively on your opponent's chest. Your opponent attempts a two-handed wrist lock.

## Movement:

1. **Right Step Forward** toward 12:00 into a **Right Neutral Bow Stance**. Deliver a **Right Upward Elbow** to your opponent's solar plexus as you execute a **Left Pressing Check** to your opponent's chest.
2. Drop to a **Right Wide Kneel Stance** as you deliver a **Right Downward Heel Palm Claw** to and through your opponent's groin. Execute a **Left Positional Check** by your face.
3. Deliver a **Right Ridge Hand** to your opponent's groin.
4. Using a figure eight path of travel, deliver a **Right Outward Back Knuckle** to the inside of your opponent's left knee followed by a **Right Fitted Vertical Punch** to the inside of your opponent's right knee.
5. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.