
LEVERAGED VICE

Lock & Choke | Head lock or forearm choke | 6:00

Name:

Leveraged: To use a fulcrum

Vice: Head lock or forearm choke

Attack:

The Ideal attack requires that your opponent starts at your left flank (9:00). The technique describes your opponent grabbing your head and pulling you down into a side headlock.

Movement:

1. **Right Step Forward** toward 12:00 into a **Right Closed Kneel Stance** while you execute a **Right Hand Check** to your opponent's right wrist. Execute a **Left Hand Grab** pinching your opponent's right inner thigh.
2. Have your right hand bring your opponent's right arm over your head and down to your chest. Execute a **Left Arm Bar** to your opponent's right elbow.
3. **Left Step** to a **Left Transitional Cat Stance** then **Left Step** toward 7:30 into a **Left Neutral Bow Stance** as you execute a **Left Arm Bar**.
4. Execute a **Left Pinning Check** to your opponent's right arm then pivot into a **Left Forward Bow Stance** and deliver a **Right Fitted Vertical Punch** to your opponent's right mastoid.
5. Perform a **Left Front Crossover** and **Cover Out** toward 3:00.