NORTHERN VINE

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

Name:

Northern: Moving forward

Vine: Lock to the wrist

Attack:

The Ideal attack requires your opponent be attacking you from the front. The attack is an outside "bent arm" lock applied to your right wrist. Your opponent initiates the action by grabbing your right wrist with his left hand. To complete the twist he uses his right hand to assist him.

Movement:

1. **Right Step Forward** towards 12:00 into a **Right Neutral Bow Stance**. Execute a **Left Hooking Downward Diagonal Crane Hand Block** to your opponent's right arm or wrist, before it is joined to the attack. At the same time, lift your right arm straight up to release the left hand grip.

2. Deliver a **Right Downward Elbow** to your opponent's sternum.

3. Pivot into a **Right Reverse Bow Stance** and deliver a **Right Back Hammer Fist** to your opponent's groin.

4. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.