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# RESISTING GUARD

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Lock & Choke | Lock from the back | 6:00

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## Name:

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Resisting: To stop before fully locked

Guard: Lock from the back

## Attack:

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The Ideal attack requires that your opponent be attacking from the rear. He is applying a hammerlock to your right arm with his right hand (palm up).

## Movement:

1. **Left Step Back** counterclockwise to 4:30 into a **Right Transitional Neutral Bow Stance** (modify the depth or width of your stance as the situation dictates). Use a **Right Hand Counter Grab** to control your opponent's right wrist.
2. Continue to pivot your entire body counterclockwise into a **Left Neutral Bow Stance** (facing 6:00) as you attempt to deliver a **Left Outward Elbow Strike** to your opponent's face, and have it blocked.
3. Immediately turn clockwise with a **Left Step Forward** toward 12:00 into a **Right Reverse Cat Stance**. Straighten your right arm during this transition, while maintaining your grab to your opponent's right wrist, pulling your opponent to you, and upsetting his balance.
4. Deliver a **Right Thrusting Back Heel Kick** to your opponent's body (this should bend your opponent forward at the waist and the extension of your kick should back him up). Immediately **Plant** your right foot toward 6:00.
5. Pivot your entire body clockwise into a **Right Neutral Bow Stance** (facing 6:00) while twisting your opponent's right arm clockwise in a very tight circle and using a **Left Positional Check**.
6. Follow up with a **Left Front Thrusting Ball Kick** to your opponent's left inner knee.
7. Without planting your left foot, **Left Front Crossover** toward 10:30 into a **Left Front Twist Stance** as you simultaneously execute a **Left Hammering Heel Palm** on top of your opponent's right elbow joint. Again, this is done while still maintaining your **Right Hand Grab** to your opponent's right wrist.
8. Continue your **Cover Out** toward 10:30.