
CLUTCHING HAWK

Grab & Tackle | One-handed body grab from the front | 12:00

Name:

Clutching: Pin the hand

Hawk: One-handed body grab from the front

Attack:

The Ideal attack requires your opponent be attacking you from the front. Your opponent steps forward with his left foot as he grabs your hair with his left-hand.

Movement:

1. **Left Step Back** toward 6:00 into a **Right Neutral Bow Stance** with a **Left Pinning Check** to your opponent's left hand as you thrust a **Right Vertical Middle Knuckle Fist** to your opponent's left armpit.
2. Pivot into a **Right Forward Bow Stance** as you deliver a **Left Heel Palm Thrust** to your opponent's jaw with a **Right Extended Outward Block** to the inside of your opponent's left forearm.
3. Pivot into a **Right Neutral Bow Stance** while delivering a **Right Raking Hammer Fist** across the bridge of your opponent's nose.
4. Perform a **Right Front Crossover** and **Cover Out** toward 6:00