
ROTATING VINE

Grab & Tackle | Two-handed grab to the wrist or wrists | 3:00

Name:

Rotating: A turning maneuver

Vine: Lock to the wrist

Attack:

The Ideal attack requires your opponent be at your right flank (3:00). His right hand grabs the fingers of your right hand and tries to break or pressure lock them by applying upward pressure. His left arm figure four locks your right arm.

Movement:

1. **Right Step Forward** towards 1:30 into a **Right Neutral Bow Stance** and deliver a **Left Thrusting Knife Hand** (palm down) to the opponent's right hand.
2. Pivot counterclockwise into a **Horse Stance** and deliver a **Left Back Elbow** to your opponent's left kidney.
3. Pivot clockwise into a **Right Neutral Bow Stance** and deliver a **Right Outward Downward Elbow** to the front of your opponent's left ribcage with a **Left Positional Check**.
4. Perform a **Right Front Crossover** and **Cover Out** toward 9:00.