
NORTHERN EAGLES

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

Name:

Northern: Moving forward

Eagles: Two-handed body grab from the front

Attack:

The Ideal attack requires that your opponent attacks you from the front. They begin their attack by grabbing your lapels with both of their hands and pulling you toward them.

Movement:

1. **Right Step Forward** toward 12:00 into a **Right Neutral Bow Stance** while you deliver a **Right Raking Hammer Fist** across the bridge of your opponent's nose ending in a **Right Inward Downward Forearm** to your opponent's forearms. **Left Pinning Check** on top of your opponent's arms at the wrists.
2. **Right Crane Hand Hook** to the outside of your opponent's right arm and execute a short snapping **Pull** to your right.
3. Deliver a **Right Inward Elbow** to the left side of your opponent's jaw.
4. Deliver a **Right Outward Elbow** to your opponent's jaw.
5. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.