
LEVERAGED GUARD

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

Name:

Leveraged: To use a fulcrum

Guard: Lock from the back

Attack:

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** toward 4:30 into a **Right Neutral Bow Stance** as you execute a **Right Hand Counter Grab** to your opponent's right wrist.
2. Pivot counterclockwise into a **Left Neutral Bow Stance** (facing 6:00) while delivering a **Left Outward Elbow** to your opponent's jaw.
3. Circle your left arm over then under (counterclockwise) your opponent's right elbow securing a **Left Arm Bar** then pivot to your right (toward 10:30) into a **Right Forward Bow Stance**.
4. Deliver a **Right Heel Palm** to the back of your opponent's neck and a **Left Heel Palm** to the right side of your opponent's back as you execute a **Right Step Back** toward 4:30 into a **Left Reverse Bow Stance**.
5. Deliver a **Right Knee** to your opponent's chest.
6. **Plant Forward** toward 10:30 into a **Right Neutral Bow Stance** while pushing your opponent off of your right knee and onto the ground.
7. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.