

OVERHEAD CLUB #2

Sometimes the best block is to not be there in the first place.

Start in Horse Stance with hands on guard. As opponent attacks, execute circular #4 Palm Block immediately followed by Right Upward Crane Block in a "Helping Hand" fashion, and step-glide toward 10:30 with left foot. Deliver Right Cross Shuto to neck, then grab opponent's hair with right hand. Deliver Right Side Blade Kick to opponent's right knee. Step down and deliver Left Roundhouse Elbow to base of skull.

