

OVERHEAD CLUB #4

Break it and take it.

Start in Left Half Moon Stance with hands on guard. As opponent attacks, step-glide forward with left foot and execute #6 Block and simultaneous Right Palm Heel to face. Grab the wrist and deliver Right Ridgehand to groin. Grab the wrist with your right hand and half moon behind opponent into Horse Stance facing 9:00. Rotate the arm and break it over your left shoulder. Take the club with your left hand, then half moon backward with left foot, under the arm, into Horse Stance facing opponent's back. Crank up on opponent's right arm behind his back and jam the butt of the club into his throat.

