

SIDE CLUB #3

Defense against: Hook punch to head.

Start in Horse Stance with hands on guard. As opponent attacks, step-glide forward with right foot and pivot to face 9:00 in Left Half Moon Stance. Execute Double Shuto Block. Grab the wrist with your left hand and attack the bicep again with a Right Leopard's Paw. Deliver Right Backfist to face, continue the circle and break opponent's elbow with your right forearm. Half moon behind opponent's right leg with your right leg and deliver Right Side Elbow to kidney. Grab opponent's shoulder with your right hand, then pull opponent backward and execute Right Leg Hock to opponent's right leg. Deliver Right Hammer Strike to face.

