

BEAR HUG

*Defense against: **Bear hug around your arms from the rear.***

Remember to distract the opponent by using Looseners before any Grab Defense Technique.

Start in Neutral Stance. Simultaneously step to the left with your left leg, hook over opponent's hands with your left hand, and execute big motion with an Upward Crane's Wing to the air in front of you, somewhat freeing your right arm. Deliver Right Rear Elbow to body, then Right Reverse Shuto to the groin. Grab opponent's groin with right hand, then rip upward with a Rear Rising Elbow to chin.

