

OVERHEAD CLUB #1

*Defense against: **Single arm downward-angled swing with a club.***

“Overhead” could mean straight over the top, at an angle, or anywhere in between. The most natural and strongest option is an angled attack at roughly 45 degrees, so we practice defending against this angle. You will find that these Overhead Club techniques work well against a large array of angles, making them extremely versatile.

When executing the kneeling movement to your partner’s knee, be sure to do two things: 1) press gently and let your partner kneel with you, and 2) pivot both of your feet to face the angle to which you are kneeling.

Start in Left Fighting Stance. As opponent attacks, step-glide forward with left foot and execute angled #6 Block. Wrap over opponent’s arm with your left arm and deliver Right Roundhouse Elbow to face. Deliver Right Ridgehand to groin. Using your left leg, kneel on the back of opponent’s right knee. Deliver Right Roundhouse Elbow to face.