

# OVERHEAD CLUB #2

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

*The blind takedown in this technique will teach you to be aware of your position relative to your opponent's, or the takedown won't work. Use finesse, not force.*

Start in Left Fighting Stance. As opponent attacks, step-glide forward with left foot and execute angled #6 Block and simultaneous Right Thrust Punch to liver. Grab the wrist and half moon behind opponent into Horse Stance facing 9:00, delivering a Glancing Right Roundhouse Elbow as you step through. Deliver Left Hook Kick to solar plexus. Execute Right Roundhouse Elbow to chest and sweep opponent's right leg with a Right Leg Hock. Right Front Ball Kick to ribs.

