

OVERHEAD CLUB #3

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

Break it and take it.

Start in Left Fighting Stance. As opponent attacks, step-glide forward with left foot and execute angled #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 too and half moon behind opponent into Horse Stance facing 9:00. Rotate the arm and break it over your right 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.

