

# OVERHEAD CLUB #4

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

*The Figure 4 Lock is designed to destroy your opponent's rotator cuff (small muscles supporting the shoulder). When practicing with a partner, you may take them down slowly and with control, or let them tap out.*

Start in Left Fighting Stance. As opponent attacks, step-glide forward with left foot, execute angled #6 Block, and deliver Right Roundhouse Elbow to ribs. Apply a Figure 4 arm lock, step past opponent with your right leg, and crank their arm backward.

