

# SIDE CLUB #3

*Defense against: **Single arm inward horizontal swing with a club.***

*One of the keys to Side Club #3 is planning ahead. This technique allows you to work your way around the opponent as you deliver a fluid series of strikes, and if you positioned yourself correctly along the way, you will be rewarded with a satisfying takedown.*

Start in Right Fighting Stance. As opponent attacks, step-glide forward with right foot and pivot to face 9:00 in Left Fighting Stance. Execute Double Sword Arm Block. Grab the wrist with your left hand and attack the bicep again with a Right Leopard's Paw. Deliver Right Backfist to face. Continue the clockwise circle and break opponent's elbow with your right forearm while executing a step-glide toward 9:00. Half moon behind opponent's right leg with your right leg and deliver Right Side Elbow to kidney. Grab opponent's shoulder from the back with your right hand, then pull opponent backward and execute Right Leg Hock to opponent's right leg. Kneel on right knee and deliver Right Hammer Strike to face.