

SIDE CLUB #4

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

This technique will teach you to use your opponent's momentum against him. Catch and release.

Start in Right Fighting Stance. As opponent attacks, step-glide forward with right foot, latch onto opponent's forearm with your left arm, and deliver Right Bear Paw to opponent's ear. Slide left foot counterclockwise and continue pulling opponent with his own momentum, redirecting his energy so he falls to the floor toward 6:00.

