

TACKLE DEFENSE

*Defense against: **Charging tackle to midsection.***

There are several effective ways to handle a tackle attack. This is one of the best because it gets you off the Tiger's line and effortlessly puts the opponent on the ground while keeping you on your feet. Timing is key. Execute the technique and get away fast.

Start in Neutral Stance. As opponent approaches, simultaneously push downward on opponent's neck with your right hand, redirect opponent's left arm clockwise with your left hand, and Hinge Step back with your right leg. Continue applying pressure in a tight clockwise circle and throw opponent to the floor.

