

UPRIGHT HEAD LOCK

*Defense against: **Standing head lock from the rear.***

Start in Neutral Stance. As soon as you detect the opponent's arm reaching in front of you, tuck your chin to your chest to prevent him from securing the hold around your neck. Hook on top of opponent's wrist with your right hand and apply downward pressure to alleviate the grip. Step backward between opponent's legs with your left foot. As you sink into a Side Horse Stance, deliver Left Rear Elbow to solar plexus. Left Reverse Shuto to groin. Half moon backward with your left foot, behind opponent's right leg, and slide your head out to the rear.

