COUNTERBRACE

Meaning: Counterbrace: a defensive maneuver in martial arts or combat sports that involves using an opponent's momentum to gain balance or control during an engagement.

1. The athlete executed a perfect counterbrace, turning the opponent’s momentum against them.
2. In martial arts, a skilled fighter often uses a counterbrace to maintain balance during an attack.
3. After years of training, she finally mastered the counterbrace technique, impressing her coach.
4. The counterbrace proved essential in the match, allowing him to regain control when he was nearly thrown.
5. During the demonstration, the instructor highlighted the importance of the counterbrace in defensive tactics.

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