α - abstraction
β - abstraction
Example:

- $\text{trn}$
- $\text{tBu}$
- $\text{Cl}$
- $\text{H}$

$\alpha$-abs.  

$\text{C} - \text{Ta}$

No $\beta - \text{H}$ present.

$\alpha$-elim.

- $\text{Ta}$ 4f$^{14}$ 5d$^3$ 4s$^2$
- $\text{trn}$
- $\text{tBu}$

$\text{RE}$

$\text{RE}X$
β-Abs. less common

This process is a concerted process, which accomplishes the same overall transformation as in β-hydride elim. Rx h.
\[ \text{Cp}_2 \text{Zr} \rightarrow \text{Cp}_2 \text{Zr} - \text{benzyne complex} \]

\[ \beta\text{-elim} \]

\[ \text{Cp}_2 \text{Zr} \rightarrow \text{Cp}_2 \text{Zr} \]

\[ \text{SCIENCE, 1993, 261, 1696.} \]