

Techniques



BEGGING HANDS (front two-hand grab to wrists)

- With feet together, step back with your left foot (to 6 o'clock) into a right neutral bow as you have both of your hands assimilate begging (palm up) on the top of your opponent's wrists as your right foot draws back into a right cat stance.
- Immediately deliver a right snapping ball kick to opponent's groin.
- Plant your right foot (toward 12 o'clock) adjusting its depth according to the circumstances and deliver a left snapping ball kick to opponent's chin.
- As you plant your left foot forward (toward 12 o'clock) into a left neutral bow, deliver a double torquing heel of palm thrust under opponent's chest, shuffling forward if needed.
- Left front crossover and cover out to 6 o'clock.

THRUSTING WEDGE (front two-hand high push)

- With feet together, step forward and to your left with your right foot (to 11 o'clock) into a right forward bow as both of your arms thrust forward so that your forearms are wedges and your fingers (of both hands) are thrusting claws to opponent's eyes and face.
- Immediately pivot (in place) counterclockwise and drop down into a horse simultaneously as your left hand grabs your opponent's right wrist and pulls it down and past your left hip (anchoring your left elbow in the process): Simultaneously with the above action have your right elbow strike up to opponent's chin (right upward elbow strike).
- Follow-up with a right downward overhead heel of palm strike to bridge of opponent's nose and right five-finger claw to opponent's eyes (in the same motion).
- Right front crossover and cover out to 6 o'clock.

FLASHING WINGS (front straight right punch)

- Standing naturally with feet together, step to your left on a 45 degree; angle with your left foot (to 11 o'clock) as your left inward blocks on the outside of opponent's right arm and your right arm cocks to your right hip (fist clenched and palm up).
- Shift into a left forward bow as you deliver a right inward horizontal elbow strike to opponent's right ribs (with your left hand guarding and employing the bracing angle concept) which follows through and by-passes opponent's ribs.
- Shift clockwise into a horse as you execute a right horizontal outward elbow strike to opponent's right shoulder blade (just under it) as you simultaneously execute a left horizontal outward heel of palm claw across opponent's face.

- Continue to pivot clockwise into a right wide kneel as you deliver a right hooking chop (out and diagonally down while anchoring your right elbow) and left chop to the back of opponent's neck.
- Shift counterclockwise into a left wide kneel as your left hand checks and pins opponent's right arm himself and your right hand chops (thrusting with the palm up) to opponent's throat.
- Left front crossover and cover out to 6 o'clock.

HUGGING PENDULUM (front right side kick)

- While in a fighting stance (right neutral bow), shuffle back slightly as you deliver a right hammering downward diagonal block (hooking your blocking arm so that it travels from 11 o'clock to 5 o'clock) on the outside of opponent's right kicking leg.
- Immediately do a left front crossover as your right hand cocks horizontally across your body (palm in) with your left hand in guarding position and deliver a right knife-edge kick to inside of opponent's left knee.
- Follow-up with a right horizontal back knuckle strike to opponent's mastoid or temple (as you plant your right foot forward) arching wide to the right and returning with a right inward horizontal hooking heel of palm claw to opponent's face while maintaining bend in your right elbow.
- Right front crossover and cover out to 7 o'clock.

REPEATED DEVASTATION (full nelson)

- With feet together and while in a full nelson, strike over and back of your head with both of your fists (palms facing forward) to opponent's face (sandwiching his head) as your right foot steps to 3 o'clock into a narrow horse stance.
- Strike both of your elbows down to opponent's biceps (palms still facing forward) while dropping lower in your horse stance and immediately thrust both fists toward the ground (palms facing you) as you straighten and stiffen your knees.
- Step forward (in a straight line) with your left foot toward 12 o'clock into a left neutral bow and pivot clockwise into a right forward bow (facing 6 o'clock) as you deliver a right outward thrusting elbow strike to opponent's right jaw.
- Plant your left foot back to the point of origin and step forward with your right foot toward 12 o'clock into a right neutral bow and pivot counterclockwise into a left forward bow (facing 6 o'clock) as you deliver a left outward thrusting elbow strike to opponent's left jaw.
- Left front crossover and cover out to 12 o'clock.

ENTANGLED WING (front arm lock)

- With feet together and forced into a right neutral bow, step forward and to your left with your right foot (to 10 o'clock) as you raise your right arm up and overhead (similar to a right upward elbow strike).
- Pivot (in place) counterclockwise and dropping low (into a left neutral bow), deliver a left back elbow strike to opponent's groin or ribs depending upon the height of your opponent as your right arm pulls opponent's left elbow down and breaks opponent's elbow across the back of your right shoulder.

- Immediately pivot (in place) clockwise (into a horse) and execute a right back elbow strike to opponent's mid-section or right ribcage, depending upon the circumstances. Keep your left hand in a guard position, checking at your right shoulder.
- Right front crossover and cover out to 6 o'clock.

DEFYING THE STORM (front right roundhouse club)

- With feet together, step forward and to your left with your right foot to 11 o'clock (into a right neutral bow) as your opponent steps through with his right foot delivering a right roundhouse club attack.
- As your right foot steps through to 11 o'clock, have your right knee buckle on the inside of your opponent's right knee while simultaneously striking his right wrist with your left extended outward chop and his right bicep with your right inward chop.
- Immediately step back with your right foot to 5 o'clock (into a left forward bow) as your left hand grabs (at opponent's left wrist) and pushes out and away, simultaneously while your right hand grabs back of opponent's right elbow and pulls down and toward you to snap the joint. This is done while anchoring your right elbow past your right hip.
- Follow-up with a right knee kick to opponent's sternum and as you plant your right foot forward (to 11 o'clock) into a right neutral bow, bury a right inward overhead downward elbow strike to opponent's upper spine with your left hand still grabbing opponent's right wrist, keeping it over to the left side.
- Cover out to 6 o'clock.

RAKING MACE (front two-hand lapel grab - pull in)

- With feet together and as your opponent pulls you in, have your right foot step forward and to 11 o'clock (into a right neutral bow). Simultaneously strike with a right uppercut punch to opponent's solar plexus as your left hand horizontally pins both of opponent's hands down.
- Immediately have your right hand circle counterclockwise (while your left hand still guards) and have the knuckles of your right fist rake (from 1 o'clock to 7 o'clock) down and across the bridge of opponent's nose; continue the move and strike down (diagonally) on opponent's forearm.
- Follow-up with a right outward chop to opponent's throat.
- And a right inward horizontal elbow to the left jaw of your opponent as your left heel of palm simultaneously strike t opponent's right jaw to cause a sandwiching effect (shuffling as necessary).
- Right front crossover and cover out to 6 o'clock.

SLAKING TALON (front two-hand push)

- With feet together, drop back with your left foot to 6 o'clock into a right neutral bow as your right hand loops a figure eight, first with a right inward hand sword on the outside of opponent's left hand and a right extended outward hand sword on the outside of opponent's right hand, grasping his right wrist with your right hand while fading back into a right front 45 degree cat stance.
- While your right hand pulls opponent toward you (to your right and down), deliver a right ball kick to opponent's groin (kicking toward 12 o'clock). 3.

With your right kicking foot still in the air, have it right front crossover into a right front twist stance toward 7 o'clock.

- Immediately pivot counter clockwise and deliver a left reverse spinning back kick to opponent's abdominal area toward 12 o'clock.
- With back facing your opponent, hop on to your left leg while edging toward opponent (gauge distance correctly) and deliver a right back kick (this is actually a reverse chicken kick) to any opening opponent may have, preferably the face or chest.
- Right front crossover and cover out twice toward 6 o'clock

SHIELD AND MACE (front straight step through right punch)

- With feet together, move forward and to your left with your left foot (to 11 o'clock) into a left neutral bow as you immediately pivot to your right into a horse and deliver a right vertical outward block outside of opponent's right arm while simultaneously delivering a left straight punch to opponent's right ribcage.
- Pivot to your left and drop down into a left close kneel as you strike down with a right hammer fist (with your left hand guarding) to upper part of opponent's right kidney driving the force down to the pelvic area.
- Circle your left hand clockwise, pinning opponent's right arm down as your right hand circles counterclockwise striking opponent's face and eyes with a right looping inward heel of palm claw.
- Circle your right hand counterclockwise and down even further, and strike back of opponent's right knee with your right heel of palm to buckle his leg. (Have your left hand execute an overlapping check to same spot.)
- Follow-up with a right knife-edge kick to back of opponent's left knee.
- While your right foot is still in the air, right front crossover and cover out to 8 o'clock.

RETREATING PENDULUM (front right rear kick)

- While in a right neutral bow, drop back with your right foot into a left front twist stance. Simultaneously deliver a right outside downward block to opponent's kicking leg and check with your left hand by your right shoulder.
- Immediately deliver a right knife-edge kick to opponent's left leg, to inner knee.
- Plant your right foot forward toward 12 o'clock and have your left hand check high (close to your right armpit).
- As your block circles counter clockwise and without losing any motion follow-up with a right overhead downward hammer fist to opponent's neck as you plant your right foot toward 12 o'clock.
- Pivot to your left (into a right reverse bow) and deliver a right rear scoop kick to opponent's groin (your right leg is between your opponent's legs at this point). You may have to drag your left foot toward your right foot to assure proper distance for your rear scoop kick.
- After planting your right foot back into a right reverse bow right front crossover and cover out twice toward 8 o'clock. (Use the right reverse bow to buckle your opponent's left leg if and whenever possible.)

TRIPPING ARROW (front bear hug - arms free)

- With feet together and opponent applying front bear hug with your arms free, step to your left with your left foot (to 9 o'clock) into a horse; simultaneously hooking your right heel of palm horizontally and in to strike opponent's left jaw hinge. Your left hand is checking and anchoring your opponent's right shoulder or arm by forcing and pulling it down thus nullifying opponent's leverage and ability to deliver a right or left knee kick.
- Immediately circle your right foot clockwise and back and around of opponent's right leg (to 3 o'clock) and buckle it by planting heavily into a horse stance. Right hand also circles clockwise and cocks at your right shoulder (palm up).
- Without hesitation, pivot to your left (toward 9 o'clock) into a left forward bow as you thrust your right heel of palm to jaw of opponent, thus tripping him over your right leg, still maintaining left hand grab on opponent's right arm.
- With opponent on his back and your left hand grab now at opponent's right wrist, have your right foot heel stomp under opponent's chin. If your opponent turns from the momentum and slips out of your grasp, stomp kick to opponent's right kidney or ribs.
- From stomp kick, release grasp and sweep opponent's right arm with your right foot as you execute a right front crossover and cover out to 5 o'clock.

FALLEN CROSS (rear two-hand choke)

- With feet together and opponent choking you from the rear with both of his hands, step to your left (to 9 o'clock) into a horse as you grab both of opponent's wrists with both of your hands (right to right and left to left).
- Move your right foot forward to 10 o'clock (into a right neutral bow) and pivot counterclockwise as you cross opponent's arms with his right arm over his left while now facing 4 o'clock, making sure that the arms are crossed at or above the opponent's elbows.
- While still grabbing opponent's wrists, have both of your arms force your opponent's arms down as you deliver a right knee kick up and against the left elbow joint of your opponent (opponent's left elbow joint should be facing down at this point). Without hesitation and with your right knee against your opponent's left elbow, deliver a right front snapping ball kick to opponent's groin.
- As you plant your right foot toward (to 4 o'clock), deliver a right inward horizontal elbow strike (or a right inward downward diagonal forearm smash from 1 o'clock to 7 o'clock, depending upon the circumstances). Have your left hand check opponent's arms down and toward opponent.
- Right front crossover and cover out to 10 o'clock.

RETURNING STORM (roundhouse and backhand club attack)

- Starting in right neutral, drop back (by shuffling back) to 8 o'clock and place both of your arms close (positioning them vertically with your fists at the top) to your chest, as your opponent takes a wild step through roundhouse horizontal club strike which misses.
- As opponent attempts to strike with a returning backhand club strike, step forward with your left foot to 2 o'clock (into a left neutral bow) and have both of your arms strike vertically so that your left forearm strikes at opponent's right elbow joint and your right outer wrist at opponent's right wrist.

- Immediately grab opponent's right wrist with your right hand and push vertically and out with your left forearm as you slide your right foot clockwise to 10 o'clock, keeping constant pressure on your opponent's right elbow.
- Follow-up with a front snapping ball kick to opponent's right ribcage (kick is delivered toward 4 o'clock).
- Right front crossover and cover out to 11 o'clock.

CROSSED TWIGS (rear two-hand grab to wrists)

- With feet together and opponent grabbing your wrists from the rear counter grab both of opponent's wrists (right to right and left to left) as you step to 1 o'clock with your left foot (into a left neutral bow).
- Pivot clockwise facing 7 o'clock (still maintaining wrist grabs) as you cross your opponent's arms (right over left) in the process, have your right elbow strike horizontally and outward to opponent's right jaw and continue to pull opponent's right arm down with your right (have your left hand which is grabbing opponent's wrist pull down and below the level of your buttocks).
- Release only your right grasp and circle counterclockwise with your right looping inward overhead elbow strike down to upper spine of opponent.
- Release your left grasp and with your right, double heel palm, grab, and pinch opponent's left kidney and ribs as you kick your opponent's right ribcage with your left knee.
- Replant your left foot to point of origin. Right front crossover and cover out to 2 o'clock.

TWIST OF FATE (front two-hand push)

- With feet together, drop back with your right foot to 6 o'clock (into a left neutral bow) as both of your hands come up and out (twin extended outward chops) to inside of opponent's wrists.
- Immediately have your left hand grab opponent's right wrist simultaneously as your right hand grabs opponent's left wrist.
- Deliver a right step through slicing heel kick to opponent's right ribcage.
- As you plant your right foot to 11 o'clock, twist your opponent's arms and cross them counter clockwise as you pivot to your left facing 6 o'clock into a left neutral bow.
- Without losing momentum, force your opponent's arms forward and then down and back to flip him on his back, shuffling back as you do so.
- While still grasping his wrists, deliver a right knee kick to upper spine or head of opponent as you pull opponent's arms up and toward you.
- Plant your right foot to point of origin; left front crossover and cover out twice toward 11 o'clock.

FLASHING MACE (front straight right punch)

- With feet together, step to 11 o'clock with your left foot (into a left neutral bow) as your left inward blocks the outside of your opponent's right punch at or above the elbow. Simultaneously with the block, cock your right hand above your right shoulder (palm out).
- Immediately step through with your right foot to 10 o'clock (into a transitional right neutral bow) as you deliver a right inward horizontal knuckle rake to opponent's right cheek bone or temple with your left hand still guarding.

- Without any hesitation pivot counterclockwise (you're now facing 4 o'clock) and strike to opponent's right ribcage with a left horizontal outward back knuckle strike and in the same motion, have your right hand execute an inward heel of palm bracing check to opponent's right upper arm.
- After delivering a right inward bracing check against opponent's right arm follow-up with a left outward check (left hand looks like a waiter carrying a tray). As you drop into a left close kneel stance continue the motion of your right arm and without loss of motion, have your right hand circle counterclockwise as you loop a right overhead back knuckle strike to opponent's face or temple while executing marriage of gravity.
- Left front crossover and cover out to 10 o'clock.

GIFT OF DESTINY (handshake)

- With feet together, step forward and slightly to your left (right neutral bow) to 11 o'clock (this is done to buckle your opponent's right leg) as your left hand grabs your opponent's right wrist and your right elbow strikes in and horizontally to opponent's solar plexus.
- Have your right hand reverse grip on opponent's right hand (from upper to lower side of fingers).
- Step back toward 6 o'clock with your right foot (left neutral bow) as your hand twists your opponent's hand clockwise and your left hand reverses its grasp to assist your right hand in securing the twist.
- Release your right hand and strike to back of opponent's right hand with your right heel of palm thrust to break opponent's wrist.
- Deliver a right snapping ball kick to opponent's solar plexus.
- Plant your right foot to point of origin and left front crossover; covering out twice toward 6 o'clock.

WINGS OF SILK (rear two-arm lock)

- With feet together and arms locked from the rear, stomp your left foot onto opponent's left instep; simultaneously have your left hand pinch the nerve located on opponent's crest of the left hip.
- As your right arm starts to slip out of opponent's right arm, simultaneously execute a right back obscure elbow to opponent's chin and a right rear heel scoop kick to opponent's groin.
- Turn and step counterclockwise with your right foot (toward 9 o'clock with a short right step) as your right arm slips completely out of opponent's arm pinching and pinning opponent's left arm with your left, as you begin to twirl out.
- Complete the twirl (360 degree turn) by circling your left foot counterclockwise (again to 9 o'clock) and end up in a horse stance facing the same direction as your opponent. Simultaneously have your right arm deliver (with your left arm still pinning opponent's left arm) an uppercut forearm strike to opponent's left elbow joint.
- Right front crossover and cover out to 9 o'clock.

GRIPPING TALON (front left hand direct wrist grab)

- With feet together and opponent's left hand grabbing your right wrist, circle your right arm counter clockwise as your right foot steps forward (into a right

neutral bow) to 12 o'clock. Simultaneously have your left hand assist your right so that it will become a check. Have your left hand circle under your right hand to act as a pinning check before grabbing downward.

- Continue your counter clockwise motion and deliver a right downward hammer fist to opponent's groin. Your left hand is holding and checking opponent's left hand at this point near his left wrist but keeping conscious of opponent's elbow.
- Immediately deliver a horizontal right inward elbow strike to back of opponent's left ribcage and follow through with the action.
- Follow-up with a right back horizontal outward (palm down) elbow to left ribcage.
- Do a left rear crossover as you shoot a right vertical (over shoulder) back knuckle strike to opponent's face. Shoot a right outward back knuckle strike (following through) to opponent's left ribcage as you drop into a left reverse bow (buckling opponent's left leg with your right leg). Simultaneously loop your right inner wrist counter clockwise and strike back of opponent's right side of neck as your left hand continues to pull on opponent's left arm down and to your left to allow you a clear shot for the next move.
- Deliver a right knee kick to opponent's face, crossover and cover out twice toward 6 o'clock.

GATHERING CLOUDS (front straight right punch)

- With feet together, step to 10 o'clock with your left foot (into a horse) as your left hand parries your opponent's right punch. Simultaneously deliver a right inward horizontal knuckle rake (palm up) to opponent's right ribcage.
- Follow through with the motion of your right hand and immediately deliver a right horizontal outward chop to opponent's right floating ribs.
- Without hesitation move forward and inside of opponent's right knee (between 10 and 11 o'clock) with your right leg so as to buckle your opponent. Simultaneously strike to opponent's right ribcage with a right inward horizontal elbow strike without cocking. Keep your left hand up as a guard.
- With your right leg between opponent's legs, do a right front scoop kick and plant your right back (into a left neutral bow) to 7 o'clock.
- Left front crossover and cover out to 7 o'clock.

DESTRUCTIVE TWINS (two-hand choke - pull in)

- With feet together, step forward to 12 o'clock with your right foot (right neutral bow) as you deliver a left overhead punch to opponent's face with a right uppercut to opponent's groin. (Keep your back erect and head up.)
- Move your right foot slightly to your right to 2 o'clock and execute a right inward and left vertical outward combination blocks outside of opponent's left arm. (At the completion of your left vertical outward, you should be in a right forward bow.)
- Immediately thrust your left fingers to opponent's eyes.
- Follow-up by pivoting to your left into a horse as you deliver a right punch to opponent's left ribcage simultaneous with your left hand grabbing opponent's left arm, pulling that arm toward your left hip, palm down.
- Drop your left back to 5 o'clock; right front crossover and cover out twice toward 5 o'clock.

BROKEN RAM (front tackle)

- While in a right neutral bow, have your left foot swing counter clockwise to 3 o'clock into a right neutral bow. Simultaneously deliver a right overhead downward hammer fist to opponent's neck. (Chop can be used.)
- With opponent's left arm still grasping on to your waist, pivot to your left (into a right reverse bow facing 10 o'clock) and deliver a right uppercut against the joint of opponent's left elbow to cause a break.
- Deliver a right back scoop kick to opponent's groin and plant your right foot to point of origin. (Adjust the foot if and when necessary.)
- While planting your right foot, loop your right hand counter clockwise and over opponent's left arm and strike to opponent's left jaw with a right downward hammer fist simultaneously as your right foot plants from previous move (buckling inside of opponent's left leg).
- Right front crossover and cover out twice toward 4 o'clock.

CIRCLING THE HORIZON (front step through punch)

- With your feet together, step to your left with your left foot to 9 o'clock as your left hand parries (inward parry) your opponent's right punch.
- Without any loss of motion, have your right hand circle clockwise, first covering past your groin area and begin to have your right foot cat toward your left foot (into a right 45 degree cat stance).
- Continue to circle your right foot and your right hand clockwise and step forward with your right foot to a right neutral bow at 1 o'clock as you deliver a right thrusting back knuckle vertically to opponent's right temple. (Have your right hand travel on the inside of your left arm as it strikes and have your left hand end up guarding your right ribcage; your right foot is checking opponent's right leg.)
- Cock your right arm to your right ribcage and without hesitation, strike your opponent's right ribs with a right inward horizontal elbow strike.
- Drop down (into a right close kneel) and strike back of opponent's right knee with a right chopping hammer fist to buckle him.
- Follow through with your right hand and immediately strike up to opponent's groin with your right underhand reverse hammer fist. Your left hand is still guarding.
- Right front crossover and cover out twice toward 9 o'clock.