2nd Degree Brown Belt

FATAL CROSS (two-hand attempted low grab or push)

- 1. While standing naturally and with opponent attempting to grab or push, execute double crane clears (like "Hooking Wings") and then step forward right to a right neutral bow stance as you strike the opponent's floating ribs with double middle-knuckle fists.
- 2. This causes him to bend down into double backknuckle strikes to the temple followed by double eye pokes to his eyes (In this case your right and is on the top to prepare for moves that are to follow).
- 3. With your hands still crossed drop them down to check his shoulders, step through with a left knee kick to his groin, followed by a right step through knee kick to his solar-plexus, plant down right.
- 4. Grab the opponent's left shoulder with your left hand and turn him around clockwise as your right hand grabs and assists in the process by holding his chin, step back right (after he has stopped turning) and pull your opponent back into a right knee to the spine, plant down and then left knee up to his kidney.
- 5. With your left still in the air deliver a left side thrust kick to the back of the right knee of the opponent .
- 6. Left front crossover and double cover out to 6:00 o'clock.

TWIRLING HAMMERS (front step through left punch)

- 1. While standing in a left neutral bow stance and with opponent punching from 12 o'clock, shift your left foot over slightly to the right (toward 3 o'clock) into a left front rotating twist stance, as you execute a left extended outward block, striking at or above his left elbow.
- 2. Immediately step out to 1 o'clock with your right foot into a right neutral bow stance as you execute a right looping overhead punch (hooking back and toward you) to the right mastoid of your opponent, (your left outward extended block is still checking at this point).
- 3. Continue the action of the looping punch on down to become a check to his left arm as you simultaneously execute a left inward horizontal elbow strike to the left rib cage of your opponent.
- 4. Without any loss of motion switch your left elbow back to a check (hooking over his arm with your wrist and your palm up) to his left arm. Now loop your right hammer fist inward diagonally and down to strike his left kidney.
- 5. At this point opponent is dazed and is standing with his dead right hand down . . . and as you step back with your right foot to a left forward bow stance, you circle your right hand under and around to countergrab his right

wrist, and all simultaneously, execute a right front reverse crossover sweep to his right ankle as you pull and yank his right arm, and with his body in motion, release your right grab and deliver a right vertical punch to his face, with your left palm striking the back of his head to cause a sandwiching effect.

- 6. Immediately snake your left hand around (toward you) and into the front of his face, and maintaining your right hand as a check, step out with your right foot to 5 o'clock and as you unpivot into a left reverse step through to a right neutral bow execute a left outward claw followed by a right two-finger poke to his left eye as your left hand drops to become a check in the neutral zone.
- 7. Right front crossover and double cover out to 6 o'clock.

DEFENSIVE CROSS (right front kick)

- 1. Starting with both hands up, execute a crossed wrist block (right hand over left, with hands open and dropping them straight down) while stepping back right to a left forward bow stance. When your hands are almost down to your waist your left hand goes into a crane to hook out under his right ankle as your right hand checks his leg on top. Pull his leg back and to the left past your left hip so that he's losing ground and his balance.
- 2. Now execute a right outward hanging backknuckle strike to his face or cheek bone followed by a left inward heel of palm strike to his right mastoid which immediately switches to a claw or grab to the hair or the back of his neck (at this point your right hand is back behind you ready for the next move).
- 3. Execute a right front snap ball kick to the groin (maintain your grab to his head with your left hand). As you plant back to the point of origin, execute a right stiff arm rising backknuckle strike to the face of the opponent, to sandwich his head between your left grab and your right strike.
- 4. Draw your left foot back to a cat stance and deliver a left front snap ball kick to his groin or lower midsection, and plant your left foot back down into the same cat stance.
- 5. Shift your weight onto your left foot and execute a right reverse crescent kick, from inside out, to the right side of his head, let the kick follow through and bounce it back into a right roundhouse kick to the left side of his face (on this kick be sure you lay out straight with your right hip over).
- 6. Right front crossover and double coverout to 7:00 o'clock.

DANCE OF DARKNESS (right front kick followed by right punch)

- 1. Starting in a right neutral bow, step with right foot to 6 o'clock into a rear twist stance with a right downward parry to kick followed by a left inward parry to punch.
- 2. Step forward to a right neutral bow to 12 o'clock with a right outward parry outside of opponent's right arm.
- 3. Step forward to a left neutral bow to 12 o'clock with a right inward elbow sliding through the opponent's rib cage with the left hand checking.
- 4. Pivot to 3 o'clock with a right outward backknuckle to opponent's right kidney simultaneous with a left vertical punch to opponent's right mastoid.
- 5. With your left hand pressing and checking opponent's right shoulder do a right rolling vertical backknuckle to opponent's right temple. Circle right hand

counter clockwise to a right inward two finger horizontal hook (following opponent's arm) immediately followed by a left two-finger hook to opponent's eyes as you do a left front twist to 5 o'clock (sweeping opponent's right leg).

- 6. Spin out of twist clockwise with a right reverse roundhouse sweep (dropping opponent to back with his head toward 12 o'clock) ending in a left forward bow toward 12 o'clock).
- 7. Proceed to throw a right front kick to opponent's floating ribs and immediately hop to a left side kick to opponent's face.
- 8. Double cover out toward 6 o'clock.

MARRIAGE OF THE RAMS (left and right shoulder grab - close)

- 1. With feet together and both opponent's grabbing you from either side, step back with your right foot (into a left neutral bow) as both of your arms proceed to circle back have the knuckles of both of your hands (which are open at this point) strike to groin of both opponent's and continue to circle under arms of both opponents.
- 2. Move forward with your right foot (into a right neutral bow) as your arms now are under armpits of both opponents. In the same movement have your arms pinch both of opponent's arms and force your arms together with your right arm over your left, thus forcing the heads of both opponents together.
- 3. Immediately deliver a left knee kick between opponent's heads thus forcing them apart.
- 4. Replant your left foot back (into a right neutral bow) while applying downward pressure with both of your elbows to act as safety checks.
- 5. Now have your hands follow the contour of your opponent's bodies, traveling down the inner thighs of your opponent's legs that are closest to you. Have your hand form reverse hooks (reverse hooking wings) as they travel down to the ankles of both opponents. Grab both ankles and jerk them outward from under your opponents and pull toward you as your right foot steps back into a left neutral bow.
- 6. While still maintaining both ankle grabs (at least try to do this) deliver a right ball kick to groin of opponent on your left.
- 7. Plant your right foot into a right front twist stance and immediately execute a left roundhouse kick to groin of opponent to your right.
- 8. Release opponent's ankles forcing them to the ground, and left front crossover and cover out twice toward 6 o'clock. Position yourself so that you end up midway between opponents.

THE RAM AND THE EAGLE (front right punch and left rear collar grab)

- 1. With feet together and rear opponent applying a collar grab with his left hand (from the rear at 6 o'clock) and the opponent in front throwing a straight right punch from 12 o'clock, step back with your right foot (into a left neutral bow) to inside of rear opponent's left knee (to buckle) and deliver a right reverse raking knuckle strike to bridge of nose of rear opponent. Simultaneously deliver a left inward block to outside of right punch of front opponent.
- 2. Have your right foot step through to 10 o'clock into a right inverted neutral bow with your head facing 12 o'clock (this is just a transitory stance) as you deliver a right knuckle rake to bridge of nose of front opponent (as you continue to guard with your left hand).

- 3. Immediately pivot counter clockwise (while in place into a left neutral bow (facing 4 o'clock) and deliver a left horizontal back knuckle strike to left ribcage of front opponent as your right hand continues from the rake and guards to the left of your face (bracing angle) followed by having your left hand loop over and down (left outward hook) across opponent's right forearm to also act as a check.
- 4. Follow-up with a right front snap kick to stomach of opponent who was originally behind you (kicking toward 4 o'clock).
- 5. Plant your right foot forward into a right neutral bow and proceed (on original rear opponent) with the five swords technique sequence.
- 6. Pivot in place into a left front rotating twist stance facing 12 o'clock (a slight shift places you in a left front rotating twist stance) and deliver a right roundhouse kick to (original) front opponent.
- 7. Right front crossover (toward 6 o'clock) with left chicken hop kick to (original) rear opponent.
- 8. Left front crossover and cover out twice, positioning yourself so that you end up midway between opponents (covering out toward 3 o'clock).

ESCAPE FROM THE STORM (right flank, overhead right club)

- l. Standing naturally with hands down and as opponent comes from 3:00 o'clock with a right overhead club attack, step off right toward 2:00 with your right foot into a right neutral bow stance, as you execute a left inward parry simultaneously with a right thrusting heel of palm thrust to his jaw.
- 2. Maintain your left parry hand as a check against his right upper arm, as you step through forward with your left foot into a left close kneel stance toward 2:00 o'clock, to check his right knee with your right knee, as you simultaneously execute a right vertical thrusting elbow to his right floating ribs (actually your right arm just collapses down from the previous palm heel).
- 3. Circle your right hand out and down and execute a heel of palm claw into his groin.
- 4. Adjust your left loot slightly (gauging leg) toward 2:00 o'clock and as you slide your right hand down his leg to grab his ankle, drop your left checking hand down to the back of his right knee, and in the same motion swing your right fool back clockwise to 2:00 o'clock into a left forward bow stance, as you yank and pull his right leg out straight and back beside your right hip.
- 5. Execute a right front crossover toward 8:00 o'clock into a right front low twist stance as you drop the knee of opponent down and across your right knee to break it.
- 6. Execute a left inward palm slap to the inside of his right thigh to clear his leg off your knee and immediately come up with a right toward inverted crane strike to his groin, immediately start to pivot counter clockwise (facing toward 2:00 o'clock) while still looping your right hand up and over, execute a right snapping upward heel hook strike, and as you plant back down (point of origin) continue looping your right hand into a back shape of the crane strike to his groin.
- 7. Now switch your right hand to a check to his hips (in the center and below his waist), as you left front crossover toward him, push him forward onto his hands and knees, and as you settle into a left front twist stance deliver a left forward underhand shape of the crane strike to his groin.
- 8. Unpivot clockwise as you come up from your twist stance and you execute a left lifting heel kick in between his legs to strike any available target (either

groin, solar-plexus, or chin depending on the position that the opponent is in at the time).

- 9. With your left foot in the air, left front crossover and cover out twice toward 2:00 o'clock.

CIRCLING WINDMILLS (two-hand push followed by right punch with your back near a wall)

- 1. Standing naturally with your hands up like "Hey, take it easy", and as opponent steps in right with his right punch, as you step forward left into a left neutral bow stance, execute a right extended outward overhead block to his punch as you simultaneously execute a left heel of palm strike to his sternum.
- 2. Now while still in a left neutral bow stance windmill your left hand counter clockwise up into a claw to his face as you simultaneously execute a right clockwise inward hammerfist strike to his left floating ribs.
- 3. While still in a left neutral bow stance facing 12:00 o'clock windmill your right hand clockwise up to become an overhead parry as you simultaneously execute a left counter clockwise inward hammerfist strike to his right floating ribs.
- 4. Now check his right arm with your left hand as you step through right into a right neutral bow stance (against his right knee to act as a check) as you execute a right inward knuckle rake through the nose and down to his right arm.
- 5. While still in a right neutral bow stance, execute a right outward horizontal finger slice, then double back in and out just like in the form "Long Form #4.
- 6. Turn clockwise in place to a right front rotating twist stance as you execute a left inward knuckle rake to the bridge of his nose or cheek bone.
- 7. Now unpivot back into a right neutral bow stance, as you execute a left outward horizontal slice with your fingers from inside out.
- 8. Now execute a right front crossover sweep to his right ankle as you execute a left inward horizontal slice across his eyes then follow this immediately by an outward slice while still in place.
- 9. Grab the left hand of the opponent at the wrist and step back left to 7:00 o'clock to a right neutral bow stance as you execute a right heel palm thrusting strike to his left jaw and using the striking point to fulcrum, rotate your right hand counter clockwise as your fingers windshield-wiper across his eyes (at this point you are starting to pivot counter clockwise into a right reverse bow stance).
- 10. While still maintaining your left grab onto his right wrist pull down as you circle your right crane hand around and in back of his right side of head to hook his neck, and while keeping your elbow anchored pull his head down into a right upward vertical heel hook to his face and plant your right kicking foot down to the point of origin (for stability). Now execute a right front crossover as you execute a right underhand backknuckle strike to his face.
- 11. Unpivot counter clockwise as you execute a left spinning back kick to any available opening.
- 12. Left front crossover and double cover to 6:00 o'clock.

DESTRUCTIVE KNEEL (front step through right punch)

- 1. While standing naturally with hands at your sides as opponent punches, step forward left to 11:00 o'clock into a left neutral bow stance as your right outward parry converts into a grab to his right wrist, and as you pivot clockwise into a right close kneel stance, with your left knee, striking to the back of his right knee (to cause a buckle) execute a left inward heel of palm strike to the right elbow of the opponent to cause a break. Allow this strike to pass through and under his arm.
- 2. With opponent now on his right knee, pivot back counterclockwise and as you drop into a left close kneel (your right knee drops to cause a break to his tibia or ankle) execute a left backknuckle (under his arm and through his ribs in an outward fashion) with a right inward heel of palm claw ripping through his face.
- 3. Pivot back into a right close kneel and execute a right outward backknuckle with a left vertical punch to his ribs or spine (at this point your right hand is below your left to act as a check against his right arm or possible kick).
- 4. Now snake your left crane hand around the right side of his neck and pull him into a left knee strike to his spine (your right hand is checking his right arm or shoulder at this point).
- 5. With your left knee still in the air and as you plant your left foot back to 9:00 o'clock into a right neutral bow stance loop your right hand down, around and in to come down diagonally across his jaw with a hammerfist (your left hand has now switched to become a check).
- 6. As opponent falls (toward 11:00 or 12:00 o'clock) execute a right roundhouse kick to his head or any available opening.
- 7. With your right leg still in the air, right front crossover and double coverout to 9:00 o'clock.

BOWING TO BUDDHA (right front roundhouse kick)

- 1. While you are kneeling with both feet and toes back, and as opponent approaches you from the front, raise up onto your right foot, and shift your left foot onto the ball of your foot, while simultaneously executing a right inward block with a left extended outward chopping block to the right leg of your opponent.
- 2. Now shove your right blocking hand over to the left to force his kicking leg to land down to his right, and immediately execute a forward step drag (step with your right foot and drag with your left knee). Execute a right upward vertical elbow strike to his groin, followed immediately by a left lifting underhand (palm up) heel of palm strike to his groin.
- 3. Now as you keep your left hand under his testicles drop your right hand down into a right backknuckle strike to sandwich them.
- 4. Immediately raise up your left hand as a check to his midsection as you simultaneously drag up your left foot to your right foot and grab the back of his left ankle with your right hand.
- 5. Now step back with your right foot (in place switch) as you pull his right foot out from under him while converting your left check into a left inward elbow strike to the solar plexus, to cause him to land on his back (this is like the left handed version of "Dance of Death").
- 6. With opponent now on his back, slide your right hand over top of his toes and your left hand over top of his foot to grab his heel. Now step back with your left foot to 6:00 o'clock and pivot your upper body counter clockwise to flip opponent over onto his stomach while breaking his left ankle in the process.

- 7. At this point you should be in a right reverse bow stance facing 12:00 o'clock. Now drag your left foot to your right foot (gauging leg) and drive your right foot back toward 11:00 o'clock into a right reverse bow stance with your right bent leg snapping straight and back against the underside of his left knee to force it to lock and overextend into a break (your hands assist you by forcing his foot down at the same time).
- 8. Now execute a right outward crane hand clear to clear his left leg out and to your right, as your left hand goes back and down along beside your left thigh to act as a position check for the next move.
- 9. Immediately in place stance switch (right to front and left foot back) as you then execute a left back thrust kick to the opponent's groin (stomp kick may be used).
- 10. With your left kicking leg still in the air, left front crossover and double cover out toward 6:00 o'clock.

REVERSING CIRCLES (left roundhouse kick followed by left punch)

- 1. While standing in a right neutral bow stance and with opponent attempting to kick you in the right kidney with his left roundhouse kick execute a right universal block over your right knee (right hand downward and left hand inward) to block his kick.
- 2. As opponent plants down and attempts to punch with his left to your face, change your stance to a right forward bow stance as you simultaneously execute a right upward block (to the inside of his punching arm), and a left outward handsword thrust lo his left floating ribs.
- 3. Now as you switch back into a neutral bow stance switch your hands by executing a left upward block and a right outward handsword thrust to his right floating ribs (your left upward block at this point has switched to a grab to his left wrist).
- 4. While still maintaining your grab execute a right front crossover toward 8:00 o'clock as you pull opponent's arm with you, and as you settle in the twist stance (right front twist) break his arm with a right downward forearm strike to his elbow (strike is like the break in "Crossing Talon").
- 5. While still holding your opponent's right wrist, execute a right side kick to his thigh with a simultaneous right backknuckle to his left temple.
- 6. Plant back into the twist stance (point of origin) and reach over his left wrist with your right hand, and grab his hand (fingers in his palm), and switch your left grab around counterclockwise and under (fingers in his palm), then step out left to 8:00 o'clock, and then swing your right foot back to 8:00 o'clock into a left neutral bow stance as you twist your opponent's left wrist clockwise so that you force him over onto his back (his head should be pointing toward 5:00 or 6:00 o'clock) and immediately execute a left downward looping roundhouse kick to his solar-plexus.
- 7. As you execute a left front crossover do a left hand clear to his arm, and double cover out to 7:00 o'clock.

REPRIMANDING THE BEARS (front right punch and rear bear hug - arms pinned)

- 1. With rear opponent (second opponent) applying a rear bear hug (with your arms pinned) and front opponent (first opponent) shooting a right punch, step to your left with your left foot (to 9 o'clock) into a wide horse as your left

hand checks rear opponent's arms (second opponent) and a right kick is delivered to front opponent (first opponent).

- 2. From right kicking position (while kicking foot is still in the air) plant your right foot to 8 o'clock to cause a stiff leg buckle to inside of rear opponent's (second opponent) left leg as your right hand grabs and squeezes rear opponent's testicles.
- 3. With the rear bear hug released deliver a right rear back knuckle over shoulder to rear opponent's face.
- 4. Immediately circle your right arm counter clockwise (to right side of rear opponent) and grab back of rear opponent's head with your right hand assisted by your left hand grabbing clockwise and to the left side of rear opponent's head. Pull opponent's head down and deliver a right knee kick to rear opponent's face.
- 5. From right knee kick right front crossover, planting your right foot toward 12 o'clock and deliver a left side kick to front opponent's sternum. Plant your left foot forward (into a left neutral bow) to 12 o'clock.
- 6. Right rear crossover to 11 o'clock into a right rear twist stance as you execute a left back knuckle to front opponent's head.
- 7. From the twist stance deliver a right ball kick to sternum of rear opponent at 6 o clock.
- 8. Right rear crossover and execute a left back kick to front opponent's stomach.
- 9. Left front crossover in direction of 9 o'clock and cover out twice, positioning yourself equal distance from both opponents.

CIRCLING THE STORM (right front club poke)

- 1. Starting in a natural stance, step off to 11:00 o'clock, into a left neutral bow stance as you execute a left inward block to the outside of his left arm.
- 2. Switch your block to a check as you step through to 11:00 o'clock with your right foot, execute a right raking elbow strike to the right ribcage of your opponent, plant your right foot toward 11:00 and then pivot 180 degrees counter clockwise into a left neutral bow stance, facing 6:00 o'clock, as your left outward elbow strikes solar plexus of your opponent (your right hand is checking his right upper arm at this point.
- 3. Now execute a right inward heel of palm claw to the right side of the opponent's face as you hop back to 11:00 o'clock landing in a left one-legged stance, immediately execute a right knife edge thrust to the back of his left knee, plant down immediately, and continue the right claw to his face on down to a right (palm down and out) outward claw to his groin from the back side. Your left hand is in a checking position across his back, palm out and fingers pointing to the right.
- 4. Now circle your right hand out to the right and over and in to repeat the same claw to the face that you did earlier, and drop your right hand to his back to become a possible check for his arms, and immediately without hesitation execute a left front crossover sweep to the back of his right knee and as you plant, do a left claw to his groin from behind and in between his legs.
- 5. Now grab around his right side of face with your left claw as your right hand checks his shoulder, drop your left foot back to 10:30 as you turn him around slightly counter clockwise and come up with a right knee to the back of his neck.

- 6. As you plant your right foot back (place of origin) rip his face with your left claw and execute a right rising lift punch to his back of neck.
- 7. Replace your left claw to his right side of face and pull him back into a right overhead looping downward roundhouse punch to his left temple, and immediately with the same energy flow into a right side kick to any available opening.
- 8. Right front crossover and double coverout to 10:30 o'clock.

UNFOLDING THE DARK (left step through punch from right rear flank)

- 1. With back toward your opponent and assuming direction you're facing is 12 o'clock, as attack commences hop onto your left leg to 10 o'clock and deliver a right knife-edge kick to left knee of opponent.
- 2. Plant your right foot to 5 o'clock, drag your left foot, and right back kick again to opponent's left rib cage. Plant your right foot toward 5 o'clock into a right inverted neutral bow.
- 3. Have your left leg (stiff-leg) sweep counter clockwise along the ground (180 degree sweep) and buckle your opponent's leg so as to bend him backwards.
- 4. Simultaneously execute a left back knuckle (as your stance changes from a left reverse bow to a left neutral bow) to opponent's left kidney. This action should have your opponent bend backwards even further.
- 5. Immediately deliver a right inward overhead downward (diagonal if necessary) hammer fist strike to front of opponent's sternum while dropping in a left close kneel.
- 6. Force your opponent to the ground with the assistance of your right inward overheard hammer fist strike.
- 7. With opponent now with his back on the ground, deliver a right back stomp kick to opponent's face or to whatever target that's open depending upon the position of your opponent's head.
- 8. Right front crossover and cover out twice toward 2 o'clock.

UNWINDING PENDULUM (right front kick followed by right punch)

- 1. While standing in a right neutral bow stance and with opponent attempting to kick you with his right front kick, drop back with your right foot into a twist stance (left front) as you execute a right downward block to the outside of his kicking leg (at this point your left hand is cocked up beside your left ear, like in "Thundering Hammers").
- 2. As opponent delivers a right punch, unpivot from your twist and execute a left inward block to the outside of his left elbow (the action from both of these previous moves will have turned him around so that his back is toward you).
- 3. Immediately execute a right front crossover sweep to the back of his left knee, and as you plant down, your right underhand claw comes up between his legs (from behind) to claw his groin. Your left hand is horizontal and palm out to check his arms at the elbows.
- 4. Now unpivot counter clockwise and go right into a right rear scoop kick to his groin and with scoop still in the air plant back in between his legs landing in a right reverse bow stance buckling his right leg, as you execute a right outward heel of palm strike to his kidneys.
- 5. Now execute an in-place stance change (right foot up and then left foot back) into a left reverse bow stance to buckle his left knee, as you execute a

left outward and back elbow strike to his face simultaneously with your right heel of palm to his ribs (fingers out).

- 6. Now execute a left front crossover to 7:00 o'clock as you execute an inverted outward horizontal "Cobra Strike" (as you return your hand from the strike anchor your elbow).
- 7. Double cover out to 6:00 o'clock.

PIERCING LANCE (front knife thrust - with your arms up)

- 1. Standing in a left neutral bow, with your hands raised, execute a right hooking downward outward parry (as opponent delivers a right knife thrust), down and outside of opponent's outer right wrist, redirecting it to 5 o'clock. Almost simultaneously with your right hand parry, execute a left heel palm parry and grab immediately thereafter with the same hand.
- 2. Slide your right foot clockwise toward 1 o'clock (traveling about 180¡ into a left neutral bow (to buckle opponent's right leg) with your back facing your opponent and your left hand still grabbing). Simultaneously execute a right back elbow strike to opponent's right or left ribcage, depending upon how you line up to your opponent.
- 3. Immediately shift your right foot counter clockwise to 8 o'clock (into a right neutral bow) as your right hand now changes place with your left by grabbing opponent's right wrist (have your left hand form the shape of a crane and hook. on to left side of opponent's neck and throat. Without any hesitation (as if it was a single move) drop down into a left wide kneel as you pull your opponent down with both of your hands forcing back of opponent's right elbow onto your left knee in order to cause an arm break.
- 4. Have your left hand regrab opponent's right wrist and assist your right hand in twisting opponent's wrist counter clockwise as your left foot steps back to 9 o'clock (counter clockwise) into another left wide kneel facing 9 o'clock. Simultaneously have both of your hands force opponent's knife (if opponent is still holding on to the knife) into his throat. If opponent releases the knife on the arm break maintain the hold on opponent's right wrist with your left hand as your right hand grabs the knife and plunges it into opponent's throat.
- 5. Release your left hand grab and shift your left hand under (reverse if clockwise and palm up) opponent's right wrist and wrap opponent's left arm around your left leg, twist your left hand counter clockwise (placing great pressure on opponent's wrist) and up as your right heel of palm pushes down on opponent's outer right elbow to cause a right shoulder dislocation.
- 6. Release your right hand grab and shift your right hand under (reverse it counter clockwise and palm up) opponent's right wrist, and switch your stance to a left reverse bow as your right hand maintains the grab (on opponent's right wrist) and twists clockwise (placing great pressure on opponent's right wrist and shoulder). Simultaneously strike opponent's right elbow (after its release) with your left heel of palm (to break opponent's right elbow).
- 7. Cock your left leg and deliver a left heel stomp to right side of opponent's neck as both of your hands grab and pull up and toward you to cause further shoulder dislocation.
- 8. Force opponent's arm to the ground and left front crossover stomp on top of opponent's right wrist and cover out twice toward 5 o'clock.

ESCAPE FROM DARKNESS (Left Rear Flank - Right Step Through Punch)

- 1. Your opponent approaches from 7:30, and delivers a right step through punch toward your head. Hop toward 1:30 onto your right foot into a transitory right one-legged stance, as you immediately counter your opponent's punch with a left thrusting knife-edge kick to the outside of his right knee. Your hands are positionally checking (to your left) in the Neutral Zone. (This should stop your opponent's forward momentum, as well as force him to bend forward.)
- 2. Plant your left foot toward 7:30 (gauging the leg to obtain proper distance) and immediately spin clock-wise as you deliver a right spinning stiff-leg sweep to the back of your opponent's right knee. (This should cause his right knee to buckle to the ground).
- 3. Pivot your upper body clockwise and plant your right foot forward into a right neutral bow (facing 7:30). Immediately have your left foot step forward (toward 7:30) into a left neutral bow as (1) your right hand gravitationally checks your opponent's right shoulder, (2) your left knee braces against his back, and (3) you deliver a left vertical punch to the right side of your opponent's jaw. The force of your punch should carry your fist through, and in front of his face.
- 4. With your left knee checking your opponent's back, reverse the motion of your left hand and execute a left outward claw across the face of your opponent. During the same flow of motion, deliver a right inward downward diagonal hammerfist strike to the left side of your opponent's jaw. This strike should conclude with your right forearm dropping, as well as to the back of, your opponent's right shoulder to keep him in check.
- 5. Have your right foot slide clockwise and back toward 4:30 into a left neutral bow (facing 10:30). With this action have your right hand (which is still t the left of your opponent's face) grab under your opponent's jaw. As you pull with your right hand, execute a left heel palm strike to your opponent's right mastoid (as in Leap of Death). The simultaneous pull and strike is for the purpose of snapping your opponent's neck.
- 6. Left front crossover, and cover out toward 4:30.
- 7. With your opponent still on his knees execute a right rear crossover followed by a left (counterclockwise) hooking heel kick to your opponent's face. (Your opponent should fall to the ground.)
- 8. From the point of contact of your kick, again execute a left front crossover, and cover out twice in the direction of 4:30.

CAPTURING THE ROD (right front pistol against your chest)

- 1. Standing naturally with hands down step forward right to 12:00 o'clock to a right neutral bow stance, as you execute a left outward parry close to your body to catch and deflect the barrel of the gun (be sure that your body pivots counter clockwise to face square to 9:00 o'clock) as your right hand simultaneously reaches over (and palm down) to grab the gun at the chamber or the hammer.
- 2. Now that your right hand has control of the gun, execute a left two-finger poke to his eyes, immediately snap the poke back so that the left hand is down under the gun.

- 3. Now use your left hand to assist your right and as you step back to 6:00 o'clock with your right leg to a left neutral bow stance, twist his wrist and the gun clockwise and back so that the barrel points toward him.
- 4. Now simultaneously as you switch your left neutral bow stance to a toward bow stance, yank the gun from his grip with your right hand so that the trigger finger of his right hand is forced back and broken in the process and as you pull the gun back past your right hip simultaneously execute a right front snap ball kick to the groin of your opponent. As you plant down from the kick (forward and toward 12:00 o'clock) come up with the butt of the gun in an arc diagonally upward and to the right to strike the jaw of the opponent (your left hand is checking at this point to his right arm).
- 5. Now execute a downward diagonal inward strike to his left cheek bone, followed by a right looping outward and downward strike to the other side of his head to his jaw and follow through and down with the gun sort of back toward your right hip (all this is like a figure '8' pattern) as you step back to a right neutral bow.
- 6. Now as you execute a left front crossover grab the barrel of the gun with your left hand, and switch your right hand so that you have the proper pistol grip. And as you execute a right reverse step through, drop your left hand down below the gun into a guard position (do not your left hand exceed the end of the barrel).
- 7. You are now clear and aiming the gun at the opponent.

PRANCE OF THE TIGER (right flank step-thru right uppercut punch)

- 1. Standing naturally with feet together, drop back slightly with your right foot, into a left 45 degree cat stance as you circle your left hand over and down to do a left hand heel of palm downward parry against his right hand, then take over with your right hand with a right inside downward block (palm up).
- 2. As your right hand follows through and cocks across your midsection (your left hand is covering with your palm facing toward 3:00 o'clock) your left foot sweeps across to strike (thrusting sweep kick) to opponent's right shin.
- 3. Immediately execute a right side chicken kick to the inside portion of his left knee as you simultaneously execute a right outward backknuckle strike to his right temple.
- 4. From your right knife-edge kick (with foot still in the air) have your right foot sweep across and hook the inside of his right leg to sweep him out and spread his legs; as you simultaneously execute a right outward two-finger eyehook to his eyes (keep your l.eft hand checking his arm).
- 5. Unpivot counter clockwise and execute a left rear spinning stiff leg sweep to 1:00 o'clock to the inside of his right knee; as your left hand checks his arms.
- 6. Continue to pivot counter clockwise and execute a right knee kick to his solar-plexus simultaneously with a right overhead and downward hammerfist strike to the back of his neck.
- 7. Now switch your hands so that your right becomes a check to his right shoulder, as you execute a left knee (toward 4:00 o'clock) up to his chin simultaneously with a left hammerfist strike down to the back of his head.
- 8. Immediately execute a left front cross over toward 7:00 o'clock as your left heel palm jab to his head toward 5:00 o'clock forces him down.
- 9. Double cover out toward 7:00 o'clock.

BROKEN ROD (rear right hard pistol)

- 1. Standing naturally with opponent pressing gun in your back, pivot clockwise in place (using the heel of your right toot and the ball of your left foot) facing toward 5:00 o'clock, into a right front rotating twist stance, as you simultaneously execute a right outward palm up hooking parry (like carrying a tray).
- 2. Step out left into a left neutral bow stance to 5:00 o'clock (to check the outside of opponent's right knee) as you grab the hand of t.he opponent at the gun with your right hand (palm down) and execute a left uppercut break to the right elbow of the opponent.
- 3. Now shift your left hand over and around to his shoulder, sort of pinning his shoulder as you step forward, swinging your right leg around and to the inside of opponent's right knee to buckle; as you rank the gun out of his hand with your right arm.
- 4. Immediately execute a right vertical upward strike to the chin of the opponent with the butt of the gun; and in the same motion follow through and loop over clockwise and come back down and inward to hit the throat or sternum of the opponent.
- 5. Now hop off left to 4:00 o'clock into a left crane stance as you loop the gun over outward and down (left hand checks) to strike the back of opponent's right elbow (this motion is like the second half of "Glancing Lance").
- 6. With your right foot still in the air and cocked, execute a right knife edge thrust kick to the back of opponent's left leg (at the knee) and as you plant your right foot down, the right hand (with the gun), which is down by our right hip, comes up to rake through the right rib cage of our opponent, diagonally and up.
- 7. Immediately pivot clockwise in place to a right front rotating twist stance as we strike diagonally down (from left to right) to the back of our opponent's neck with the butt of the gun following through so that you continue the action into a left heel of palm strike to the back of his head (to act as a check) then drop the left hand to pin his right shoulder.
- 8. As you unpivot counter clockwise execute an upward diagonal strike (left to right) to the face of the opponent. Follow through with the right foot to 3:00 o'clock.
- 9. As you left front Crossover to 3:00 o'clock grab the barrel of the gun, and as you step out right to 3:00 o'clock take the handle of the gun in your right hand (in the proper firing position) and slide your left hand down and under the barrel as a check, taking care as to not allow your hand to move in front of the barrel.

ENTWINED MACES (left and right punch with opponent's left leg forward)

- 1. With feet together, drop back with your left foot into a right neutral bow as your right hand loops a figure eight, first with a right inward on the outside of opponent's left punch and a right extended outward on the outside of opponent's right punch.
- 2. Immediately shuffle forward while your right extended outward drops and hooks opponent's right arm down and to your right. Simultaneously deliver a left vertical punch to opponent's face (you're now in a right forward bow).

- 3. While in place pivot into a right neutral bow as you deliver a right thrusting chop to opponent's left jugular vein, switching your left hand as a check against opponent's right arm.
- 4. Follow-up with a left rear crossover and deliver a right stiff leg reverse bow to buckle opponent's left leg from the inside out. Simultaneously deliver a right downward hammer fist to opponent's groin. (Your left hand is guarding in front of your chest.)
- 5. From a right reverse bow pivot clockwise (in place) into a right front twist stance, cocking your left hand to your left hip. Simultaneously deliver a right vertical outward against the right side of your opponent's nose to break it. Immediately follow-up with a left heel of palm strike to opponent's sternum and a left knee kick to opponent's groin (cocking your right clenched fist to your right ear).
- 6. Plant your left foot back to 8 o'clock, checking with your left hand, and (from your right hand cocked position) immediately deliver a right thrusting, chopping hammer fist to opponent's left collar bone.
- 7. Immediately execute a left rear crossover and a right back kick to opponent's solar plexus.
- 8. Right front crossover and cover out twice toward 8 o'clock.

DEFYING THE ROD (right front pistol)

- 1. Standing naturally and with hands at your sides pivot counter clockwise as you slide your left foot to 2:00 o'clock into a left front rotating twist stance, as your left hand executes a left outward parry (hooking with your palm up like carrying a tray). Be sure to have your center line move off to the right of the line of fire.
- 2. Immediately switch your left hand to a grab to his hand (at the gun) and simultaneously execute a right front snap ball kick to his groin with a right two-finger poke to his eyes.
- 3. Plant down right, toward 11:00 o'clock (to buckle the inside of the opponent's right knee) as your right hand grabs his hand (to assist the left hand which is holding the gun) and yanks down and slightly to your left, to pull him into a right slapping upward elbow strike to his chin.
- 4. Remove the gun from his right hand with your right hand while maintaining the grab with your left, and immediately step back right to 6:00 o'clock and as you step, execute a right downward outward diagonal strike with the butt of the gun to the right side of his head (your left hand checks his right arm out to the left).
- 5. Now continue the flow of the gun back over forward and down, and as you come up with a right knee kick to his sternum come down simultaneously with the butt of the gun to the back of his head. 6. With your right knee still at his sternum switch it to a right snapping instep kick to the groin then with the leg still in the air, execute a right knife edge kick to the inside of his left knee.
- 7. With your right knife edge kick still in the air, go into a right front crossover as your right hand strikes across to the left horizontally to hit the inside of your opponent's right elbow, forcing his arm clear of your path.
- 8. At the very moment you plant into your crossover execute a right downward outward backward strike with the butt of the gun to the head of the opponent.
- 9. Unpivot from the twist counterclockwise and as you execute a left spinning back kick to any available opening, take the gun by the barrel with your left

hand and cross out left toward 6:00 o'clock as you switch the gun to your right hand and step out to 6:00 o'clock with your right foot, while having the barrel of the gun aiming at the opponent in the proper manner, having slipped your left hand beside and below in the checking position (taking care so as not to have your hand go in front of the barrel).

FATAL DEVIATION (Front- Right & Left Punch Combination)

- 1. Standing naturally, have your left foot step back toward 6 o'clock into a right neutral bow (facing 12 o'clock) as you execute a right inward block to the inside of your opponent's right punching arm. Have your left hand positionally check in front of your solar plexus.
- 2. As your opponent delivers a left roundhouse punch, shuffle forward into a right forward bow, while delivering a right extended outward block to the inside of your opponent's left punching arm. Simultaneous with your shuffle and block, execute a left thrusting vertical punch to your opponent's face. (This should snap your opponent's head back and keep his depth zone in check.)
- 3. Immediately pivot counterclockwise) into a right neutral bow, as you execute a right thrusting inward handsword to the left side of your opponent's neck. Again have your left hand positionally check in front of your solar plexus. (This should stun your opponent.)
- 4. Without hesitation execute a left front crossover and while in a left front twist stance have your right hand circle counterclockwise, and diagonally down, to force your opponent's right arm against the right side of his body and him. Your right elbow should positionally check your opponent's left arm at the same time. Simultaneous with this action have your left hand circle clockwise and execute a left inward horizontal heel palm strike (finger tips pointing out with your left elbow anchored) to the right side of your opponent's jaw. (This should daze your opponent.)
- 5. Have your right foot step out into a right neutral bow (toward 11:00 while facing 12 o'clock) to buckle the inside of your opponent's right knee. With your left heel palm still braced against your opponent's right jaw have your right arm circle counterclockwise and execute a right inward horizontal elbow strike to the left side of your opponent's jaw. (This action should sandwich your opponent's jaw and cause him to pass out.)
- 6. Immediately pivot counterclockwise (inplace) into a right reverse bow to further buckle the inside of your opponent's right leg and expose his groin. While employing your right reverse bow, execute a right back hammerfist to your opponent's groin. Your left hand should be checking over your right shoulder. (Your opponent should bend forward at the waist.)
- 7. Right front crossover, and cover out toward 7:30.
- 8. Survey the outcome of your action.
- 9. Return by executing a left rear crossover followed by a right thrusting back heel kick to your opponent's stomach. (Your opponent should fall to the ground at this point.)
- 10. From the point of contact of your right kick, execute a right front crossover, and cover out twice in the direction of 6 o'clock.

TWISTED ROD (right front pistol)

- 1. Standing naturally with hands down, step slightly forward with your left foot, as your right hand executes an outward parry to the barrel of the gun and your left hand grabs his right hand.
- 2. Step forward and outside of his right leg with your right (to 11:00 o'clock) as your right forearm pins against the back of his right hand to force it back.
- 3. Pivot in place counter clockwise into a left forward bow stance facing 6:00 o'clock, as your left hand and right forearm twist the opponent's right wrist and arm counter clockwise to break it as he is thrown over your right leg to land on his back (with his head toward 4:30 and his feet toward 1 0:30).
- 4. Immediately execute a right shoveling kick (first the ball of your foot then the heel in the same motion) to his right rib cage following through and then up.
- 5. Come down with a right point of heel stomp to the head of the humorous at the left shoulder. Plant your right foot just to the right of his left arm and pivot counter clockwise into a left close kneel stance.
- 6. Drop down with your right knee to his throat as you execute a right two-finger poke to his eyes (your left hand is still holding onto his right gun and hand, and you are facing 2:30).
- 7. Now take the gun with your right hand and strike down and back (toward your right leg) through his right side of jaw with the butt of the gun, then strike again forward and through his face with the butt of the gun, following through to hit and hurt his right arm.
- 8. Stand up and execute a right knife-edge kick to his right arm stepping through to 4:00 o'clock and as you left front crossover to 3:00 o'clock take the gun by the barrel with your left hand and switch it to your right hand (in the proper manner) so that as you step out right to 3:00 o'clock you are aiming the gun at the opponent with the left hand below in a checking position (taking care so as not to have your hand go in front of the barrel).