3rd Degree Brown Belt

GLANCING SPEAR (front direct left wrist grab)

- 1. With feet together and opponent's right hand grabbing your left wrist, step back with your right foot (into a left neutral bow) to 6 o'clock as your right hand goes under your own left wrist and grabs (palm out) opponent's right wrist.
- 2. Immediately shift into a left reverse bow as your right hand, which is still maintaining the grab, pulls your opponent down and toward you toward the direction of 6 o'clock.
- 3. Shift into a left neutral bow as your left elbow strikes to opponent's right ribcage (the palm of your left arm should be facing the ground). Have your right hand continue to grab so as to control your opponent, pulling opponent's arm past you.
- 4. Have your right hand release the grasp and have the heel of palm of the same hand strike the opponent's forearm and in a glancing, dipping motion strike to opponent's eyes with the finger tips of the same hand.
- 5. Immediately sweep opponent's right foot with your left foot while executing a left front crossover while moving toward 5 o'clock.
- 6. Pivot out of twist stance (clockwise) and right stiff-leg sweep to back of opponent's legs to drop opponent, ending up in a wide left front twist stance toward 12 o'clock.
- 7. Without losing momentum have right sweeping leg immediately turn into a right downward roundhouse kick to opponent's head toward 12 o'clock.
- 8. Right front crossover and cover out twice toward 6 o'clock.

THRUST INTO DARKNESS (right punch directly from the rear)

- 1. With feet together, step forward with your right foot toward 2 o'clock into a left reverse close cat stance (as opponent attacks from the rear with a right punch) to give you distance, and immediately deliver a left back kick toward 7 o'clock to opponent's stomach thus causing him to bend forward.
- 2. With your left foot still in the air, plant your left foot to 4 o'clock (assuming both you and opponent are presently facing 12 o'clock) into a wide left rear twist stance and immediately pivot counter clockwise (ending in a left neutral bow facing opponent at 6 o'clock) and without hesitation deliver a right front snap ball kick toward 7 o'clock to opponent's jaw or sternum (opponent should be bending forward at this point toward 12 o'clock).
- 3. Plant your right foot forward into a right neutral bow toward 7 o'clock and assuming that the kick forced your opponent back, do a left front crossover toward 7 o'clock and right side kick to inside of opponent's left knee.

- 4. Plant your right foot forward (right forward bow) toward 7 o'clock and simultaneously deliver a right back knuckle thrust to opponent's right temple and a left vertical thrust punch to opponent's right ribs.
- 5. Right front crossover and cover out toward 2 o'clock.
- 6. Left rear crossover and return with a right back kick to opponent's head toward 7 o'clock.
- 7. Right front crossover and cover out twice toward 2 o'clock.

CIRCLING FANS (front straight left and right punch)

- 1. With feet together, step back into a right neutral bow to 6 o'clock and execute a double circular parry (with both done slightly diagonally and inwardly) commencing with your right hand first to the top and side of opponent's left punch and then your left hand to the top and side of opponent's right punch while sliding your right foot back into a 45 degree cat stance and cocking your right hand to the center of your chest while keeping your left hand high in guard position.
- 2. Deliver a right front snap kick to opponent's groin toward 12 o'clock.
- 3. As you plant your right foot forward (into a right neutral bow) deliver a right thrusting vertical back knuckle to opponent's forehead (right between the eyes).
- 4. Left front (twist stance) crossover as your right horizontal downward forearm checks opponent's arms and as you deliver a left vertical punch to opponent's sternum.
- 5. From a left front twist stance, deliver a right upward knee kick to opponent's groin (right arm still checking, left fist still in punching position).
- 6. As your right foot plants to 11 o'clock (buckling opponent's right knee from the inside) deliver a right upward lifting forearm punch under opponent's chin. (Left hand should now be checking opponent's arms).
- 7. Right front crossover and cover toward 5 o'clock.
- 8. Left rear crossover and right back kick to any available opening.
- 9. Right front crossover and cover out twice toward 5 o'clock.

ROTATING DESTRUCTION (right front snap kick and left spinning back kick combination)

- 1. While in a right neutral bow (with your left hand cocked high near your sternum and your right hand hanging low near your right leg) and as your opponent delivers a right front snap kick, execute a right inside downward block palm down (shuffling back in you have to) and continue to loop the right arm downward and outward into a extended outward block thus forcing your opponent clockwise and over so that his back faces toward you.
- 2. As opponent does a left spinning back kick (toward 6 o'clock) strike down to opponent's right leg with a right chopping downward diagonal block as your right foot drops back into a right rear twist stance.
- 3. Pivot clockwise and deliver a left roundhouse kick to opponent's head.
- 4. Plant your left foot (adjusting it accordingly) and deliver a right spinning hooking heel kick to opponent's solar plexus.
- 5. Right front crossover and cover out toward 6 o'clock without first planting the right foot.
- 6. Return with a right hopping side kick to any available opening (kicking toward 12 o'clock).

- 7. Right front crossover and cover out twice toward 6 o'clock.

FALCONS OF FORCE (left and right shoulder grab)

- 1. With feet together and flanked by two men grabbing both of your shoulders, have your right foot step to 2 o'clock into a horse stance as you deliver a right outward hand sword to opponent number one's throat (opponent number one is to your right). Have your left hand in guard position near your right shoulder.
- 2. Have your right foot pivot counter clockwise to 10 o'clock and deliver a right inward horizontal slicing eye rake (palm down) and an outward hand sword with your left hand to number two opponent's throat (opponent number two is to your left) as your right hand guards.
- 3. Shift your left foot counter clockwise to 10 o'clock as you simultaneously deliver a right raking inward strike with intent to hurt or defend against opponent's probable retaliation with punches.
- 4. Right front snap kick to opponent number one's groin.
- 5. Plant your right foot forward (into a right neutral bow) toward 4 o'clock, left rear crossover and right back heel kick to opponent number two's solar plexus toward 6 o'clock.
- 6. Right front crossover and cover out twice toward 12 o'clock, ending in a left neutral bow facing 6 o'clock.
- 7. Deliver a right 360 degree spinning stiff-leg sweep clockwise across the path of both opponent's and stopping the right leg between 10 and 11 o'clock.
- 8. Left front crossover and cover out twice toward 12 o'clock.

THE BEAR AND THE RAM (front right step through punch and rear bear hug - arms free)

- 1. With feet together facing 12 o'clock and rear opponent applying rear bear hug (arms free) and front opponent executing a right step through-punch, simultaneously deliver a right inward block to inside of front opponent's right punch and a right front thrust kick to groin of same opponent.
- 2. Plant your right foot to 3 o'clock (into a horse stance). Simultaneously strike down with both of your elbows against rear opponent's forearms (after having raised them).
- 3. Have your left foot cat around and behind of rear opponent's left leg and into a reverse bow (left reverse bow). Plant the left foot to 7 o'clock.
- 4. Pivot to your left and deliver a left upward outward diagonal elbow strike to opponent's chin (while in a left neutral bow) and a right downward diagonal hammer fist to opponent's groin (while pivoting into a left forward bow).
- 5. Rear left (twist stance) crossover to 12 o'clock and deliver a right back heel kick to sternum of front opponent.
- 6. Without planting your right foot (after retrieving it from the kick position) immediately pivot toward 6 o'clock and deliver a right front snap kick to any opening on rear opponent (kicking at and near the ground).
- 7. Right front crossover and cover out toward 3 o'clock.
- 8. Left front snap kick to any opening on rear opponent.
- 9. Left front crossover and deliver a right knife-edge kick to front opponent, kicking to any available opening in the direction of 11 o'clock.
- 10. Right front crossover and cover out twice toward 3 o'clock.

RAINING LANCE (front overhead step through knife attack)

- 1. While in a left neutral bow or standing naturally have your left foot move forward and to your left (between ten and eleven o'clock) you're still in a left neutral bow as your left hand (while open) inward parries outside of opponent's wrist (the hand with the knife).
- 2. While the overhead attack is still in motion, pivot to your right into a horse as your right hand assists your left in following the force of your opponent's knife hand. While still following the knife hand and without losing momentum, pivot to your left (into a left neutral bow) and jam the knife into your opponent's right thigh.
- 3. Release your right hand check and deliver a right inward horizontal elbow strike to opponent's sternum while shuffling forward (push drag).
- 4. With your left hand still pressing the knife against the thigh, have your left outward reverse tiger's mouth (palm up) choke your opponent at his adam's apple as your right hand switches places (palm down) to continue pressing the knife against your opponent's right thigh.
- 5. Immediately switch both of your hands so that your left forearm now presses your opponent's right arm as the hand of the same left arm grabs and squeezes your opponent's testicles. Simultaneously have your right hand (circle counter clockwise - palm down) hook and pinch opponent's eyes (crab hand pinch).
- 6. Step to 10 o'clock with your left foot as your right hand hooks inside of your left arm and down to check opponent's right arm as your left hand slides up your opponent's body (after releasing opponent's testicles) striking to opponent's throat with your left inner wrist.
- 7. Immediately switch your left inner wrist to a left hooking (shape of the crane) wrist as your right foot steps through to 10 o'clock dropping into a right kneel thus forcing your opponent over your right leg to cause a back break.
- 8. Almost simultaneous with the above move circle your right arm in a counter clockwise manner and deliver a right downward diagonal hammer fist across opponent's throat. (Knife should be released at this point.)
- 9. Deliver a left thrusting heel palm to opponent's jaw (fingers pointed up) striking and forcing opponent off of your right knee. (Right hand checking opponent's right shoulder.)
- 10. Right front crossover and cover out twice toward 4 o'clock.

DESPERATE FALCONS (front two-hand grab to wrists)

- 1. With feet together and opponent grabbing your wrists from the front (opponent's left hand grabbing your right wrist and right grabbing your left wrist) move your left foot forward and to your left between 11 and 12 o'clock (into a left neutral bow) as both arms circle clockwise so as to loop over both arms of your opponent (forcing opponent's arms down).
- 2. Immediately follow up with a left forward back knuckle to opponent's face simultaneous with a right forward vertical fist to opponent's solar plexus.
- 3. Without hesitation step forward into a right 45 degree cat stance toward 12 o'clock and deliver a right vertical or diagonal back knuckle strike to opponent's right temple as your left hand checks down and presses against opponent's right arm.

- 4. Step forward (hugging inside of your opponent's right leg) with your right foot to 12 or 1 o'clock into a right neutral bow and deliver a right horizontal inward elbow strike to opponent's face (left hand is still pressing and checking opponent's right arm down).
- 5. Immediately shift into a right reverse bow (in place) while delivering a right downward diagonal hammer fist to opponent's right kidney. (Left hand is checking slightly higher).
- 6. Execute a left rear crossover toward 2 o'clock and immediately plant your right leg into a right reverse bow in order to buckle inside of opponent's left leg.
- 7. Right knee kick to inside of opponent's right thigh toward 8 o'clock.
- 8. Right front crossover and cover out twice toward 8 o'clock.

LEAP OF DEATH (front straight right punch)

- 1. With feet together, step back with your right foot (into a left neutral bow) to 6 o'clock as your right hand delivers a right extended outward chop to outside of opponent's right wrist (punching hand of opponent) and immediately turns into a right hooking crane hand (grabbing or hooking opponent's right wrist). Simultaneously strike to outside of opponent's right elbow with a left inward horizontal heel palm strike (to break opponent's elbow).
- 2. Shift (in place) into a left reverse bow continuing your right hand grab (or hook) as well as pressure on opponent's right elbow with your left heel palm and jerk opponent to your right toward 6 o'clock.
- 3. Immediately shift into a left forward or neutral bow (depending upon how close your opponent is to you) as your left back knuckle strikes horizontally to opponent's right ribcage with your right hand still maintaining grab (or hook).
- 4. Again shift (in place) into a left reverse bow restriking opponent's left elbow with your left heel palm (force is now in a downward motion) while your right hand jerks opponent's arm down toward the ground so as to force your opponent t the ground (face down).
- 5. Leap into the air with both feet cocked under you and with both of your hands cocked to your chest (palm up in the begging fashion).
- 6. Come down on opponent so that both heels of your feet strike to both of opponent's kidneys (right heel of foot to opponent's right kidney, left heel of foot to opponent's left kidney) and slide off to sides of kidneys. Simultaneously have the heels of your palms strike to back of opponent's mastoids (right heel of palm to right mastoid and left heel of palm to left mastoid) to force opponent's face to hit and bounce on the ground.
- 7. From the reaction of your opponent's face hitting the ground and bouncing back up, slip both of your hands along opponent's face (after heel of palm strikes to opponent's mastoids) and under opponent's chin.
- 8. Immediately switch (in place) from a horse stance to a concave stance and pull up and toward you with both of your hands and arms (pulling up on opponent's chin) as you knees brace down and against opponent's back. Pull and stretch your opponent's neck up and back to its very limit.
- 9. Without loss of motion, twist your opponent's head and neck clockwise (pulling up and against you opponent's chin with your right hand and pushing down on the back of your opponent's head with your left hand) to snap opponent's neck.

- 10. With your right hand cocked to your right ear (palm out) and your left hand pushing your opponent's head down, immediately follow up with a right inside downward (palm up) chop to bridge of opponent's nose.
- 11. Switch (in place) into a right close kneel and drop your left knee to opponent's upper spine (using the opponent's body as a springboard) with a left hand push to back of opponent's head and again force opponent's face to the ground (drop and spring into next move).
- 12. After bouncing on opponent's back spring up and leap, turning your body counter clockwise in mid-air and land with your left foot to the right of your opponent's body as a right downward roundhouse kick is delivered to your opponent's head (bend your left knee deeply upon right roundhouse kick delivery).
- 13. Right front crossover and cover out twice toward 9 o'clock.

PROTECTING FANS (front left and right punch with opponent's left leg forward - the same sequence may be used for a right and left punch)

- 1. While standing naturally move your left foot forward and to your left to 10 o'clock (into a left neutral bow) as you deliver a left inward horizontal parry inside of opponent's left punch.
- 2. As opponent delivers a right punch, pivot (in place) into a left forward bow toward 10 o'clock as you deliver a right extended outward chopping block toward 2 o'clock (hand open) to outside of opponent's right punch (with your left hand cocking to your left hip).
- 3. Immediately (pivot your body to the right at the waist only) deliver a left horizontal finger poke to opponent's eyes with a right ball kick to opponent's groin toward 2 o'clock as your right hand grabs and pulls down on opponent's right wrist (pull opponent's arm down and past your right hip).
- 4. Plant your right foot (which just kicked) to inside of opponent's right thigh as your left hand checks opponent's right arm downward and as your right inward horizontal elbow strikes to opponent's sternum or left ribcage or heard depending on circumstances.
- 5. With your left hand still checking, execute a right front scoop kick to opponent's groin followed by a right two-finger hook to opponent's eyes (hooking from your right to left) as you move back in addition to thrusting a left heel jab to opponent's sternum in the process.
- 6. Left front crossover (after landing in a left neutral bow) and cover out twice toward 5 o'clock.

DECEPTIVE PANTHER (combination front right snap kick (low) and right roundhouse (high))

- 1. While in a right neutral bow shift your left foot to 4 o'clock (angle change) and as your opponent's kick is delivered have your guarding hands change so that you position them into a left downward and right inward to block both kicks (universal block), the low kick with your left arm and the high kick with your right arm.
- 2. As opponent is in the process of covering out deliver a right hopping side kick to opponent's left inner knee to buckle him.

- 3. Plant your right foot forward into a right neutral bow (facing opponent) and immediately pivot clockwise (in place) into a right front rotating twist stance as you deliver a right downward back knuckle strike to opponent's right mastoid followed by a left downward hammer fist to opponent's right kidney.
- 4. Have your left hand check opponent's right elbow while still in a right front rotating twist stance. Immediately pivot counter clockwise (untwisting out of the stance) and deliver a right lifting stiff-arm back knuckle strike to opponent's face, making facial contact when your transition move takes you to the point of a close right neutral bow stance.
- 5. Continue to twist counter clockwise. When you are almost turned completely around into a right reverse cat stance deliver a right back thrust kick to any available opening. Make sure the kick is delivered while take advantage of the torquing movement and the momentum associated with it.
- 6. Right front crossover and cover out twice toward 5 o'clock. (Cover out from your kicking position).

COURTING THE TIGER (left and right arm grab)

- 1. With feet together and opponents executing grabs on both of your arms, step back and to your left to 8 o'clock with your right foot (right rear twist stance) in the hope of trying to stomp foot of left opponent as your right hand grabs your opponent's right arm (opponent to your right) and pulls him toward you, simultaneously push the opponent who is to your left away from you with your left arm (anchoring you left elbow down and into left opponent's right ribs).
- 2. Deliver a right side kick toward 3 o'clock to outside of the left knee of opponent to your right.
- 3. Immediately plant your right foot in front and to the left of your left foot (right front twist stance) and have your left knee strike up and back of right knee of left opponent. (This is done to lift his right leg off of the ground and place all of opponent's weight onto his left leg.)
- 4. While your left leg is still in the air, kick left inner knee of opponent to your left with your left foot sword (knife-edge of the foot).
- 5. Plant your left foot back toward 3 o'clock into a left reverse twist stance as you execute a right back knuckle strike to head or any opening on opponent to your right whether he be standing, kneeling, or otherwise.
- 6. Without hesitation deliver a chicken kick (double kick with left foot then right foot) to opponent on you; left (left foot kicking to opponent's ribs and right foot to opponent's face or solar plexus).
- 7. From right kicking position plant your right foot toward 9 o'clock into a right neutral bow as you strike to left opponent's temple or face with an upward right stiff arm lifting back knuckle strike.
- 8. Immediately deliver a right snapping stiff-leg kick to underneath of opponent's jaw who is to your right.
- 9. Right front crossover and cover out twice, remaining equal distance from both opponent's as you cover out toward 6 o'clock.

GATHERING OF THE SNAKES (front left punch and rear right punch)

- 1. Standing in a right neutral bow as first opponent (who is at 12 o'clock) delivers a left punch from the front, step forward and to your right (with your right foot) to 1 o'clock while executing a right inward-left outward block

combination outside of opponent's left punch. Without loss of (circular) motion transform your right inward block into a right back knuckle strike to left ribs of first opponent (front opponent).

- 2. Slide your left foot counter clockwise to 2 o'clock checking opponent's arm with your left as it simultaneously claws and deliver a right overhead chop to back of opponent's neck.
- 3. Immediately cock your right foot to inside of your left knee (right one legged stance) and deliver a right side kick to back of first opponent's left knee. Have both of your hands and arms guarding wherever needed.
- 4. With opponent beginning to buckle, plant your right foot into a right neutral bow toward 6 o'clock and execute a two-hand push to first opponent's back and shove first opponent into second opponent toward 6 o'clock.
- 5. With second opponent (rear opponent) occupied, shift your right foot to your left into a right front twist stance and deliver a left roundhouse kick to head of second opponent as your left hand cocks horizontally to your right hip.
- 6. Plant your left foot forward (into a left neutral bow toward 6 o'clock) while delivering a left horizontal back knuckle strike to head of second opponent.
- 7. Right front crossover (into a right front twist stance) guarding and pushing down on second opponent's right arm with your left hand toward 6 o'clock while delivering a right back knuckle strike to head of first opponent toward 12 o'clock. Immediately pivot counter clockwise with a looping stiff-arm back knuckle strike to head of second opponent still at 6 o'clock.
- 8. Follow-up with a left spinning back kick to solar plexus of second opponent at 6 o'clock.
- 9. Shoot your left foot to 12 o'clock (toward first opponent) as you deliver a low left snapping ball kick under jaw of first opponent.
- 10. Left front crossover and cover out twice, positioning yourself so that you end up midway between opponent's (covering out toward 3 o'clock).

GLANCING LANCE (front knife thrust - with your arms down)

- 1. With feet together and arms hanging naturally to your side, step back to 6 o'clock with your right foot into a left neutral bow as your right hand does an extended outward chop outside of opponent's right wrist. Simultaneously have the heel of your left palm strike in and against the outside of opponent's left elbow. While in a left neutral bow stance, your right foot should now be positioned to kick.
- 2. Deliver a right front snap kick to opponent's groin toward 2 o'clock.
- 3. While planting your right foot forward to 1 o'clock (have your right leg buckle and check opponent's right leg) execute a right two-finger horizontal eye poke to opponent's eyes.
- 4. Immediately hop onto your left foot to 10 o'clock into a right one legged stance as your right hand circles counter clockwise, hooks and parries in an overhead fashion to again strike outside of opponent's right wrist. Just as you did earlier, simultaneously have the heel of your left palm strike in and against the outside of opponent's left elbow. While now in a right one legged stance, your right foot should be cocked to your left knee in preparation for a kick toward 2 o'clock.
- 5. Deliver a right knife-edge kick to outside portion of opponent's right knee to cause opponent's right leg to buckle in toward himself.

- 6. Plant your right foot in back of opponent's right leg as you check his right arm with your left arm and again execute a right vertical finger thrust to opponent's eyes.
- 7. Have your right arm collapse and execute a right downward elbow strike to opponent's right kidney. Have your left hand circle clockwise and strike with a left inward hooking middle knuckle fist to opponent's left mastoid, making contact a fraction of a second after the elbow makes contact.
- 8. Have your right elbow continue the counter clockwise circle and execute a right inward horizontal elbow smash to opponent's right ribs or head, depending upon what is open. Left hand is guarding under the right and checking in the process.
- 9. Right front crossover and cover out twice toward 8 o'clock.

DOMINATING CIRCLES (Front - Offset Right Hand Grab To Right Shoulder)

- 1. Standing naturally, have your right foot circle clockwise into a horse stance, planting it in back of an down on your opponent's right leg to buckle it. As you circle your right leg, circle a right outward overhead elbow strike. In sync with the planting of your right foot, have your elbow strike down and on top of your opponent's right forearm. During this action have your left hand check your opponent's right shoulder.
- 2. This is a sophisticated transitional buckle that first travels downward, before rotating into a reverse bow that trips your opponent. As you pivot into a right reverse bow, deliver a right thrusting heel palm strike to the right side of your opponent's mandible. Your left hand is still checking your opponent's right arm. (This should daze your opponent and begin to turn him counterclockwise.)
- 3. Have your right foot spring forward toward 10:30 into a right front twist stance. As you spring forward, deliver a left outward handsword to your opponent's throat. Your right hand contours down his right arm, acting as a sliding check, until it grabs and controls his right wrist.
- 4. Have your left foot step out toward 10:30 into a left neutral bow. As you step out control manipulate your opponent by having your left hand hook around your opponent's neck. This should further turn his head and body counterclockwise (from your point of view) so that he is face down near your left thigh. Simultaneous with these actions, have your right hand assist in turning your opponent by applying a hammerlock on his right arm. (Your opponent is falling toward the ground.)
- 5. Have your right foot slide clockwise toward 10:30 into a left neutral bow (facing your opponent at 4:30). Be sure that you are in control maintenance of your opponent. Without loss of momentum, push-drag reverse toward 10:30. As you push-drag, yank his right arm toward you to dislocate his shoulder. Your left hand assists your right hand in the dislocation.
- 6. Drop into a left close kneel stance, having your right knee smashing and sandwiching your opponent's face and head to the ground.
- 7. From the point of Contact of your right knee strike, gradually ascend into a left front crossover and cover out twice toward 9:00.

DESTRUCTIVE FANS (flank right punch with opponent's right leg forward)

- 1. With feet together and facing 12 o'clock and opponent attacking from 9 o'clock with a right punch, move your left foot back and to the left to 8 o'clock

(into a modified horse) as your right hand circles clockwise and parries your opponent's right arm from the outside at the wrist. Your left hand also travels clockwise and parries your opponent's right punch on the outside at the elbow. Your right hand should continue in a circle and transform into a right hammer fist strike (clenched fist and palm up) to opponent's solar plexus (with your left hand in check - bracing angle).

- 2. Immediately sweep opponent's right leg with your left foot as it forms a left front twist stance. At this point have your left hand grab and pull in the process.
- 3. Pivot (clockwise) out of the twist stance and execute a right back knuckle strike to opponent's right kidney and a right stiff-leg sweep all the way around to 3 o'clock to back of opponent's right leg to cause his leg to split further.
- 4. Right punch to opponent's head while shuffling (push drag) into a left close kneel with a left hand push down check to opponent's upper right arm.
- 5. With opponent possibly sitting at this stage, deliver a right stomp thrust kick under opponent's chin or to best available opening.
- 6. From kicking position, right front crossover and cover out twice toward 3 o'clock.

UNFURLING CRANE (front left and right punch with opponent's right leg forward)

- 1. While standing naturally step back with your left foot into a right neutral bow (shift your hands into guarding position), deliver a right vertical outward block to inside of opponent's left punch.
- 2. Immediately shuffle in and execute a right inward and left outward combination on the inside of opponent's right punch, continuing the right inward and transforming it into a right inverted downward hammer fist strike to opponent's groin. (Left hand checks).
- 3. Follow up with a left inward overhead claw and right rolling vertical back knuckle thrust to opponent's face.
- 4. Again strike down to opponent's groin with a right rolling inverted downward hammer fist. (Left hand checks).
- 5. While close (shuffle in if necessary) in to your opponent, strike up and to his jaw with your right elbow (obscure wing fashion) continuing the move and transforming it into an inverted upward five-finger claw to opponent's face.
- 6. In the same move deliver a left heel of palm strike to opponent's solar plexus and a right front scoop kick to opponent's groin. At this point your right hand is raised and cocked above your head and you should be balancing on your left leg in a one legged stance with your right foot cocked.
- 7. Simultaneously deliver a right inward hammering chop to opponent's neck and a right side kick to inside of opponent's right knee.
- 8. Right front the kick go into a right front crossover and cover out twice toward 6 o'clock.

GRASPING EAGLES (right front lapel grab and rear right arm grab)

- 1. With feet together and grabs being applied by both opponents, simultaneously execute a left inward strike to outside of first opponent's (front opponent who's attacking from 12 o'clock) right elbow while delivering

a right front snap kick to groin of first opponent and a right back hammer fist strike to groin of second opponent who is at 6 o'clock.

- 2. Plant your right foot forward to 12 o'clock (buckling first opponent's right knee if it is in line of the move) and deliver a right heel of palm thrust to chin of first opponent (front opponent is at 12 o'clock) and a left back underhand heel strike to groin of second opponent (rear opponent at 6 o'clock).
- 3. With right heel thrust driving first opponent (front opponent) back, deliver a left front snap kick to groin of front opponent.
- 4. From left kick position plant your left foot back to gauge distance and immediately deliver a right back heel thrust kick to stomach of rear opponent.
- 5. Right front crossover and cover out twice to 9 o'clock, positioning yourself so that you end up midway between opponents.

PARTING OF THE SNAKES (front right punch and rear attempt)

- 1. While in a left neutral bow, step slightly forward with your left foot as you duck under first opponent's (front opponent) right punch and execute a left upward claw to face of first opponent (first opponent is at twelve o'clock). Simultaneously strike with a right reverse hand sword to first opponent's groin followed by your right knee to groin of first opponent.
- 2. While your right knee is still buried in groin of first opponent, deliver a right back kick to second opponent's (rear opponent) solar plexus forcing him back. Simultaneously deliver a right vertical punch to front opponent's chin.
- 3. Plant your right foot back to 6 o'clock and go into a left rear crossover as you simultaneously deliver a right horizontal back knuckle to face of second opponent.
- 4. From your twist stance execute a left ball kick to solar plexus of first opponent and chicken kick with right foot to jaw of first opponent followed by a right heel of palm to face of first opponent.
- 5. Follow-up with a double rear chicken kick (starting with your right foot first) to any opening on second opponent.
- 6. Left front crossover and cover out twice in the direction of 3 o'clock. Try to end up equal distance from both opponents.

THRUSTING LANCE (front knife thrust)

- 1. While in a right neutral bow deliver a right inward downward strike and grab (with the same right hand) to inner right wrist of opponent as your left foot shifts to 4 o'clock.
- 2. Immediately shuffle (push drag) forward (with right hand still maintaining grab) and strike to opponent's groin with a left underhand heel strike and grab.
- 3. Shift your right foot back to 6 o'clock as your left hand assists your right hand in twisting your opponent's wrist clockwise, forcing opponent to bend forward and breaking opponent's right wrist, thus having opponent drop his knife.
- 4. Left front snap kick to opponent's left ribs and a right chicken kick to opponent's sternum.
- 5. As you plant your right foot forward into a right neutral bow, check opponent's right arm with your left hand and deliver a right underhand stiff-arm lifting back knuckle strike (vertically) driving upward underneath opponent's chin.

- 6. Switch your right hand (which is now above opponent's head) clockwise (palm up) and strike down vertically) to bridge of opponent's nose in a raking manner utilizing the back knuckle of your right hand.
- 7. Circle your right arm counter clockwise (starting a figure 8 pattern which should be visualized laying on its side) and strike opponent's left jaw hinge with your right hammer fist.
- 8. Continue the figure 8 pattern and deliver a right back knuckle to opponent's right jaw hinge.
- 9. With your opponent bending over have your right hand hook over (shape of the crane) and under opponent's right armpit, hooking opponent's right arm out and away from you, as you step through with the left foot into a left neutral bow toward 12 o'clock, executing a left vertical elbow strike to underside of opponent's right armpit.
- 10. As you drag or right rear crossover to 10 o'clock step out to 10 o'clock into a left reverse bow, buckling opponent's right leg out as you execute a left downward hammer fist to opponent's right ribcage while simultaneously striking with a right inward downward hammer fist (universal block) to opponent's mastoid.
- 11. Left front crossover and cover out twice toward 4 o'clock.

BLINDING SACRIFICE (front two-hand choke or grab attempt)

- 1. With feet together and opponent attempting to choke or grab you from the front (12 o'clock) step forward with your right foot to 12 o'clock into a right neutral bow as both of your arms thrust forward and to inside of opponent's arms, first to attempt twin pokes to opponent's eyes and continuing as two outward open hand chops to inside of opponent's forearms (your right hand to your opponent's left forearm and your left hand to your opponent's right forearm) and without loss of motion, circle down to opponent's groin, grabbing the testicles with both of your hands. (At this point have your body up close to your opponent's body, acting as a body jam.)
- 2. From the testicles execute two outward circular inward hooking back knuckle rakes to both kidneys of opponent (your right back knuckle striking to opponent's left kidney and your left back knuckle striking to opponent's right kidney). This move is executed and timed as you shuffle back (push drag) into a right 45 degree cat stance while having both of your arms travel horizontally and into two vertical outward blocks (left outward and right outward) as a checking measure.
- 3. Immediately shuffle in as the fingers of both of your hands flick to opponent's eyes followed by twin thumb scoops to opponent's eyes.
- 4. From eyes have both of your hands slap down on opponent's shoulders and travel down arms of opponent, catching and grabbing opponent's arms at the wrists to pull opponent.down.
- 5. Immediately recircle the arms up, over, and in so that you strike your opponent's temples (or mastoids) with both of your inverted back knuckles (with your right back knuckle striking to opponent's left temple (or mastoid) and your left back knuckle striking to opponent's right temple (or mastoid).
- 6. With both of your elbows raised, drop them down and in toward each other thus striking and sandwiching opponent's jaws (with your right inside elbow striking to opponent's left jaw and your left inside elbow striking to opponent's right jaw).
- 7. Grab back of opponent's head with both of your hands and push down as your right knee kicks up and smashes opponent's face.

- 8. From your right knee kick have your right foot stomp to opponent's right instep.
- 9. Right front crossover and cover out twice toward 6 o'clock.

SNAKES OF WISDOM (left and right shoulder grab by two men at sides)

- 1. With feet together and both of your shoulders grabbed by two opponents flanking you, step back with your right foot to 6 o'clock (into a left neutral bow) as you circle both arms (your arms) out and back (in an obscure claw fashion) clawing opponent's faces (your right hand clawing the face of right opponent and your left hand clawing the face of your left opponent).
- 2. Continue to circle your arms around, over, and back and immediately step forward with your right foot to 12 o'clock (into a right neutral bow) as you deliver double uppercut punches so that your forearms and biceps strike under and against opponent's elbows to break both of them. (Your right arm under right opponent's left elbow and your left arm under left opponent's right elbow.)
- 3. Deliver double back knuckle strikes to ribs of opponents (your right back knuckle strikes to right opponent's left ribcage and your left back knuckle to left opponent's right ribcage).
- 4. Circle both of your hands back, around. in and grab both of opponent's heads (smashing opponent's heads together) as your left knee kicks up and between opponent's heads.
- 5. As you replant your left foot back (into a right neutral bow) have both of your hands execute twin pushdown on opponent's shoulders (acting as a check) then 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 hands 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 immediately pull toward you.
- 6. While still maintains both ankle grabs (at least try to maintain grabs) deliver a right ball kick to groin of opponent to your left.
- 7. Plant your right foot toward 12 o'clock (into a right neutral bow) and execute a left roundhouse kick to sternum of opponent to your right.
- 8. From your left kick, left front crossover and cover out twice, keeping equal distance between opponents.

ENTWINED LANCE (front right knife thrust)

- 1. While standing naturally and as opponent thrusts his knife, shift your left foot to 3 o'clock and pivot (in place) into a left front twist stance as your left hand hooks inside of opponent's left wrist and hooks out (palm is up as if begging for money).
- 2. Immediately step forward to 1 o'clock with your right foot (into a side horse) buckling as well as checking to inside of opponent's right knee. Simultaneously deliver a right heel palm strike (fingers are horizontal and fingertips are pointed toward 9 o'clock) to opponent's left chin.
- 3. Have your right foot sweep opponent's right foot toward 6 o'clock as your right hand slides down opponent's arm (checking opponent's arm down to his right wrist). Simultaneously have your left hand go over your own right arm as you deliver a left horizontal two-finger poke to opponent's eye (either

one). At the time of contact with your left finger poke you should be in a right one legged stance in preparation for a kick.

- 4. From your one legged stance, deliver a right knife-edge kick to inside of opponent's left knee.
- 5. As you plant your right foot forward (into a right neutral bow) switch your left finger poke to a left hand grab to opponent's right wrist (sliding and checking your opponent's right arm on the way back). Simultaneously execute a horizontal right back knuckle strike to opponent's right ribcage.
- 6. From your right back knuckle strike deliver a right upward (flapping the elbow up) elbow strike under chin of opponent (while still in a right neutral bow).
- 7. Immediately step back with your right foot (into a left neutral bow). While moving back execute a right back knuckle strike to your opponent's right temple, (have your right back knuckle travel diagonally from left to right, over, and down from 10 o'clock to 4 o'clock) followed by a left raking knuckle strike (traveling in the same path as your right back knuckle) across opponent's head and face.
- 8. Left front crossover and cover out twice.

FALLING FALCON (Front - Right Direct Lapel Grab)

- 1. Standing naturally, have your right foot step forward into a right neutral bow to the outside of your opponent's right leg. As you step, have your left hand pin your opponent's right grabbing hand to your chest. Simultaneous with these action, deliver a right upward elbow strike to your opponent's right shoulder at the head of the humerus.
- 2. Immediately convert your forward momentum into rotational momentum, as you pivot into a right reverse bow. This is a strikedown that is counter balanced by having your right leg act as a trip to your opponent's right leg. (Your opponent should be in pain from the strike and stunned by the impact of the fall.)
- 3. Your opponent will fall on his back with his head toward 6 o'clock. As he is falling, continue to control his right wrist with your left hand. Simultaneously have your right hand circle inside of his right arm (contouring with the back of your hand). At the moment he makes contact with the ground, pivot into a left reverse bow. In sync with your pivot have your right hand grab your opponent's right wrist, and twist it clockwise, applying great pressure on his right wrist and shoulder. Simultaneous with these actions deliver a left underhand heel palm strike to your opponent's right elbow. (This strike should break his right elbow and limit his retaliatory actions.)
- 4. Cock your left leg, as you have both of your hands grab your opponent's right arm. Deliver a left knife-edge kick tot he right side of your opponent's neck. As you kick, pull on your opponent's arm to cause a possible shoulder dislocation. The two opposing forces will also enhance your kick to the side of your opponent's neck.
- 5. Have your left hand circle inside of your opponent's right arm (contouring with the back of your hand). Plant your left foot toward 5 o'clock and immediately pivot into a left forward bow. In sync with your pivot have your left hand grab your opponent's right wrist, and twist it counterclockwise, applying great pressure on his right wrist and shoulder. (Your opponent's elbow at this point should be facing down and toward the ground).
- 6. While still maintaining your left hand grab, utilize the residual torque of your pivot to deliver a right kick using the right side of your shin (the

peroneus longus muscle) to strike the back of your opponent's right elbow (to break it further).

- 7. From the point of contact of your right shin kick, deliver a right back scooping heel kick to your opponent's right ribcage or right kidney. (This should snap your opponent's torso up.)
- 8. With your right foot passing through your opponent's ribs or kidney, and now cocked in the air, execute a right downward looping roundhouse kick to your opponent's solar plexus with the ball of your right foot. Your left hand his still maintaining the grab of his right wrist. (This should shock your opponent.)
- 9. From the point of contact of your right kick, execute a right front crossover sweep of your opponent's right arm, and cover out twice toward 4:30.