Techniques

TWIRLING WINGS (rear stiff two hand choke)

- Have your left foot step back and to your right on a slight 45 degree angle (between 4 and 5 o'clock) into a left rear twist stance.
- Pivot to your left (into a left forward bow) while simultaneously delivering a left outward block to outside of opponent's left arm and a right inward horizontal elbow strike to outside portion of opponent's left ribcage.
- Pivot to your right (into a horse facing 9 o'clock) and deliver a left inward horizontal elbow strike to inside portion of opponent's left ribcage or solar plexus as your right hand guards to the left of your face, always making sure that your right hand keeps a safe distance from your head in order to cushion any blow that might be directed to your head.

SNAPPING TWIGS (front left hand chest push)

- Standing with feet together, drop back with your left foot (to 6 o'clock) into a right neutral bow as you simultaneously hook in (to your left) with the heel of your right palm to outside of opponent's left elbow joint while hooking in (to your right)with the heel of your left palm to inside of opponent's left inner wrist (utilizing opposing forces) to cause an elbow break.
- Have your right hand (while forming the shape of the crane) hook opponent's left arm counter clockwise and out (to your right) while simultaneously executing a left thrusting chop (palm down) directly to the throat of your opponent; this is done as you shuffle forward with a push drag maneuver. Without any loss of motion continue the counter clockwise motion of your right hand so that the knuckles of that hand execute an inward diagonal rake across the bridge of opponent's nose in order to cause a break.
- Continue the same counter clockwise motion of your right arm and execute a right inward horizontal elbow strike to opponent's left jaw as your left heel of palm strikes to opponent's right jaw thus creating a sandwiching effect.

LEAPING CRANE (front step through right punch)

- With feet together, hop to your left (to 9 o'clock) into a right one leg (crane) stance with your right foot cocked to the inside portion of your left knee as your left hand parries inward and your right middle knuckle fist rakes horizontally (toward yourself), striking your opponent's right ribs in the process, if possible. End the move of your right hand by having it cock horizontally across your waist with your right fist clenched, palm up, and to the side of your left hip.
- Deliver a right snapping knife-edge kick to outside of opponent's right knee to buckle him (in and toward himself).
- As you plant your right foot (toward 1 o'clock) between opponent's legs, deliver a right back knuckle to opponent's left kidney, utilizing marriage of gravity.

- Immediately deliver a right inward elbow strike to opponent's head as your left heel of palm strikes to opposite side of opponent's head thus causing a sandwiching effect.

SWINGING PENDULUM (front roundhouse right kick)

- Standing in a right neutral bow (fighting stance), slide your left foot counterclockwise to 4 o'clock and strike with a right inward block simultaneously with a left downward block (universal block) against opponent's kicking right leg preferably at the knee.
- Shuffle (push drag) toward 11 o'clock as you deliver a right downward hammer fist to opponent's groin. (You're still in a right neutral bow with your left hand checking high.)
- Again shift your left foot counterclockwise to 2 o'clock as you deliver a right upward vertical elbow strike to opponent's jaw.
- Right front crossover and cover out to 2 o'clock.

CRUSHING HAMMER (rear bear hug - arms pinned)

- With feet together, step to your left with your left foot (to 9 o'clock) into a horse. Simultaneously strike to opponent's groin with your right back hammer fist as your left hand pins opponent's left arm.
- Have your right foot meet your left foot (forming a close cat stance) and then around and behind opponent's left leg (between 4 and 5 o'clock) into a right reverse bow. Simultaneously strike opponent's groin with a right heel palm; then grab opponent's testicles with a right squeezing claw.
- Pivot into a right neutral bow (facing 4 o'clock) as your right arm follows the contour of your opponent's body and your right elbow strikes up to his chin.
- Complete your pivot (facing 5 o'clock) into a right forward bow as you deliver a left heel palm strike to left floating ribs of opponent.

CAPTURED LEAVES (flank finger lock)

- With your right fingers twisted by your opponent's left hand, raise your right hand high (toward 11 o'clock) to relieve the pressure (have your left hand raise and check opponent's right hand in the process) as you move your right foot slightly to your left (toward 11 o'clock).
- While in place, pivot counter clockwise and deliver a left back elbow (from last checking position) to opponent's left kidney while in a left reverse neutral bow.
- Immediately pivot clockwise into a horse and deliver a right back elbow to opponent's left ribcage as your left hand guards to the right of your face.

EVADING THE STORM (front right overhead club)

- Standing naturally with feet together, have your left foot move to 9 o'clock into a left forward bow stance.
- As your right extended outward blocks and grabs outside of opponent's right wrist, immediately deliver a right roundhouse kick to opponent's groin. (Left hand checking at chest.)
- Plant your right foot (toward 1 o'clock) into a right neutral bow as your right hand pulls opponent's right wrist down and past your right hip and your left hand punches to opponent's right ribs. This is done as you pivot into a right forward bow.
- Deliver a left knee kick to outside of opponent's right thigh.
- Plant your left foot forward (guaging your distance in the process) and deliver a right roundhouse knee kick to opponent's inner right thigh.

- Another alternative after the knee kick to the outside of your opponent's right thigh, should your opponent buckle greatly, is to spring and counter clockwise and drop (utilizing marriage of gravity) into a left close kneel thus breaking opponent's right knee or ankle.

CHARGING RAM (front tackle)

- Standing with feet together, shift (by sliding) your left foot to 3 o'clock (into a right neutral bow) and have your left hand parry opponent's left arm down and out (left downward outward parry). Simultaneously deliver a right overhead downward chop to opponent's neck as your left hand guards at groin level.
- Immediately (dropping into a right 45 degree cat stance in the transition) deliver a right snapping ball kick to opponent's left ribcage, kicking toward 9 o'clock.
- Plant your right foot slightly forward (between 8 and 9 o'clock) and deliver a left snapping ball kick to left jaw of opponent, kicking toward 8 o'clock.
- With your left kick still in the air left front crossover and cover out to 2 o'clock.

PARTING WINGS (front two-hand push)

- With feet together, drop back (to 6 o'clock) with your right foot into a left neutral bow as both of your hands chop out (like two extended outwards only using an open hand) to inside of opponent's wrists (forcing opponent's arms out). Make sure that both hands are parallel in height as well as in depth.
- Shift (in place) into a left forward bow as your right hand chops to opponent's left ribcage (palm up) simultaneously cocking your left hand to the right of your face (palm toward you).
- Shift back (in place) into a left neutral bow as you deliver a left outward chop to opponent's throat (palm down); cocking your right clenched fist to your right hip.
- Again shift (in place) into a left forward bow as you drop your left arm horizontally (with palm still facing down) and shoot a right middle knuckle fist (over your left arm) to opponent's solar plexus.
- Drop back into a left neutral bow, left front crossover and cover out to 5 o'clock.

THUNDERING HAMMER (front straight right punch)

- Standing naturally with feet together, step to your left on a 45 degree angle (to 11 o'clock) with your left foot into a left neutral bow as you strike with a left inward block to outside of opponent's right arm (preferably at or above the elbow) and cock your right arm parallel to your right thigh as it hangs naturally to the side.
- Shuffle forward (push drag) toward 12 o'clock as you drop into a left wide kneel stance (to outside of opponent's right knee so as to have opponent buckle and drop) and strike horizontally across your opponent's stomach with your right inward horizontal forearm strike while cocking your left arm (your left hand at this point is cocked by your left ear with your palm facing away from you).
- Strike down to opponent's left kidney with a left downward hammer fist as your right arm checks opponent's right arm. You should be in a right close kneel stance facing 4 o'clock.
- Have your left hand shift from the kidney into a horizontal forearm check outside of opponent's right arm as your right arm cocks to your right ear. You should still be in a right close kneel stance facing 4 o'clock.
- Pivot to your left (toward 1 o'clock) into a left close kneel stance as you deliver a right downward hammer fist to back of opponent's neck; your left hand at this point is still checking action of opponent's right arm (left pushdown check).

- Shift your left foot back and slightly to your left (between 7 and 8 o'clock) into a right neutral bow and execute a right front crossover and cover out toward 8 o'clock.

SQUEEZING THE PEACH (rear bear hug - arms pinned)

- With your feet together and opponent applying hug, move your left foot back to 5 o'clock (into a neutral bow with your eyes focused straight ahead), simultaneously have your left hand grab and squeeze opponent's testicles as your right hand grabs and checks opponent's arms.
- Immediately step forward with your left foot to 12 o'clock into a left neutral bow and deliver a right rear scoop kick to opponent's groin.
- With your right leg still in the air deliver a right stiff leg stomp to 7 o'clock to buckle or break opponent's left leg from the inside of opponent's left knee with the inner portion of your right knee. Simultaneously deliver a right obscure back elbow (palm down) to opponent's jaw while looking over your right shoulder and as your left hand checks low.
- Right front crossover and cover out to 1 o'clock.

CIRCLING WING (rear two-hand choke - arms bent)

- With feet together, have your left foot step forward and to your right on a 45 degree angle (between 1 and 2 o'clock) into a left neutral bow as your right arm cocks horizontally across your waist.
- Pivot clockwise (turning toward 7 o'clock) as you circle your right elbow over and down (right outward overhead elbow) onto the right arm of your opponent to hurt and pin that arm. Complete the pivot into a right forward bow (facing 8 o'clock) while delivering a left four finger thrust to opponent's eyes.
- Pivot in place to your left into a horse as you deliver a right upward elbow strike to opponent's chin. Your left hand should be guarding close to your right ribs.
- Pivot again to your left (toward 1 o'clock) into a right reverse bow as you strike with a right back downward hammer fist to opponent's groin with your left hand guarding.

CALMING THE STORM (front right roundhouse club)

- With feet together, step slightly forward and to your left with your right foot (to 11 o'clock) as your opponent steps through with his right foot, delivering a right roundhouse club attack.
- As you step in, execute a left extended outward block to inside of opponent's right wrist. Simultaneously deliver a right vertical punch to opponent's jaw or face.
- Immediately pivot into a right forward bow (facing 12 o'clock). Check opponent's right arm with a right inward parry as your left vertical fist shoots over your right arm striking to opponent's solar plexus or ribcage.
- Drop back (in place) into a right neutral bow as you deliver a right horizontal back knuckle to opponent's right floating ribs while having your left hand execute a left extended outward hand sword or left hooking check (palm up) can also act as a parry aside from being a check.

DARTING MACE (front two-hand wrist grab)

- With feet together and opponent's hands grabbing your right wrist, step forward (toward 12 or 1 o'clock depending upon the position of your opponent's feet) and in front of opponent's right leg with your left foot (left neutral bow) as your right hand counter grabs opponent's right wrist and your left forearm is used as a thrusting inward strike before converting to a left vertical punch to opponent's face.
- Drop your left arm down (while still in place) and horizontally across opponent's arms as you pull your right hand out of your opponent's grasp and immediately strike with your right fist vertically to opponent's solar plexus while shifting (in place) into a left forward bow.
- As your left hand delivers an outward chop (palm down) to opponent's throat (while your right hand guards low), simultaneously move your right foot up and alongside of your left foot into a right close cat stance.
- Without hesitation step through into a right neutral bow between 11 and 12 o'clock with your right foot; stepping inside of and through opponent's right knee in order to buckle as you deliver a right heel of palm thrust to opponent's jaw and guard with your left hand.
- Right front crossover and cover out to 6 o'clock.

HOOKING WINGS (front two-hand low push)

- With feet together, drop back with your left foot (to 6 o'clock) into a right neutral bow and execute a double hook (shape of the crane) using both of your hands to the inside of opponent's wrists (your wrists are outside of opponent's wrists) as you draw your right foot back into a right cat stance.
- Deliver a right front snapping ball kick to opponent's groin.
- Plant your right foot (to 12 o'clock) simultaneously looping your right hand so that your right hammer fist strikes diagonally to opponent's left jaw hinge. Continue a figure eight pattern and right back knuckle to opponent's right jaw hinge.
- Follow-up with a right upward elbow strike to opponent's chin as your left hand guards your right ribcage, shuffling forward if necessary.
- As your right elbow descends, deliver a right downward heel palm and claw to opponent's face starting at the bridge of his nose as your left hand covers low.
- Right front crossover and cover out to 7 o'clock.

SHIELD AND SWORD (front straight left punch)

- Standing with feet together, step forward and to your right on a 45 degree angle (toward 2 o'clock) with your right foot (into a right forward bow) as you deliver a left extended outward block to outside of opponent's left step through punch. Have your right hand sword cocked to the right side of your right ear, palm out.
- Immediately pivot to your left (into a horse) as you strike inward to opponent's left neck with your right hand sword (follow through with the chop so that the right palm of that hand faces up); cocking your left to your left hip.
- Shift in place into a right forward bow as you deliver a left horizontal inward elbow strike to opponent's left ribcage and have your right hand check (bracing angle check) opponent's left arm at his elbow.
- Shift your left foot counterclockwise to 4 o'clock into a right front twist stance as your left hand hooks out and down at opponent's left forearm.
- While pivoting counterclockwise out of the twist stance execute a right hammer fist strike to opponent's left kidney. Immediately follow-up with a right roundhouse kick to opponent's right kidney while completely the pivot.
- Right front crossover and cover out to 4 o'clock.

GIFT IN RETURN (front hand shake)

- With feet together and opponent squeezing your right hand with his right, step forward and to your left (to 11 o'clock) with your left foot (left neutral bow) to outside of opponent's right leg but hugging and checking opponent's leg with your left leg. Simultaneously deliver a strike to opponent's groin with both his and your right hand with your left hand assisting you by thrusting down on opponent's right forearm.
- Shift your left hand around and back of opponent's right leg and grab opponent's right wrist as your right foot shifts clockwise to 10 o'clock (into a left neutral bow). Immediately pull up with your left hand and push down against opponent's right hip with your right hand to put pressure on opponent's testicles as well as limit opponent's leverage, thus nullifying his ability to kick.
- Immediately deliver a right step through knife-edge kick to the back of your opponent's left knee while releasing your left hand grasp.
- Without any hesitation plant your right kicking foot along side of your left foot and deliver a left knee kick to opponent's tail bone.
- With your left foot in the air (or after it plants forward, depending on circumstances), left front crossover and cover out to 10 o'clock.

BOW OF COMPULSION (front wrist lock - against chest)

- With opponent pinning your right hand against his chest and with your feet parallel to each other, step forward (to 12 o'clock) with your right foot (right neutral bow) and use a right vertical elbow strike down to opponent's solar plexus or groin, depending on the height of the opponent, as your left hand checks diagonally across opponent's hands.
- With your left hand still guarding diagonally, drop down into a right wide kneel (keeping your back erect) as your drop your right hand down, raking opponent's testicles with a right heel palm claw and immediately following up with a right underhand reverse hand sword to opponent's groin.
- Immediately deliver a right hanging back fist to opponent's left inner knee followed with a right inner hooking knuckle punch to opponent's right inner knee.
- Cross your right foot in front of your left leg as you're getting up and cover out.

OBSTRUCTING THE STORM (front right overhead club)

- With feet together, have your left foot step slightly forward and to your left on a 45 degree angle (first moving toward 11 o'clock but ending facing 1 o'clock in a horse) as you cross your right wrist over your left to block opponent's attacking hand at his right wrist at a level above your head and off of your right shoulder. (Opponent steps through with his right foot when attacking.)
- With your right hand, grab opponent's right wrist as your left foot steps forward to 2 o'clock (cating around the leg if necessary) into a left neutral bow. Simultaneously strike opponent's right elbow with your left forearm by first thrusting vertically and then horizontally forcing opponent's right arm down while your right hand pulls in toward and past your right hip.
- Continue to push down and pull opponent's arm to your right; forcing opponent's head down.
- Immediately deliver a snapping right knee kick to opponent's head or chest. This is done without raising the body.
- Replant your right foot to original position into a left neutral bow; left front crossover and cover out to 7 o'clock.

TWIN KIMONO (front two-hand lapel grab - push out)

- With feet together, drop back (to 6 o'clock) with your left foot (into a right neutral bow) as your left arm pins your opponent's arms while simultaneously delivering a right upward forearm against opponent's elbow joints.
- Immediately shift your left foot counterclockwise to 4 o'clock as you cock and deliver a right back knuckle strike to opponent's solar plexus.
- Follow-up with a right inward strike to both arms of opponent, striking them diagonally to the left.
- Deliver a right outward chop to opponent's throat.
- Right front crossover and cover out to 4 o'clock.

SLEEPER (front straight step through right punch)

- Standing naturally with feet together, step to your left on a 45 degree angle with your left foot (to 11 o'clock) into a left neutral bow as you strike with a left inward block to outside of opponent's right arm (preferably at or above the elbow) and cock your right arm parallel to your right thigh (right arm is hanging naturally to the side).
- Pivot (in place) into a left forward bow as you deliver a right inward upward diagonal inner wrist strike to opponent's left side of neck. Your left hand is checking opponent's right arm (bracing angle check).
- Immediately step around and back of opponent's right leg (cating around and back in the process) with your right leg (into a modified horse stance) and have your left hand grab your right wrist from back of opponent's neck to apply pressure that would put your opponent to sleep.
- Pivot toward 10 o'clock into a left forward bow and immediately shift your left foot back to 5 o'clock while forcing your opponent to the ground as you follow-up with a right vertical punch to opponent's face simultaneously with a right knee drop (left close kneel) to opponent's right ribs. Your left hand is pushing down on your opponent's right arm. At this point the head of your opponent should be facing between 5 and 6 o'clock.
- Raise up to a left neutral bow and slide your left foot to 2 o'clock (left reverse step through); Right front crossover and cover out again to 2 o'clock.

SPIRALING TWIG (rear bear hug - arms free)

- With feet together, step to your right with your right foot (to 3 o'clock) into a horse as your right and left middle fingers strike to the back of opponent's top hand or hands (depending on the type of grab) immediately dropping both elbows to pin opponent's arms. Without hesitation follow-up by grabbing opponent's right hand with your right hand and left hand with thumbs on top and fingers inside of opponent's palm.
- Have your left foot step forward to 2 o'clock (while starting a counter clockwise wrist twist; with your right elbow still pinning) and pivot your right foot clockwise and back (into a left neutral bow facing 8 o'clock) as both of your hands continue to twist opponent's right wrist clockwise.
- Deliver a right snapping ball kick to right ribs of opponent while guiding opponent's right arm past your right hip and still maintaining wrist twist.
- As you plant your right foot forward (into a right neutral bow facing 8 o'clock) have your left hand check your opponent's right elbow by pushing it down and out of the way past the right hip as you deliver a right underhand stiff arm back knuckle strike to opponent's face or temple (depending upon how the head is positioned).
- Right front crossover and cover out to 2 o'clock.

CROSS OF DESTRUCTION (rear two-hand choke)

- With feet together and opponent choking you from the rear with both of his hands, step to your left (to 9 o'clock) into a horse stance as you grab both of opponent's wrists with both of your hands.
- Move your right foot back to 8 o'clock (into a left neutral bow) as your left hand crosses your opponent's left arm over his own right arm. At this point, your left arm pushes forward as your right pulls in and toward you.
- Deliver a right front snap ball kick to the inside of opponent's right knee cap.
- As you plant your right foot forward, after the kick, toward 2 o'clock, pull in with your left arm as you push out with your right arm to cause opponent to break his left elbow with his own right arm. (Make sure that in the process your right hand executes the above mentioned action similar to a right vertical back knuckle thrust.)
- Right front crossover and cover out to 10 o'clock.

FLIGHT TO FREEDOM (hammerlock)

- With feet together and opponent locking your right arm, step back and to your right to 5 o'clock with your left foot (on the ball of your left foot) into a modified right neutral bow as your right hand counter grabs your opponent's right wrist using this stance as a transition only.
- Without any hesitation pivot your entire body counterclockwise into a left neutral bow (or horse stance depending on circumstances) as you attempt to deliver a left outward elbow strike to opponent's face which is blocked.
- Immediately have your left foot step through to 2 o'clock (into a right reverse cat stance) as your right arm straightens and continues to grab opponent's right wrist; pulling in so that the principle of opposing forces is employed.
- From your right reverse cat, deliver a right thrusting back heel kick, using mainly the bottom portion-of the heel to opponent's right ribcage and plant your right foot more to the left again into a right reverse cat stance. Immediately pivot your entire body clockwise (facing 7 o'clock) as you twist your opponent's right arm clockwise with the assistance of your right hand.
- Follow-up with a left snapping side kick to opponent's left inner knee.
- Without planting your left foot, have it cross in front of your right foot (into a left front twist stance) to 11 o'clock while using your left heel of palm strike to break back of opponent's right elbow, and cover out to 11 o'clock.