

DELAYED SWORD (RIGHT STEP-THROUGH PUNCH)

The attack is coming from 12:00. Step left foot back to 6:00 and execute a right inward block to the L-5 pressure point on their forearm. The block should land as the heel of the left foot lands for marriage of gravity. Execute a right step-through front kick to the groin to bring their head down. As the foot lands, execute a right outward chop to the right side of their neck, on the carotid artery with marriage of gravity as your breath out.

ALTERNATING MACE (ATTEMPTED 2-HAND GRAB OR PUSH)

The attack is coming from 12:00. Step left foot back to 6:00 and execute a right downward block coming down on top of both arms, striking your fist to their right L-5 pressure point. The block should land as the heel of the left foot lands. Rotate to a forward bow as you execute a left front 2-knuckle strike down on a 45-degree angle to their stomach to bring their head down. As this strike is coming forward, your right hand should be coming back to about chest level preparing for next strike. Rotate left into a neutral bow as you execute a right snapping back fist to the bridge of their nose.

DEFLECTING HAMMER (RIGHT STEP-THROUGH KICK)

Attack is approaching from 12:00. Step your left foot to 11:00 as you execute a right downward block on the outside of their kick in a circular motion going counterclockwise. Step-drag forward, continuing the circle up to a right inward elbow to the ribs (if you are shorter) or an elbow smash to their right shoulder or temple (if you are taller).

CAPTURED TWIGS (REAR BEAR HUG OVER THE ARMS)

All at once, step your left foot to 10:00 as you pin their hands with your left hand and execute a right rear hammer fist strike to the groin. Rotate toward them with right foot going into a cat stance as you execute a right obscure elbow to the chin, using their torso as a bridge to the target.

TOM'S THUMB (LEFT LAPEL GRAB WITH RIGHT HAND)

Step your right leg back toward 5:00 as you execute a left ridge hand strike down on a 45-degree angle to their wrist to loosen their grip and take them off balance. Peel their hand off, so their palm is facing toward them, placing the thumbs of both hands in the middle of the back of their hand and your fingers on their wrist. Keep your elbows in close to your body as you roll your wrist forward to start taking them down. Left rear cross step as you twist your hands to the left and untwist your whole body to take them down.

DOUBLE SNAKES (ATTEMPTED 2-HAND GRAB OR PUSH)

Execute a one-handed snake block with your left hand on top of their left wrist and under the right wrist. As your hand snakes under their right wrist, do a right rear cross step toward 9:00. Bring your left hand up under their arm (triceps and sliding to their

shoulder) to execute an arm bar as you untwist and take them down. Final position should be a horse stance with your body right up next to theirs.

THROAT SPEAR (TWO HAND CHOKE)

Using the right pointer and middle finger to execute a finger spear to the throat. The strike should be like a corkscrew motion, with the fingers going into the throat vertically, twisting, and pushing down (your palm down) into their throat on a 45-degree angle to cause a gag reflex.