

### **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 you 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.

### **SWORD OF DESTRUCTION (LEFT HOOK OR ROUNDHOUSE PUNCH)**

Attack is approaching from 3:00. Step-drag toward 9:00 as you execute a right finger whip to their inner left elbow to block and your left hand checks down (like a push-down block). Execute a right front step-through kick to the groin. As you land with marriage of gravity and rotational torque, execute a right inward chop to their neck (carotid artery) down on a 45 degree angle.

### **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.

### **GRASP OF DEATH (HEAD LOCK FROM LEFT SIDE)**

Step right foot forward with the attack. As your right foot lands, using marriage of gravity, execute a right hammer fist strike to their right thigh with a left heel palm strike to their lower back to loosen them up. Right hand secures their right wrist as left hand slides up their back to their shoulder. At the same time, step your left foot forward to put them in an arm bar. Step your right foot forward to secure the arm bar and put more tension on their shoulder. Turn toward them and execute a right knee strike or front

kick to face or ribs (weapon you strike with depends on your distance from them). Land your right foot crossed in front of your left foot, still holding onto their right wrist. Bring your left foot around to kick out the back of their right knee, with your toes pointing out toward their left leg.

### **CHECKING THE STORM (RIGHT OVERHEAD CLUB ATTACK)**

Step-drag back toward 5:00 ending with your left foot forward in a cat stance. At the same time, execute a left upward block to their wrist. Execute a left snapping front kick to the groin and land your foot back with your toes pointing out to set up the next kick. Execute a right ball kick to their inner right knee as your right hand comes up to prepare for strike. Land your right foot crossed down in front of your left foot, toward 6:00 as you execute a right downward hammer fist strike to their L-5 pressure point on their right arm, causing them to drop the club. Immediately execute a right back fist to the bridge of their nose as your cross out.

### **MACE OF AGGRESSION (ATTEMPTED 2-HAND GRAB OR PUSH)**

Step your left foot back to 6:00 as you execute a right downward block, coming on top of both arms and dragging down to the wrist. At the same time, pull back to a cat stance with the right foot. Execute a right step-through front kick to the groin. Land with a right elbow smash strike to the chin. Right front cross step toward 6:00 as you execute a right back fist to the bridge of their nose.

### **ATTACKING MACE (RIGHT STEP-THROUGH PUNCH FROM LEFT FLANK)**

Attack is approaching from 9:00. Step your left foot to 8:00, right behind their right leg, as you execute a fan block starting with your left hand. As your foot lands and you finish the fan block, execute a left back fist down to the hips on a 45 degree angle with your right hand pulling their right arm away from them for opposing forces. Execute a right inward knee strike to their ribs or stomach. Land your right foot forward toward 12:00. Execute a left vertical strike to their right kidney as you drop left knee to the back of their right knee to take them down with rotational torque.

### **SWORD AND HAMMER (RIGHT ONE-HAND SHOULDER GRAB)**

They are grabbing your right shoulder with their left hand and attempting to pull it back to execute a right punch to the face. Immediately pin their hand to your shoulder with your left hand. Allow them to pull your shoulder back, using borrowed force, and execute a right outward chop to the neck (or hammer fist to sternum of shorter). Execute a right downward hammer fist strike to the groin as your right leg slides back for more back-up mass and rotational torque.

### **ENTANGLED SNAKES (RIGHT FOLLOWED BY LEFT PUNCH)**

Execute a left outward block followed by a right outward block as you step your right leg in between their legs. Wrap up their left arm (clockwise) and trap it under their right arm. You should be right up against them at this point with your hip almost in their

groin. Your right hand should be grabbing their right shoulder. Slide your left hand down to grab their right wrist as your left leg steps back toward 12:00 and you throw them down to the ground, not letting go of the wrist.

### **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.

### **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.

### **DOUBLE WRIST LOCK TAKEDOWN (RIGHT TWO-HAND WRIST GRAB)**

Rotate your wrist clockwise and counter grab their wrist. Pin their hands with your left hand. Keep your elbows in close to your body and twist their right wrist toward them and down on a 45 degree angle with your right hand. This will place tension on the two bones of the forearm (radius and ulna) causing them to go down.