

TWIRLING WINGS (REAR TWO HAND PUSH)

Step your right foot forward to 12:00 as they push you. Immediately rotate to your left in a twist stance as your left hand comes up to execute an outward block. Immediately secure their wrist with your left hand as you pull it toward you with a right inward elbow strike to their left ribs. Use your right hand to come under their left arm to clear it out of the way as you execute a left inward elbow strike to the sternum. Step your right foot forward, between their legs, as you execute a right heel palm strike to the mandible. Rotate into a reverse bow as you execute a right hammer fist to the groin. Execute a right slice kick to their inner right knee as you step your right foot out to 12:00. Untwist and execute a left side kick to their stomach or chest.

SNAPPING TWIG (LEFT HAND DIRECT LAPEL GRAB)

Step your right foot toward them with a right upward heel palm, just behind their elbow, and left hand pinning their hand, to break the arm. Contour your right hand around the top of their arm, from the outside, hook it, and anchor your elbow back to clear the arm and pull their head toward you. Execute a right step-through front kick to their inner right knee. As you land, execute a right vertical punch to the side of their face.

LEAPING CRANE (RIGHT STEP-THROUGH PUNCH)

Leap your left foot toward 10:30 as your right foot comes up into a crane stance. At the same time, execute a left inward parry with a right sweeping heel palm strike to their ribs (like in 3-count). Execute a right side kick down to the back of their right knee. As you land, execute a right back fist to the left side of their head. Left hand outward chop to right side of neck. Hook left hand under chin to pull them back and expose the neck. Right inward chop to the neck.

SWINGING PENDULUM (RIGHT STEP-THROUGH FRONT KICK)

Step right foot back to 3:00 with a downward fan block, beginning with right hand (right hand inward downward parry, left hand downward hammer fist/block). Execute a right ridge hand to the groin. Step right foot forward to 9:00 with a right heel palm strike to the mandible.

CRUSHING HAMMER (REAR BEAR HUG OVER ARMS)

Step left foot toward 9:00 as you pin their hands with your left hand, simultaneously executing a right rear hammer fist strike to the groin. C-step your right foot around the outside of their left leg. Execute a right reverse elbow push to the sternum with a right knee push to the back of their left knee to take them down (just like in Crashing Wings)

CAPTURED LEAVES (RIGHT UPWARD FINGER LOCK WITH RIGHT HAND)

Counter grab their right hand or wrist with your left hand as you step your left leg forward. Step your right foot back to 11:00, twisting around to execute a right reverse elbow to the back, with left hand still securing the wrist. Step right foot back out to 6:00,

untwisting other direction as your right hand now secures the wrist. Execute a left outward elbow to their ribs as left foot slides toward them. Execute the technique Tom's Thumb to take them down.

EVADING THE STORM (OVERHEAD CLUB ATTACK)

Step your left foot forward and execute an upward cross block (right over left). Circle arms clockwise as you circle under their arm behind them and step your left leg back. Wrap stick under their forearm and behind their shoulder. Slide it to the front of their neck so they are in an arm lock and prepared for a choke. Reach your left arm around to grab other side of stick. Pull them back to choke them with the stick.

CHARGING THE RAM (ATTEMPTED 2-HAND "FOOTBALL" TACKLE)

Step your left leg back to 6:00 as they approach. Execute a left heel palm strike down to the back of their neck with a right upward ridge hand strike under their left armpit. Continue this motion in a counterclockwise circular motion to flip them onto their back.

PARTING WINGS (ATTEMPTED 2-HAND GRAB OR PUSH)

Step right foot forward as you thrust your arms outward to open up their arms (right hand to back of left elbow, left hand to right wrist). Execute 3-count (just like in Dance of Death). Execute a left horizontal heel palm strike to the sternum. Execute a right vertical strike to the sternum. (Variation of this technique includes a right downward heel palm strike to the ribs after you open up their arms).

THUNDERING HAMMER (RIGHT STEP-THROUGH PUNCH)

Step your left foot toward 11:00 as you execute a left inward parry on the outside the strike with a right ridge hand to the sternum. Pull right arm back to execute a right ridge hand to the groin. Contour your right hand around their right side, up the back, and check them down with the back of your hand on their neck as you rotate into a forward bow. As you land the forward bow stance, bring your right hand back with a left downward hammer fist strike to the back of their neck or based on skull. Rotate into a reverse bow stance with a right hammer fist strike to lower back. Pull right foot up into a crane stance. Execute a right downward side kick to the back of their right knee.

SQUEEZING THE PEACH (REAR BEAR HUG OVER ARMS)

Step your left foot toward 9:00 as you pin their hands with your left hand and execute a right tiger claw to their groin (if male, hammer fist if female). If male, pull up on the groin to bring their head back, as you sit on their left leg to bring it up more between your legs. Reach down with both hands and grab their left ankle. Stand up to pull them down to their back with their leg in between yours. Execute a twist stance to your left to break the leg.

CIRCLING WING (RIGHT SHOULDER GRAB WITH LEFT HAND)

Twist into them as you circle your right arm clockwise over their arm. Drop your elbow to check their hand and pull their head toward you as you execute a left heel palm strike to the mandible.

SPIRALING TWIG (REAR BEAR HUG UNDER ARMS)

Slide your right elbow back and left elbow forward along the nerves of their arm to loosen their grip. Spin around to your right, keeping their right arm trapped, as you step your left foot back to 7:30 with a left heel palm strike to the back of their elbow for a break. Slide your right hand up the inside of their arm to the back of their neck. Grab onto their neck as you anchor your elbow down for a head throw with a right front crossover step.

DARTING MACE (RIGHT 2-HAND WRIST GRAB)

Step left foot forward toward 1:00 as they pull you in. At the same time, bounce off their L-5 pressure point on their right arm up to a vertical strike to the mandible, holding onto their right wrist with your right hand. Drop a left heel palm down to their arms to clear them out of the way and bring their head down. Execute a left outward chop up under their chin to raise them up. Execute a right heel palm strike to the mandible with rotational torque as left hand comes down to check.

HOOKING WINGS (ATTEMPTED 2-HAND GRAB OR PUSH)

Execute a heart block. Before you close the loop, step-drag back to a right cat stance. Execute a right step-through front kick to the groin. Land the kick with a right inward hammer fist to the left clavicle bone followed by a right back fist to their right clavicle bone (in a figure-8 motion). Execute a right elbow smash to the jaw.

SLEEPER (RIGHT STEP-THROUGH PUNCH)

Step your left leg to 11:00 with a left inward parry as your right hand comes up to execute a ridge hand strike to the throat (carotid artery). Reach your left hand around the back of their neck to secure your wrist for a choke. Pull down on a 45-degree angle, anchoring your elbows, to choke them out as you also drop your weight down.

GIFT IN RETURN (RIGHT HANDSHAKE)

Pin their hands with your left hand. Step left foot forward to 11:00 as you thrust their hands back toward them to the groin. C-step your right foot behind your left foot as you reach your hands around to grab their shoulders from behind. Left knee strike to sciatic nerve (just under butt) follow by right knee strike to sciatic nerve in a hopping motion. Left rear cross step as you pull their shoulders down to the left and throw them to their stomach. Right ball kick to back.

TWIN KIMONO (2-HAND GRAB)

Step your right foot forward with a right uppercut strike to the stomach as your left arm comes on top of their arms to do a pinning check. Bring your right arm around on top of their arms and as your left arm pushed them down to clear them. Execute circle drill with back fist landing to the nose. Rotate into a reverse bow as your right arm circles under their armpit around to the back of their left shoulder. Using opposing forces, buckle their leg as your arm shoots forward to take them down.

OBSTRUCTING THE STORM (RIGHT OVERHEAD CLUB ATTACK)

Right rear cross step as you execute a right upward block. Untwist toward 4:30 as you put them in an arm bar to pull them down. Secure the arm bar and execute a right upward knee strike to the ribs. As your knee drops back down, slide your left hand down to secure their hand as your right hand slides back to take the club out of their hand. Circle club around counterclockwise to strike the back of their neck or head.

HAND THROW (RIGHT DIRECT KNIFE ATTACK TO MIDSECTION)

Go into a twist stance to the right with a left inward parry to redirect the knife. Execute Tom's Thumb to take them down. With your right hand, throw their wrist over your left knee to break the wrist and knock the knife out of their hand if they have not yet dropped it. Grab their hand with your right hand (palm down fingers facing away from you). Twist their hand clockwise to place them in an arm lock and turn them away from you. Secure the wrist with your left hand. Execute a right heel palm strike to the back of their hand, landing just below the fingers, to break the wrist more.

RETURNING THE SABER (RIGHT FIGURE-8 SLASH ATTACK)

As the first slash comes in, step your left leg back toward 7:30 in your zone of sanctuary as your hands come up to check. Step your left leg forward toward 1:30 as you execute an arm bar (right hand to wrist, left hand to shoulder). Execute the technique Tom's Thumb to take them down. Execute a right front cross step, sliding down the inside of their right arm, and landing with a stomp to the wrist to break it. Cross out.

SHOOTING THE MOON (RIGHT OVERHEAD KNIFE ATTACK)

Step your right foot to 11:00 as you execute an upward cross block (right hand over left). Circle your hands counterclockwise as your whole body circles under their arm the same direction. Secure the wrists as you make this transition. Once you are behind them, grab their right shoulder with your left hand, pull it back, and kick out their right knee with a left modified side kick (toes pointed out away from you), using opposing forces to take them to the ground.

TURNING THE FORCES (2-HAND GRAB)

Execute a left inward block to their wrists as your shuffle to the right and collapse the wrists. Step your right foot forward with a right downward block/hammer fist on the top of their elbows to bring their head down. Execute a head throw as your left leg steps back (like in Twisted Twig).