

101 CIRCLING DESTRUCTION (Front step through left punch)

1. With feet together or while in a right neutral bow, move your right foot to 1 o'clock as you deliver a right inward and left outward hooking parry (palm up) to outside of opponent's activated left punch. In the same motion, deliver a right back knuckle strike to left ribcage of opponent.
2. Shift your left foot to 4 o'clock (into a right modified neutral bow) as your left hand heel palm and claws inward to opponent's face immediately followed by a right chop to right neck of opponent.
3. Deliver a right front scoop kick to opponent's groin simultaneous with a left outward heel of palm thrust to opponent's back.
4. Plant your right foot back of you (toward 4 o'clock). Left front crossover and left reverse step through toward 4 o'clock.

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102 DETOUR FROM DOOM (Front right roundhouse kick)

1. While in a right neutral bow quickly shift your left foot to 4 o'clock. Simultaneously deliver a left downward block to opponent's right leg with a right vertical fist to opponent's face. (At this point, you should be in a right 45 degree cat stance.)
2. Front a right 45 degree cat stance, deliver a right ball kick to opponent's groin.
3. Plant your right foot toward 10 o'clock into a right neutral bow as you simultaneously execute a left vertical punch to opponent's solar plexus over your right arm as it checks opponent's arms down with a right horizontal forearm check.
4. Deliver a right back knuckle to opponent's stomach as your left foot shifts to 3 o'clock into a right neutral bow.
5. Have your left hand hook downward on back of opponent's neck as you continue circling your right arm counter clockwise and deliver a right hammerfist to the back of opponent's neck.
6. Right front crossover and cover out twice toward 3 o'clock.

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103 SQUATTING SACRIFICE (Rear bear hug — arms free)

1. With opponent applying rear bear hug (arms free) and with feet together, step to your right (to 3 o'clock) with your right foot into a horse, as both of your elbows strike down to opponent's forearm, squat on opponent's right knee as both of your hands then grab and pull opponent's right ankle; the pulling and squatting could cause the knee to break because of the counter force.
2. Immediately twist opponent's right ankle counter clockwise as your right leg circles clockwise (preferably raking across opponent's face in the process) and plants to 7 o'clock into a left close kneel stance while still facing 12 o'clock.
3. Pivot (in place) into a right forward bow as you now face 6 o'clock.
4. While still maintaining grab with your right hand, step forward with your left foot to 6 o'clock into a left close kneel stance (paralleling opponent's body) and have your left hand grab opponent's left wrist.
5. Support your weight onto your left leg as you cock your right leg high to your waist.
6. Pull and jerk up with both of your arms as your right foot stomps to lower spine of opponent.
7. Right front crossover, sweeping opponent's arm down and cover out twice toward 4 o'clock.

NOTES

104 ESCAPE FROM DEATH (Right rear arm choke)

1. With choke being applied, immediately step to your right (to 3 o'clock) with your right foot into a horse stance. Turn your head to your left and tuck your chin against your chest as your right hand grabs and pulls down on opponent's right wrist (anchoring right elbow). Simultaneously deliver a left back elbow to opponent's solar plexus. Follow up with a left hammerfist to groin.
2. Circle your left leg around and back of opponent's right leg toward 7 o'clock and immediately into a left close kneel stance as your right hammerfist strikes to opponent's groin and your left hammerfist strikes to opponent's kidneys.
3. Circle your left hand over and under opponent's nose, forcing opponent's head back as you shift to a left forward bow and deliver a right heel thrust to opponent's jaw. Conclude with a right knee kick to outside of opponent's right thigh.
4. Replant your right foot; left front crossover and cover out twice toward 2 o'clock.

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