

### **105 BROKEN GIFT (Handshake)**

1. With opponent squeezing your hand, step forward with your left foot to 1 o'clock as your left hand grabs your opponent's right wrist (for fulcrum) and your left elbow and forearm strikes up and under opponent's right elbow while your right arm pulls down, thus causing an elbow break.
2. Step back with your left foot to 7 o'clock into a right neutral bow as your right hand assists your left hand in grabbing and twisting your opponent's right wrist clockwise and back past your left hip.
3. Retain left grab and deliver a right outward back knuckle strike to opponent's right temple.
4. Slide your left foot counter clockwise to 4 o'clock as you deliver a right inward elbow strike to left jaw of opponent. Depending on the circumstance, a right downward diagonal forearm strike might be more appropriate.
5. Right front crossover and cover out twice toward 4 o'clock.

NOTES

### **106 RETURNING STORM (Roundhouse and backhand club attack)**

1. With feet together, drop back (by shuffling back) with your left foot to 8 o'clock (into a right neutral bow) and place both of your arms close (positioning them vertically with your fists at the top) to your chest, as your opponent takes a wild step through roundhouse horizontal club strike which misses.
2. As opponent attempts to strike with a returning backhand club strike, step forward with your left foot to 2 o'clock (into a left neutral bow) and have both of your arms strike vertically so that your left forearm strikes at opponent's right elbow joint and your right outer wrist at opponent's right wrist.
3. Immediately grab opponent's right wrist with your right hand and push vertically and out with your left forearm as you slide your right foot clockwise to 10 o'clock, keeping constant pressure on your opponent's right elbow.
4. Follow up with a front snapping ball kick to opponent's right ribcage (kick is delivered toward 4 o'clock).
5. As you plant your right foot forward (into a right neutral bow), check your opponent's right arm with your left hand by pushing it down and past your right hip and deliver a vertical upward stiff arm back knuckle strike to opponent's face.
6. Right front crossover and cover out to 11 o'clock.

NOTES

### **107 SQUEEZING THE PEACH (Rear bear hug — arms pinned)**

1. With your feet together and opponent applying hug, move your left foot back to 5 o'clock (into a right 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.
2. 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.
1. 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.
2. Right front crossover and cover out to 1 o'clock.

NOTES

### **108 TWISTED TWIG (Front wrist lock)**

1. With feet together and both hands of opponent applying a wrist lock on your right wrist, step forward and to your left (to 11 o'clock) with your right foot into a right neutral bow as you deliver a right upward elbow strike to your opponent's solar plexus and or jaw. Your left hand is placed on top of opponent's right wrist for purposes of checking.
2. Pivot counter clockwise into a horse as you deliver a right outward elbow strike (palm up) to opponent solar plexus.
3. Follow up with a right downward hammerfist to opponent's groin as you shift in a right reverse bow. Have your left hand check at shoulder height.

NOTES