

109 TWIRLING SACRIFICE (Full Nelson)

1. With opponent applying full Nelson, have your right foot drop to your right (toward 3 o'clock) into a horse stance and immediately shift into a left close cat as your left foot cats behind and back of opponent's legs toward 7 o'clock as both of your arras grab the back of opponent's knees.
2. Lift opponent's legs off the ground.
3. Spin counter clockwise and smash opponent against a wall, pole, etc. If opponent is too big and heavy just drop opponent on his back with the possibility of having opponent's head smash down on to the concrete, ground, etc.

NOTES

110 CROSS OF DEATH (Front two hand cross choke)

1. With opponent cross choking you (with his left hand over his right) and you're facing him, pin his hands with your left hand (making sure greater pressure is on his left hand) as you step forward with your right foot to 11 o'clock (into a right neutral bow) buckling your opponent's right knee from the inside. With this step, deliver a right glancing forearm strike against opponent's left elbow to break it. Continue this action and end up with a right vertical punch to opponent's face.
1. Immediately deliver a left uppercut to opponent's stomach as your right arm horizontally checks both arms of opponent. (Drop into a right forward bow in the process.)
2. Follow up with a left extended outward hooking parry outside of opponent's left elbow followed by a right chopping punch to opponent's left kidney as your left foot shifts to 4 o'clock (still remaining in a right neutral bow).
3. Continue the same motion of your right arm and switch the orbit of your right arm by using a right vertical back knuckle thrust to opponent's left temple.
4. Right front crossover and cover out twice toward 1 o'clock.

NOTES

111 SECURING THE STORM (Front right roundhouse club)

1. With feet together, step in with your left foot to 12 o'clock (into a left neutral bow) and deliver a left extended outward to the inside of opponent's right wrist. Simultaneously deliver a right vertical punch to opponent's face.
2. Slide your right foot clockwise to 10 o'clock (into a left neutral bow) as you deliver a left uppercut over and under opponent's left arm to break the elbow.
3. Shift your left foot back to 11 o'clock, still pinning opponent's left arm, and quickly circle your right foot clockwise and back of opponent's right leg (to 6 o'clock) into a left forward bow as you deliver a right heel of palm strike to opponent's jaw thus forcing your opponent to the ground.
4. Step back with your right foot toward 7 o'clock; left front crossover and cover out twice toward 7 o'clock.

NOTES

112 INTERCEPTING THE RAM (Front tackle)

1. With feet together, step to your left onto your left foot toward 11 o'clock and deliver a right knee kick to opponent's solar plexus. Simultaneously deliver a right inward downward hammerfist to opponent's right kidney.
2. With the momentum forcing you back, drop back with your right foot toward 6 o'clock into a left neutral bow and deliver a left inward overhead elbow strike to the upper spine of opponent.
3. Immediately slide your left foot counter clockwise to 5 o'clock and deliver a right downward thrusting forearm elbow punch to opponent's left jaw.
4. Pivot to your left and deliver a right rear scoop kick to opponent's right jaw.
5. Right front crossover and cover out twice toward 5 o'clock.

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