

17. LONE KIMONO (Front left hand lapel grab)

1. Standing naturally, step back (to 6 o'clock) with your left foot when your opponent grabs your lapel with his left hand. Simultaneously pin his left hand to your chest with your left hand and deliver a right upward strike against his left elbow just above the joint thus causing the elbow to break as you pivot into a right neutral bow.
2. Then circle your right arm over and down (counter clockwise) with an inward-downward strike against opponent's left forearm. Make sure that your opponent's left arm is driven down and diagonally to your left.
3. After cooking your right hand slightly toward you with your right palm up, deliver a right outward chop to the right side of opponent's neck; stance throughout is still a right neutral bow. Cock your left hand at your solar plexus, ready to check when needed.
4. Right front crossover and cover out twice.

NOTES:

18. GLANCING SALUTE (Front right hand cross push)

1. Standing naturally while opponent pushes your right shoulder with his right hand, step forward and to your left to 11 o'clock with your left foot (into a left neutral bow) immediately pivot to your right (to 3 o'clock) into a right forward bow as your right arm pins opponent's right wrist to your right chest and your left forearm strikes out and against the joint of your opponent's right elbow to cause a break.
2. Pivot to your left (to 12 o'clock) into a left forward bow as your left hand pins opponent's right arm to his body and your right heel of palm strikes to opponent's jaw.
3. Hook the back of opponent's neck with your right hand as it forms the shape -of the crane. Pull opponent's neck down (having your right elbow hug your right ribcage in the process) as your right knee kicks to opponent's stomach. Plant forward (having your right knee check your opponent's right leg in the process) or back into a left neutral bow.
4. Right front crossover and cover out twice.

NOTES:

19. FIVE SWORDS (Front roundhouse right punch)

1. While standing naturally with feet together, step forward and slightly to your left (to 11 o'clock) with your right foot (still in a neutral bow) and deliver a right inward strike to inside of opponent's right punch using your left hand to check.
2. Immediately strike to opponent's right neck with your right outward chop.
3. Left finger thrust (palm down) to opponent's eyes as your right hand cocks to your right hip. This is done while you pivot into a right forward bow.
4. With left hand now guarding horizontally and open (palm down), deliver a right uppercut to opponent's solar plexus as you pivot to a right neutral bow. 5. Immediately have your left foot slide counter clockwise (to 4 o'clock) into a right forward bow as your left heel of palm strikes to left jaw of opponent (striking in an outwardly fashion). Without hesitation and while shifting into a right neutral bow have your left hand hook and pull opponent's head down as you deliver a right overhead downward handword to back of opponent's neck.
5. Right front crossover and cover out twice.

NOTES:

20 BUCKLING BRANCH (Front straight left kick)

1. While standing naturally with both feet together, step slightly back and to your right with your right foot to 5 o'clock (left neutral bow); simultaneously blocking opponent's left kick (from the outside) with a left downward block as your right hand cocks to your right hip, clenched and palm up.
2. Deliver a right ball kick (as you pivot counter clockwise and in place with your left foot to opponent's groin (from the rear) while his back is toward you. Upon doing so have your left hand shift to an extended outward but relaxed handword to act as a check in covering your head area while your right hand opens (palm up).
3. Plant your right foot (into a modified right front twist stance for purposes of torque) and deliver a left knife edge kick to the inside of opponent's right knee. (keeping both of your now open hands in a defensive position).
4. Left front cross over and cover out to 4 o'clock.

NOTES: