

21. SCRAPING HOOF (Full nelson)

1. While in a full nelson, thrust both of your fists toward the ground as you straighten your knees, back, and neck.
2. Immediately bend your left knee (marriage of gravity) as you deliver a right back side scooping heel kick to opponent's left inside knee. Then with the knife-edge of your right foot, kick to opponent's right shin and scrape the shin on the way down and stomp opponent's right instep with the heel of your right foot.
3. Repeat the same process on the left side remembering to utilize the principle of gravitational marriage while executing both of your stomps.
4. Left front cross over and cover out to 12 o'clock.

NOTES:

22. GRIP OF DEATH (Flank headlock)

1. With opponent applying look from your left side, step forward and to your left (to 10 o'clock) with your right foot (into a right close kneel) while turning your head to the left and tucking your chin against your chest.
2. Simultaneously deliver a right hammerfist to opponent's groin and a left hammerfist to opponent's left kidney.
3. As you pivot into a left forward bow facing 6 o'clock, have the fingers of your left hand press under opponent's nose or, depending upon the circumstances, have your left hand grab opponent's hair to force opponent's head back.
4. Immediately follow-up with a right heel of palm thrust to opponent's chin as you pivot into a left forward bow. However, make sure that the head of your opponent in either of the above cases is arched and forced back and down to minimize your opponent's leverage thus preventing him from executing a right knee kick to your groin area.
5. Right front cross over and cover out to 10:30 o'clock.

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23. CROSSING TALON (Front right cross wrist grab)

1. With opponent's right hand grabbing your right wrist, counter grab his wrist as your left foot steps forward and to your right (to 1 o'clock) into a left neutral bow simultaneously striking opponent's right elbow with your left forearm in a forward thrusting motion while your right hand pulls in toward and past your right hip.
2. Continue to push and pull opponent's arm to your right forcing opponent's head down with the possibility of your opponent's head striking your left knee.
3. Immediately deliver a left side elbow strike (palm up or down depending on circumstance) to opponent's right jaw hinge followed by a left heel palm strike and five-finger rip to opponent's face.
4. Circle your left arm clockwise and strike down with your left elbow striking to upper spine of opponent.
5. Follow up with a left downward heel palm strike to back of opponent's left mastoid. As your left hand continues to push down simultaneously, deliver a right knee kick to opponent's face, causing a sandwiching effect.
6. Replant your right foot to original position.
5. Left front cross over and cover out to 4 o'clock.

NOTES

24. REPEATING MACE (Front left hand push)

1. Standing naturally with feet together, have your left foot slide back to 5 o'clock into a right neutral bow. Simultaneously have your left hand hook (left palm is up) outside of opponent's left wrist as you deliver a right inward raking hammerfist to opponent's left kidney and a right back knuckle to opponent's left ribcage as you settle.
2. Immediately shift your weight on to your left leg and deliver a right looping downward roundhouse kick (utilizing the right instep) to compliment the angle of the thigh and strike the top of opponent's left calf in back of the knee.
3. Right front crossover and cover out to 4 o'clock.

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