

**25. SHIELDING HAMMER** (Front hooking left punch)

1. Standing naturally, with feet together, step back with your left foot to 6 o'clock into a right neutral bow as you deliver a right extended outward block to the inside of opponent's left hooking punch at his forearm as your left hand guards your right ribcage.
2. Immediately deliver a right inward raking back knuckle strike to opponent's bridge of nose.
3. Shuffle forward while continuing the counter clockwise motion of your right hand and follow up with a right horizontal dipping outward elbow strike to opponent's solar plexus as your left hand checks high for a possible heel palm and claw to opponent's face.
4. Right front crossover and cover out twice.

NOTES:

**26. STRIKING SERPENT'S HEAD** (Front bear hug -- arms free)

1. Drop back with your right foot (to 6 o'clock) into a left neutral bow. Simultaneously hook your left hand around and back of opponent's head so that your left knuckle or left inner wrist bone strikes to opponent's left temple or mastoid while your right hand cocks into a half fist at chest level.
2. Immediately have your left hand grab and pull opponent's hair back (above the forehead) as you shift into a left forward bow (toward 12 o'clock) and execute a thrusting half fist to opponent's throat, immediately returning to your left neutral bow after the half fist strike.
3. Left front crossover and cover out twice.

NOTES:

**27. LOCKED WING** (Hammerlock)

1. With opponent locking your right arm, step back to your right (between 4 and 5 o'clock) with your left foot into a right neutral bow (with your head still looking forward to 12 o'clock) as your right hand counter grabs your opponent's right wrist. (Try to place your left leg inside and against opponent's right leg).
2. Immediately pivot your entire body counter clockwise into a left neutral bow (facing 6 o'clock) or horse depending on circumstance, as you deliver a left back horizontal elbow strike to opponent's jaw.
3. Circle your left arm over and under opponent's right elbow as you pivot to your right (toward 10 o'clock) in a modified horse.
4. While still applying pressure on opponent's left elbow, drop back with your right foot (between 4 and 5 o'clock) and form a left forward bow.
5. Immediately release your right hand as you deliver a right knee kick to opponent's chest with a right overhead heel of palm strike to the back of opponent's neck thus causing a sandwiching effect.
6. Follow through by stepping forward toward 11 o'clock with your right foot into a fighting stance.
7. Right front crossover and cover out twice.

NOTES:

**28. OBSCURE WING** (Flank left hand shoulder grab)

1. With feet together and opponent's left hand grabbing your right shoulder, step to your right (to 3 o'clock) with your right foot as you drop into a horse. Simultaneously deliver a right back elbow to opponent's solar plexus as your left hand pins and checks opponent's left hand to your right shoulder.
2. Deliver a right back hammerfist down to opponent's groin and follow up with a right hand grab to opponent's testicles.
3. Immediately follow up with a right snapping obscure elbow strike to opponent's chin; making sure that your right arm follows the contour of your opponent's body.
4. Right front crossover and cover out twice.

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