

29. CIRCLING WING (Rear two hand choke -- arms bent)

1. With feet together, have your left foot step forward and to your right on' a 45 degree angle (between 1 and 2 o'clock) into a left neutral bow as your right arm cocks horizontally across your waist.
2. Pivot clockwise (turning toward 7 o'clock) as you circle your right elbow over and down (right outward overhead elbow) on to the right arm of your Opponent to hurt and pin that arm. Complete the pivot into a right forward bow (facing 8 o'clock) while delivering a left four finger thrust to opponent's eyes.
3. Pivot in place to your left into a horse as you deliver a right upward elbow strike to opponent's chin. Your left hand should be guarding close to your right ribs.
4. Pivot again to your left (toward 1 o'clock) into a right reverse bow as you strike with a right back downward hammerfist to opponent's groin with your left hand guarding.
5. Right front crossover and cover out twice.

NOTES:

30. THRUSTING PRONGS (Front bear hug -- arms pinned)

1. Step back with your right foot (to 5 o'clock) into a left modified forward bow, having only your right foot move back and not the Upper body. Simultaneously thrust both of your thumbs (keeping thumbs together) up and to opponent's groin. F
2. Strike opponent's groin with your right knee as your left hand circles over and on top of opponent's right arm (forming the shape of the crane) and pins (with the assistance of your anchored left elbow) your opponent's right arm to you, while cocking Your right hand to your right hip.
3. With knee in groin, immediately deliver a right knife edge kick (to 2 o'clock) to the inside of opponent's left shin.
4. Scrape opponent's shin with your right foot and convert the scrape into a right stomp to opponent's right instep while simultaneously delivering a right inward horizontal elbow strike to right side of opponent's face or ribs (depending on the size of your opponent).
5. Right front crossover and cover out twice.

NOTES:

31. WINGS OF SILK (Rear two arm lock)

1. With feet together and arms locked from the rear, stomp your left foot on to opponent's left instep; simultaneously have your left hand pinch the nerve located on opponent's crest of the left hip.
2. As your right arm starts to slip out of opponent's right arm, simultaneously execute a right back obscure elbow to opponent's chin and a right rear heel scoop kick to opponent' groin.
3. Turn and step counter clockwise with your right foot (toward 9 o'clock with a short right step) as your right arms slips completely out of opponent's arm pinching and pinning opponent's left arm with your left, as you begin to twirl out.
4. Complete the twirl (360 degree turn) by circling your left foot counter clockwise (again to 9 o'clock) and end up in a horse stance facing the same direction as your opponent. Simultaneously have your right arm deliver (with your left arm still pinning opponent's left arm) an uppercut forearm strike to opponent's left elbow joint.
5. Right front crossover and cover out to 9 o'clock.

NOTES:

32. OBSCURE SWORD (Flank left hand shoulder grab)

1. With feet together, step directly forward (to 12 o'clock) with your left foot into a left neutral bow facing straight ahead with your right handsword cocked to your heart (palm up) simultaneously pin opponent's right hand with your left hand to your right shoulder.
2. Immediately pivot to 5 o'clock into a right forward bow while delivering a right outward handsword to opponent's throat.
3. Deliver a left kick to opponent's groin and plant your left foot back to your former position with your hands in fighting position.
1. Right front crossover and cover out twice.

NOTES: