

### **37. DESTRUCTIVE TWINS (Two hand choke - pull in)**

1. With feet together, step forward to 12 o'clock with your right foot (right neutral bow) as you deliver a left overhead punch to opponent's face with a right uppercut to opponent's groin. (Keep your back erect and head up.)
2. Move your right foot slightly to your right to 2 o'clock and execute a right inward and left vertical outward combination blocks outside of opponent's left arm. (At the completion of your left vertical outward, you should be in a right forward bow).
3. Immediately thrust your left fingers to opponent's eyes.
4. Follow up by pivoting to your left into a horse as you deliver a right punch to opponent's left ribcage simultaneous with your left hand grabbing opponent's left arm, pulling that arm toward your left hip, palm down.
5. Drop your left foot back to 5 o'clock; right front crossover and cover out twice toward 5 o'clock.

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### **38. DESPERATE FALCONS (Front two hand grab to wrists)**

1. With feet together and opponent grabbing your wrists from the front (opponent's left hand grabbing your right wrist and right grabbing your left wrist) move your left foot forward and to your left between 11 and 12 o'clock (into a left neutral bow) as both arms circle clockwise so as to loop over both arms of your opponent (forcing opponent's arm down).
2. Immediately follow up with a left forward back knuckle to opponent's face simultaneous with a right forward vertical fist to opponent's solar plexus.
3. Without hesitation step forward into a right 45 degree cat stance toward 12 o'clock and deliver a right vertical or diagonal back knuckle strike to opponent's right temple as your left hand checks down and presses against opponent's right arm.
4. Step forward (hugging inside of your opponent's right leg) with your right foot to 12 or 1 o'clock into a right neutral bow and deliver a right horizontal inward elbow strike to opponent's face (left hand is still pressing and checking opponent's right arm down).
5. Immediately shift into a right reverse bow (in place) while delivering a right downward diagonal hammer fist to opponent's right kidney. (Left hand is checking slightly higher).
6. Execute a left rear crossover toward 2 o'clock and immediately plant your right leg into a right reverse bow in order to buckle inside of opponent's left leg.
7. Right knee kick to inside of opponent's right thigh toward 8 o'clock.
8. Right front crossover and cover out twice toward 8 o'clock.

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**39. CRUSHING HAMMER** (Rear bear hug -- arms pinned)

1. With feet together, step to your left with your left foot (to 9 o'clock) into a horse. Simultaneously strike to opponent's groin with your right back hammerfist as your left hand pins opponent's left arm.
2. Have your right foot meet your left foot (forming a close cat stance) and then around and behind opponent's left leg (between 4 and 5 o'clock) into a right reverse bow. Simultaneously strike opponent's groin with a right heel palm; then grab opponent's testicles with a right squeezing claw.
3. Pivot into a right neutral bow (facing 4 o'clock) as your right arm follows the contour of our opponent's body and your right elbow strikes up to his chin.
4. Complete your pivot (facing 5 o'clock) into a right forward bow as you deliver a left heel palm strike to left floating ribs of opponent.
5. Right front crossover and cover out twice.

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**40. CROSSED TWIGS** (Rear two hand grab to wrists)

1. With feet together and opponent grabbing your wrists from the rear counter grab both of opponent's wrists (right to right and left to left) as you step to 1 o'clock with your left foot (into a left neutral bow).
2. Pivot clockwise facing 7 o'clock (still maintaining wrist grabs) as you cross your opponent's arms (right over left) in the process, have your right elbow strike horizontally and outward to opponent's right jaw and continue to pull opponent's right arm down with your right (have your left hand which is grabbing opponent's wrist pull down and below the level of your buttocks).
3. Release only your right grasp and circle counter clockwise with your right looping inward overhead elbow strike down to upper spine of opponent.
4. Release your left grasp and with your right, double heel palm, grab, and pinch opponent's left kidney and ribs as you kick your opponent's right ribcage with your left knee.
5. Replant your left foot to point of origin. Right front crossover and cover to 2 o'clock.

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