

41. CALMING THE STORM (Front right roundhouse club)

1. With feet together, step slightly forward and to your left with your right foot (to 11 o'clock) as your opponent steps through with his right foot, delivering a right roundhouse club attack.
2. As you step in, execute a left extended outward strike to inside of opponent's right wrist. Simultaneously deliver a right vertical fist to opponent's jaw or-face.
3. Immediately pivot into a right forward bow (facing 12 o'clock). Check opponent's right arm with a right inward parry as your left vertical fist shoots over your right arm striking to opponent's solar plexus or ribcage.
4. Drop back (in place) into a right neutral bow as you deliver a right horizontal back knuckle strike to opponent's right floating ribs while having your left hand execute a left extended outward handsword or left hooking check (palm up) can also act as a parry aside from being a check.
5. Right front crossover and cover out twice.

NOTES:

42. CHARGING RAM (Front tackle)

1. Standing with feet together, shift (by sliding) your left foot to 3 o'clock (into a right neutral bow) and have your left hand parry opponent's left arm down and out (left downward outward parry). Simultaneously deliver a right overhead downward chop to opponent's neck as your left hand guards at groin level.
2. Immediately (dropping into a right 45 degree cat stance in the transition) deliver a right snapping ball kick to opponent's left ribcage, kicking toward 9 o'clock.
3. Plant your right foot slightly forward (between 8 and 9 o'clock) and deliver a left snapping ball kick to left jaw of opponent, kicking toward 8 o'clock.
4. With your left kick still in the air left front crossover and cover out to 2 o'clock.

NOTES:

43. PARTING WINGS (Front two-hand push)

1. With feet together, drop back (to 6 o'clock) with your right foot into a left neutral bow as both of your hands chop out (like two extended outwards Only using an open hand) to inside of Opponent's wrists (forcing opponent's arms out). Make sure that both hands are parallel-in height as well as in depth.
2. Shift (in place) into a left forward bow as your right hand chops to opponent's left ribcage (palm up) simultaneously cocking your left hand to the right of your face (palm toward you).
3. Shift back (in place) into a left neutral bow as you deliver a left outward chop to opponent's throat (palm down); cocking your right clenched fist to your right hip.
4. Again shift (in place) into a left forward bow as you drop your left arm horizontally (with palm still facing down) and shoot a right middle knuckle fist (over your left arm) to opponent's solar plexus.
5. Drop back into a left neutral bow, left front crossover and cover out to 5 o'clock.

NOTES:

44. CONQUERING SHIELD (Front left stiff arm lapel grab)

1. With feet together, simultaneously pin opponent's left arm with your left hand as your right vertical forearm strikes against opponent's left elbow to break and as your right ball of foot kicks to inner knee cap of opponent's right leg.
2. As you proceed to plant your right foot forward to 11 o'clock (into a right neutral bow) have your right arm glance up and then strike down with your right downward elbow to opponent's left forearm thus forcing your opponent's head down.
3. With feet firmly planted, deliver a right upward elbow strike under opponent's chin.
4. Follow up with a right downward heel and claw to opponent's face.
5. Right front crossover and cover out twice toward 1 o'clock.