

5. SPREADING BRANCH (Rear bear hug around waist with arms pinned)

1. With your feet together and your opponent's arms around you, step back with your right foot toward 7:30 into a reverse bow, as you simultaneously pin your opponent's hands with your left hand.
2. Just as your weight settles into your reverse bow, execute a right back hammer fist strike to your opponent's groin.
3. Without delay, reverse the circle and bring your right hand (leaving your elbow anchored) to the right of the opponent's head (may insert a right thumb poke to opponent's right eye) and your left hand to the left side of your opponent's head and lock you hands together on the back of the opponent's neck.
4. Immediately lift your right knee as you simultaneously turn your opponents head 90⁰ (with their face toward you), pull the opponent's head down toward your knee.
5. Upon contact, step-thru forward with your right leg and continue the circle with your right arm while maintaining the check with your left hand. At the apex of the circle, drop your right elbow to the opponent's spine applying Gravitational Marriage.
6. NO cover out is required.

NOTES:

6. THE GRASP OF DEATH (left flank right arm headlock)

1. With you bent forward in a headlock and your opponent to your left applying a headlock with his right arm, initiate your action by grabbing your opponent's right wrist with your right hand as your right foot steps forward toward 12 o'clock into a right close kneel stance. Immediately grab your opponent's right inner thigh with your left hand and grab and pinch the flesh of that leg with as much strength as possible. Your opponent will experience a horse bite affect if it done right. Be sure you continue checking the outside of your opponent's right leg with your left knee.
2. As your opponent reacts to your pinch and releases his grip, have your right hand bring his right arm over your head and down to your chest, making sure that your right forearm angles diagonally while acting as a check. I
3. Immediately release the grip of your left hand and have your left foot step forward toward 11 o'clock into a left neutral bow stance as you simultaneously strike the back of your opponent's right elbow with your left forearm while pulling in and toward you with your right hand. This action should cause your opponent to step forward with his left foot prior to bending over at the waist.
4. Roll your left forearm on the back of your opponent's right elbow until your left forearm is parallel to the ground. Now slide your left hand to your opponent's right elbow. While controlling your opponent's right elbow with your left hand immediately execute a right downward inverted vertical punch to the base of your opponent's scull back of his right mastoid bone.
5. NO cover out is required.

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7. CHECKING THE STORM (front right step-thru overhead club)

1. Standing naturally with your feet together, as your opponent swings his club in an overhead fashion, quickly step off to your right with your right foot toward 3 o'clock. Simultaneously drag your left foot toward your right foot as you form a left 45-degree cat stance facing 10:30. Without a break in the flow of your action, execute a right hand parry followed by a left-extended outward block (employing the "double factor principle) to the right inner wrist of your opponent's right arm. During the natural flow of your motion have your right hand stop, hand open, to act as a check in front of your solar-plexus.
2. Immediately execute a left/right chicken kick, having your left foot strike your opponent's groin and your right foot his solar plexus.
3. Have your right foot plant back (from your kicking position) to 4:30 and form a left neutral bow stance with your hands in fighting position with your fists clenched.
4. NO cover out is required.

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8. MACE OF AGGRESSION (two-hand lapel grab -- pulling in)

1. With your feet together and your opponent grabbing your lapel with both of his hands, while pulling you in and toward him, execute a right stomp on the arch of your opponents right foot while simultaneously striking diagonally across the bridge of your opponent's nose (from 2 o'clock to 8 o'clock) with a right inward downward raking back-knuckle strike. Have your left hand pin and check both of your opponent's hands at the same time the stomp and strike are taking place.
2. Continue the motion of your right arm so that it travels horizontally and down, striking both of your opponent's forearms in the process, which in turn will force your opponent to bend forward.
3. Immediately execute a right inward horizontal elbow strike to your opponent's left jaw making sure that you follow through with your action.
4. Without hesitation return with a right outward horizontal elbow strike to the right jaw of your opponent. You may shuffle forward with your action should you find it necessary to do so.
5. NO cover out is required.

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