

### **OBSTRUCTING THE STORM (Front right overhead club)**

1. With feet together, have your left foot step slightly forward and to your left on a 45 degree (first moving toward 11 o'clock but ending facing 1 O'clock in a horse) as you cross your right wrist over your left to block Opponent's attacking hand at his right wrist at a level above your head and off of your right shoulder. (opponent steps through with his right foot when attacking).
2. With your right hand, grab opponent's right wrist as your left foot steps forward to 2 o'clock (eating around the leg if necessary) into a left neutral bow. Simultaneously strike opponent's right elbow with your left forearm by first thrusting vertically and then horizontally forcing opponent's right arm down while your right hand pulls in toward and past your right hip.
3. Continue to push down and pull opponent's arm to your right; forcing opponent's head down.
4. Immediately deliver a snapping right knee kick to opponent's head or chest This is done without raising the body.
5. Replant your right foot to original position into a left neutral bow; left front crossover and cover out to 7 o'clock.

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### **TWIN KIMONO (Front two-hand lapel grab push out)**

1. With feet together, drop back (to 6 o'clock with your left foot (into a right neutral bow) as pins your opponent's arms while your left arm simultaneously delivering a right upward forearm strike against opponent's elbow joints.
2. Immediately shift your left foot counter clockwise to 4 o'clock as you cock and deliver a right back knuckle strike to opponent's solar plexus.
3. Follow up with a right inward strike to both arms of opponent, striking them diagonally and down to the left.
4. Deliver a right outward chop to opponent's throat. Right front crossover and cover out to 4 o'clock.

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### **SNAPPING TWIG (Front left hand chest push)**

1. Standing with feet together, drop back with your left foot (to 6 o'clock) into a right neutral bow as you simultaneously hook in (to your left) with the heel of your right palm to outside of opponent's left elbow joint while hooking in (to your right) with the heel of your left palm to inside of opponent's left inner wrist (utilizing opposing forces) to cause an elbow break.
2. Have your right hand (while forming the shape of the crane) hook opponent's left arm counter clockwise and out (to your right) while simultaneously executing a left thrusting chop (palm down) directly to the throat of your opponent; this is done as you shuffle forward with a push drag maneuver. Without any loss of motion continue the counter clockwise motion of your right hand so that the knuckles of that hand executes an inward diagonal rake across the bridge of opponent's nose in order to cause a break.
3. Continue the same counter clockwise motion of your right arm and execute a right inward horizontal elbow strike to opponent's left jaw as your left heel of palm strikes to opponent's right jaw thus creating a sandwiching effect.

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### **SPIRALING TWIG (Rear bear hug arms free)**

1. With feet together, step to your right with your right foot (to 3 o'clock) into a horse as your right and left middle fingers strike to the back of opponent's top hand or hands (depending on the type of grab) immediately dropping both elbows to pin opponent's arms. Without hesitation follow up by grabbing opponent's right hand with your right and left hand with thumbs on top and fingers inside of opponent's palm.
2. Have your left foot step forward to 2 o'clock (while starting a counter clockwise wrist twist; with your right elbow still pinning) and pivot your right foot clockwise and back (into a left neutral bow facing 8 o'clock) as both of your hands continue to twist opponent's right wrist clockwise.
3. Deliver a right snapping ball kick to right ribs of opponent while guiding opponent's right arm past your right hip and still maintaining wrist twist.
4. As you plant your right foot forward (into a right neutral bow facing 8 o'clock) have your left hand check your opponent's right elbow by pushing it down and out of the way past the right hip as you deliver a right underhand stiff arm back knuckle strike to opponent's face or temple (depending upon how the head is positioned).
4. Right front crossover and cover out to 2 o'clock.

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