

60 CROSS OF DESTRUCTION (Rear two hand choke)

1. With feet together and opponent choking you from the rear with both of his hands# step to your left (to 9 o'clock) into a horse stance as you grab both of opponent's wrists with both of your hands.
2. Move your right foot back to 8 o'clock (into a left neutral bow) as your left hand crosses your opponent's left arm over his own right arm. At this point, your left arm pushes forward as your right pulls in and toward you.
3. Deliver a right front snap ball kick to the inside of opponent's right knee cap.
4. As you plant your right foot forward, after the kick, toward 2 o'clock, pull in with your left arm as you push out with your right arm to cause opponent to break his left elbow with his own right arm. (Make sure that in the process your right hand executes the above mentioned action similar to a right vertical back knuckle thrust.
5. Right front crossover and cover out to 10 o'clock.

NOTES:

58 FLIGHT TO FREEDOM (Hammer lock)

1. With feet together and opponent locking your right arm, step back and to your right to 5 o'clock with your left foot (on the ball of your left foot) into a modified right neutral bow as your right hand counter grabs your opponent's right wrist using this stance as a transition only.
2. Without any hesitation pivot your entire body counter clockwise into a left neutral bow (or horse stance depending on circumstance) as you attempt to deliver a left outward elbow strike to opponent's face which is blocked.
3. Immediately have your left foot step through to 2 o'clock (into a right reverse cat stance) as your right arm straightens and continues to grab opponent's right wrist; pulling in so that the principle of opposing- forces is employed.
4. From your right reverse cat, deliver a right thrusting back heel kick, using mainly the bottom portion of the heel to opponent's right rib cage and plant your right foot more to the left again into a right reverse cat stance.
5. Immediately pivot your entire body clockwise (facing 7 o'clock as you twist your opponent's right arm clockwise with the assistance of your right hand. 5. Follow up with a left snapping ball, kick to opponent's left inner knee.
6. Without planting your left foot, have it cross in front of your right foot (into a left front twist stance) to 11 o'clock while using your left heel of palm strike to break back of opponent's right elbow, and cover out to 11 o'clock

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59. DOMINATING CIRCLES (Front offset right shoulder grab by opponent's right hand)

1. With feet together, have your right foot circle clockwise, back, and down on opponent's right leg (into a horse stance) in order to buckle opponent's right leg. Simultaneously have your right arm travel in the same manner (going clockwise) over, around, and down to opponent's right arm (striking opponent's right arm with an outward overhead elbow strike). Left hand is checking in the meantime by controlling opponent's right shoulder.
2. Step back (to 6 o'clock) with your right foot (into a left forward bow) while simultaneously delivering a right heel thrust to opponent's jaw (lock your right arm out). Your left hand should still be checking.
3. Step forward to 12 o'clock with your right foot (into a right neutral bow) as you deliver a left thrusting chop to opponent's throat and jaw while your right hand travels down and outside of opponent's right arm to check and control opponent's right arm for moves that are to be done later.
4. Step to 11 o'clock with your left foot as your left hand changes from a left thrusting chop to a left shape of the crane (hooking around left side of opponent's neck) pushing and hooking opponent so that his body starts to turn clockwise (from your point of view) and face down along your left thigh. Simultaneously have your right hand also assist in turning your opponent by traveling down the opponent's right arm and forcing opponent's body to turn over.
5. Continue the action of both hands as your right foot slides along the ground in a counter clockwise manner to 9 o'clock (opponent's body at this point is face down). Have your right hand, without loss of motion, travel to outside of opponent's right elbow and down to his right wrist.
6. As opponent drops, pull and yank his right arm toward you (utilizing your left arm to assist you) to dislocate opponent's right shoulder. When jerking on opponent's arm shuffle back with a push drag.
7. Drop into a right close kneel, having your right knee smashing and sandwiching opponent's face and head to the ground.
8. Right front crossover and cover out twice.

NOTES:

60. REPEATED DEVASTATION (Full Nelson)

1. With feet together and while in a full Nelson, strike over and back of your head with both of your fists (palms facing forward) to opponent's face (sandwiching his head) as your right foot steps to 3 o'clock into a narrow horse stance.
1. Strike both of your elbows down to opponent's biceps (palms still facing forward) while dropping lower in your horse stance and immediately thrust both fists toward the ground (palm facing you) as you straighten and stiffen your knees.
2. Step forward (in a straight line) with your left foot toward 12 o'clock into a left neutral bow and pivot clockwise into a right forward bow (facing 6 o'clock) as you deliver a right outward thrusting elbow strike to opponent's right jaw.
3. Plant your left foot back to the point of origin and step forward with your right foot toward 12 o'clock into a right neutral bow and pivot counter clockwise into a left forward bow (facing 6 o'clock) as you deliver a left outward thrusting elbow strike to opponent's left jaw.
4. Left front crossover and cover out to 12 o'clock.

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