

**69 RETREATING PENDULUM (Front right rear kick)**

1. While in a right neutral bow, drop back with your right foot into a left front twist stance. Simultaneously deliver a right outside downward block to opponent's kicking leg and check with your left hand by your right shoulder.
2. Immediately deliver a right knife edge kick to opponent's left leg, to inner knee.
3. Plant your right foot forward toward 12 o'clock and have your left hand check high (close to your right armpit).
4. As your block circles counter clockwise and without losing any motion follow up with a right overhead downward hammerfist to opponent's neck as you plant your right foot toward 12 o'clock.
5. Pivot to your left (into a right reverse bow) and deliver a right rear scoop kick to opponent's groin (your right leg is between your opponent's leg at this point). You may have to drag your left foot toward your right foot to assure proper distance for your rear scoop kick.
6. After planting your right foot back into a right reverse bow right front crossover and cover out twice toward 8 o'clock. (Use the right reverse bow to buckle your opponent's left leg if and whenever possible.)

**70 TRIPPING ARROW (Front bear hug — arms free)**

1. With feet together and opponent applying front bear hug with your arms free, step to your left with your left foot (to 9 o'clock) into a horse; simultaneously hooking your right heel of palm horizontally and in to strike opponent's left jaw hinge. Your left hand is checking and anchoring your  
1. opponent's right shoulder or arm by forcing and pulling it down thus nullifying opponent's leverage and ability to deliver a right or left knee kick.
2. Immediately circle your right foot clockwise and back and around of opponent's right leg (to 3 o'clock) and buckle it by planting heavily into a horse stance. Right hand also circles clockwise and cocks at your right shoulder (palm up).
3. Without hesitation, pivot to your left (toward 9 o'clock) into a left forward bow as you thrust your right heel of palm to jaw of opponent, thus tripping him over your right leg, still maintaining left hand grab on opponent's right arm.
4. With opponent on his back and your left hand grab now at opponent's right wrist, have your right foot heel stomp under opponent's chin. If your opponent turns from the momentum and slips out of your grasp, stomp kick to opponent's right kidney or ribs.
5. Front stomp kick, release grasp and sweep opponent's right arm with your right foot as you execute a right front crossover and cover out to 5 o'clock.

### **71 FALLEN CROSS (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 as you grab both of opponent's wrists with both of your hands (right to right and left to left).
2. Move your right foot forward to 10 o'clock (into a right neutral bow) and pivot counter clockwise as you cross opponent's arms with his right arm over his left while now facing 4 o'clock, making sure that the arms are crossed at or above the opponent's elbows.
3. While still grabbing opponent's wrists, have both of your arms force your opponent's arms down as you deliver a right knee kick up and against the left elbow joint of your opponent (opponent's left elbow joint should be facing down at this point). Without hesitation and with your right knee against your opponent's left elbow, deliver a right front snapping ball kick to opponent's groin.
4. As you plant your right foot forward (to 4 o'clock), deliver a right inward horizontal elbow strike (or a right inward downward diagonal forearm smash from 1 o'clock to 7 o'clock, depending upon the circumstance). Have your left hand check opponent's arms down and toward opponent.
5. Right front crossover and cover out to 10 o'clock.

### **72 DESTRUCTIVE KNEEL (Front step through right punch)**

1. While standing naturally with hands at your sides as opponent punches, step forward left to 11 o'clock into a left neutral bow stance as your right outward parry converts into a grab to his right wrist, and as you pivot clockwise into a right close kneel stance, with your left knee, striking to the back of his right knee (to cause a buckle) execute a left inward heel of palm strike to the right elbow of the opponent to cause a break. Allow this strike to pass through and under his arm.
2. With opponent now on his right knee, pivot back counter clockwise and as you drop into a left close kneel (your right knee drops to cause a break to his tibia or ankle) execute a left back knuckle (under his arm and through his ribs in an outward fashion) with a right inward heel of palm claw ripping through his face.
3. Pivot back into a right close kneel and execute a right outward back knuckle with a left vertical punch to his ribs or spine (at this point your right hand is below your left to act as a check against his right arm or possible kick).
4. Mow snake your left crane hand around the right side of his neck and pull him into a left knee strike to his spine (your right hand is checking his right arm or shoulder at this point).
5. With your left knee still in the air and as you plant your left foot back to 9 o'clock into a right neutral bow stance loop your right hand down around and in to come down diagonally across his jaw with a hammerfist (your left hand has now switched to become a check).
6. As opponent falls (toward 11 o'clock or 12 o'clock) execute a right roundhouse kick to his head or any available opening.
7. With your right leg still in the air, Right front crossover and double coverout to 9 o'clock.