

77 CIRCLES OF PROTECTION (Front step through overhead right punch)

1. With feet together, step to 11 o'clock with your left leg into a left neutral bow. Simultaneously deliver a right upward blocking parry (hand open) under and outside of opponent's right punch as you shift into a left forward bow (your left hand is cocked to your waist).
2. Shift to your right, back into a left neutral bow, as you deliver a left upward ripping claw to block under opponent's right arm from the inside in addition to clawing his face in the same motion. Your right (open hand) is cocked high to the right side of your face.
3. Continue circling your right hand clockwise and execute a right underhand heel and claw strike to opponent's groin as your left hand cocks on top of your right forearm.
4. Without any hesitation deliver a left back knuckle strike to opponent's face as you shuffle forward.
5. Left front crossover and cover out twice toward 6 o'clock.

78 DANCE OF DARKNESS (Right front kick followed by right punch)

1. While standing in a right fighting stance, and as opponent kicks, drop back with your right foot to 5 o'clock, into a left front twist stance as you execute a right downward parry to slide along and deflect his kick (from 11:00 to 5:00) your left hand is now up in the neutral zone.
2. As opponent now attempts to punch execute a double brush parry (left inward and right outward) to the outside of his right arm, and with this action step out right to 10:30 with your right leg into a right neutral bow stance.
3. Continue to step around behind the opponent with your left leg into a left neutral bow stance, and cock your hands (cup and saucer) to your left hip, now pivot clockwise into a right close kneel stance as you execute a right backknuckle with a left vertical punch to his spine (your right hand is on the bottom to act as a check if needed).
4. Immediately grab and pull down hard (with your left hand) his right shoulder as you execute a right vertical back knuckle thrust to his right temple (your left hand is still checking at or below his right shoulder).
5. These next moves are timed almost simultaneously. Drop your right punching hand into a small counter clockwise loop and execute a right two finger poke to the right eye of the opponent and without hesitation, circle your left checking hand around and under your right arm so that it follows and slides along the outer right side of your arm to act as a guide so that you can slip in another eye poke to the same eye. This previous move is done as you sweep the opponent's right leg, and timed so that the last poke hits at the same time you plant out of the sweep into a left front crossover.
6. From your twist stance unpivot clockwise and execute a right leg sweep buckle to the back of his right leg (your leg hits his leg bent and then straightens to accentuate the force).
7. Right from the sweep as your opponent is now down (with his head pointing toward 10:00 o'clock execute a right step through "RETARDED BALL KICK" to the jaw of your opponent.
8. Plant down your right foot (gauging leg) and execute a left side thrust kick to his face.
9. With your left foot still in the air, Left front crossover and double coverout to 4:30 o'clock.

79 THUNDERING HAMMER (Front straight right punch)

1. Standing naturally with feet together, step to your left on a 45 degree angle (to 11 o'clock) with your left foot into a left neutral bow as you strike with a left inward block to outside of opponent's right arm (preferably at or above the elbow) and cock your right arm parallel to your right thigh as it hangs naturally to the side.
2. Shuffle forward (push drag) toward 12 o'clock as you drop into a left wide kneel stance (to outside of opponent's right knee so as to have opponent buckle and drop) and strike horizontally across your opponent's stomach with your right inward horizontal forearm strike while cocking your left arm (your left hand at this point is cocked by your left ear with your palm facing away from you).
3. Strike down to opponent's left kidney with a left downward hammerfist as your right arm checks opponent's right arm. You should be in a right wide kneel stance facing 4 o'clock.
4. Have your left hand shift from the kidney into a horizontal forearm check outside of opponent's right arm as your right arm cocks to your right ear. You should still be in a right close kneel stance facing 4 o'clock.
5. Pivot to your left (toward 1 o'clock) into a left close kneel stance as you deliver a right downward hammerfist to back of opponent's neck; your left hand at this point is still checking action of opponent's right arm (left push down check).
6. Shift your left foot back and slightly to your left (between 7 and 8 o'clock) into a right neutral bow and execute a right front crossover and cover out toward the same angle.

80 UNWINDING PENDULUM (Right front kick followed by right punch)

1. While standing in a right neutral bow stance and with opponent attempting to kick you with his right front kick, drop back with your right foot into a twist stance (left front) as you execute a right downward block to the outside of his kicking leg, (at this point your left hand is cocked up beside your left ear, like in "Thundering Hammers").
2. As opponent delivers a right punch, unpivot from your twist and execute a left inward block to the outside of his left elbow. (the action from both of these previous moves will have turned him around so that his back is toward you).
3. Immediately execute a right front crossover sweep to the back of his "left" knee, and as you plant down, your right underhand claw conies up between his legs (from behind) to claw his groin, your left hand is horizontal and palm out to check his arms at the elbows.
4. Now unpivot counter clockwise and go right into a right rear scoop kick to his groin and with scoop still in the air plant back in between his legs landing in a right reverse bow stance buckling his right leg, as you execute a right outward heel of palm strike to his kidneys.
5. Now execute an in place stance change (right foot up and then left foot back) into a left reverse bow stance to buckle his left knee, as you execute a left outward and back elbow strike to his face simultaneously with your right heel of palm to his ribs (fingers out).
6. Now execute a left front crossover to 7 o'clock as you execute an inverted outward horizontal "Cobra Strike" (as you return your hand from the strike anchor your elbow).
7. Double cover out to 6 o'clock.

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