

85 DEFENSIVE CROSS (Right front kick)

1. Starting with both hands up, execute a crossed wrist block (right hand over left, with hands open and dropping them straight down) while stepping back right to a left forward bow stance. When your hands are almost down to your waist your hand goes into a crane (left hand) to hook out under his right ankle as your right hand checks his leg on top, pull his leg back and to the left past your left hip so that he's losing ground and his balance.
2. Now execute a right outward hanging back knuckle strike to his face or cheek bone followed by a left inward heel of palm strike to his right mastoid which immediately switches to a claw or grab to the hair or the back of his neck. (at this point your right hand is back behind you ready for the next move).
3. Execute a right front snap ball kick to the groin (maintain your grab to his head with your left hand). as you plant back to the point of origin, execute a right stiff arm rising back knuckle strike to the face of the opponent, to sandwich his head between your left grab and your right strike. ^.
Draw your left foot back to a cat stance and deliver a left front snap ball kick to his groin or lower raid section, and plant your left foot back down into the same cat stance.
4. Shift your weight onto your left foot and execute a right reverse crescent kick, from inside out, to the right side of his head, let the kick follow through and bounce it back into a right roundhouse kick to the left side of his face, (on this kick be sure you lay out straight with your right hip over).
5. Right front crossover and double coverout to 7:00 o'clock.

NOTES:

86 BOWING TO BUDDAH (Right front roundhouse kick)

1. While you are kneeling with both feet and toes back, and as opponent approaches you from the front raise up onto your right foot, and shift your left foot onto the ball of your foot, while simultaneously executing a right inward block with a left extended outward chopping block to the right leg of your opponent.
2. Now shove your right blocking hand over to the left to force his kicking leg to land down to his right, and immediately execute a forward step drag (step with your right foot and drag with your left knee). Execute a right upward vertical elbow strike to his groin followed immediately by a left lifting underhand (palm up) heel of palm strike to his groin.
3. Now as you keep your left hand under his testicles drop your right hand down into a right back knuckle strike to sandwich them.
1. Immediately raise up your left hand as a check to his mid section as you simultaneously drag up your left foot to your right foot and grab the back of his left ankle with your right hand.
4. Mow step back with your right foot (in place switch) as you pull his right foot out from under him while converting your left check into a left inward elbow strike to the solar plexus, to cause him to land on his back, (this is like the left handed version of the "DANCE OF DEATH").
5. With opponent now on his back, slide your right hand over top of his toes and your left hand over top of his foot to grab his heel, Now step back with your left foot to 6 o'clock and pivot your upper body counter clockwise to flip opponent over onto his stomach while breaking his left ankle in the process.
6. At this point you should be in a right reverse bow stance facing 12 o'clock, now drag your left foot to your right foot (gauging leg) and drive your right foot back toward 11 o'clock into a right reverse bow stance *with* your right bent leg snapping straight and back against the under side of his left knee to force it to lock and over extend into a break (your hands assist you by forcing his foot down at the same time).
7. Now execute a right outward crane hand to clear his left leg out and to your right, as your left hand goes back and down along beside your left thigh to act as a position check for the next move.
8. Immediately in place stance switch (right to front and left foot back) as you then execute a left back thrust kick to the opponent's groin (stomp kick may *be* used).
9. With your left kicking leg still in the air, left front crossover and double cover out toward 6 o'clock.

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87 PRANCE OF THE TIGER (Right flank step-through right upper cut)

1. Standing naturally with feet together, drop back slightly with your right foot, into a left cat stance (45 degree) as you circle your left hand over and down to do a left hand heel of palm downward parry against his right hand, then take over with your right hand with a right inside downward block (palm up).
2. As your right hand follows through and cocks across your mid section, (your left hand is covering with your palm facing toward 3 o'clock) your left foot sweeps across to strike (thrusting sweep kick) to your opponents right shin.
3. Immediately execute a right side chicken kick to the inside portion of his left knee as you simultaneously execute a right outward backknuckle strike to his right temple.
4. From your right knife-edge kick (with foot still in the air) have your right foot sweep across and hook the inside of his right leg to sweep him out and spread his legs; as you simultaneously execute a right outward *two* finger eye hook to his eyes, (keep your left hand checking his arm).
5. Unpivot counter clockwise and execute a left rear spinning stiff leg sweep to 1 o'clock to the inside of his right knee; as your left hand checks his arms.
6. Continue to pivot counter clockwise and execute a right knee kick to his solar plexus simultaneously with a right overhead and downward hammerfist strike to the back of his neck.
7. Now switch your hands so that your right becomes a check to his right shoulder, as you execute a left knee (toward 4 o'clock) up to his chin simultaneously with a left hammerfist strike down to the back of his head.
8. Immediately execute a left front crossover toward 7 o'clock as you left heel palm jab to his head toward 5 o'clock to force him down.
9. Double cover out toward 7 o'clock.

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88. TWIRLING HAMPERS (Front step through left punch)

1. While standing in a left neutral bow stance and with opponent punching from 12 o'clock, shift your left foot over slightly to the right (toward 3 o'clock) into a left front rotating twist stance, as you execute a left extended outward block, striking at or above his left elbow.
2. Immediately step, out to 1 o'clock with your right foot into a right neutral bow stance as you execute a right looping overhead punch (hooking back and toward you) to the right mastoid of your opponent, (your left outward ext. block is still checking at this point).
3. Continue the action of the looping punch on down to become a check to his left arm as you simultaneously execute a left inward horizontal elbow strike to the left ribcage of your opponent.
4. Without any loss of motion switch your left elbow back to a check (hooking over his arm with your wrist and your palm up) to his left arm. Now loop your right hammerfist inward diagonally and down to strike his left kidney.
5. At this point opponent is dazed and is standing with his dead right hand down.... And as you step back with your right foot to a left forward bow stance, you circle your right hand under and around to counter grab his right wrist, and all simultaneously execute a right front reverse crossover sweep to his right ankle as you pull and yank his right arm, and with his body in motion, release your right grab and deliver a right vertical punch to his face, with your left palm striking the back of his head to cause a sandwiching effect.
6. Immediately snake your left hand around (toward you) and in to the front of his face, and maintaining your right hand as a check, step out with your right foot to 5 o'clock and as you unpivot into a left reverse step through to a right neutral bow execute a left outward claw followed by a right two finger poke to his left eye as your left hand drops to become a check in the neutral zone.
7. Right front crossover and double cover out to 6 o'clock.

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