

9. ATTACKING MACE (front straight right punch)

1. With your feet together, drop back with your right foot into a left neutral bow stance as you execute a left inward strike outside of your opponent's right punch.
2. Immediately pivot into a left forward bow stance as you execute a * right straight thrust punch to the right rib cage of your opponent. Make sure that your left hand is open as it checks your opponent's right elbow.
3. Circle your right hand down, out, over, and around your opponent's right arm as you counter grab the outside of his opponent's right wrist. Immediately pull your opponent toward you while simultaneously delivering a right front snap ball kick to your opponent's right rib cage or solar plexus. From your kicking position have your right foot plant back toward 7 and 8 o'clock and settle down into a left neutral bow stance, with both of your hands in fighting position.
4. NO cover out is required.

NOTES:

10. INTELLECTUAL DEPARTURE

1. Standing naturally, step back with your left foot and while rotating into a right reverse cat stance execute a right downward inward palm down block to the opponent's inside right calf.
2. Without hesitation execute a right back kick to the opponent's groin.
3. Planting forward, execute a drag side kick to the opponent's right knee. While planting forward, applying Gravitational Marriage execute a right back knuckle to the opponent's right temple.
4. No Cover out is required.

NOTES:

11. CLUTCHING FEATHERS (Front left hand hair grab)

1. Standing naturally, step straight back (to 6 o'clock) with your left foot, simultaneously pin opponent's left hand with your left as you deliver a right vertical middle finger fist to opponent's left armpit pivoting into a right neutral bow in the process.
2. While in a neutral bow strike inside of opponent's left arm with a right vertical outward block while cocking your left hand to your left hip (palm up).
3. Shift into a right forward bow as you deliver a left heel palm thrust to opponent's jaw while switching your right vertical outward block into a right extended outward block, keeping it in place for protection as well as in position for the next move.
4. Cover out to 7:30

NOTES: Start of original Ed Parker System

12. TRIGGERED SALUTE (Front right hand direct push)

1. Standing naturally while opponent pushes your left shoulder with his right hand, step forward and to your left with your right foot to 11 o'clock (into a right neutral bow) to buckle on the inside of opponent's right knee. Simultaneously pin opponent's chin with a right forward heel palm thrust.
2. Immediately shift your right hand to 11 o'clock forming the shape of the crane (anchor elbow) and hook opponent's right arm down before cocking your right arm to your right hip and deliver a right inward horizontal elbow strike to opponent's solar plexus.
3. After following through with first elbow shot, deliver a right outward horizontal elbow strike to opponent's right floating ribs (palm down).
4. Without hesitation, follow-up with a right horizontal back knuckle strike to opponent's right floating ribs or kidney and immediately cock your right fist to your right hip.
5. Without any loss of motion execute a right vertical back knuckle thrust up and under opponent's chin while your left hand remains pinning your opponent's right hand against your left shoulder.
6. Cover out to 7:30

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