

97 BROKEN RAM (Front tackle)

1. While in a right neutral bow, have your left foot swing counter clockwise to 3 o'clock into a right neutral bow. Simultaneously deliver a right overhead downward hammerfist to opponent's neck. (Chop can be use).
2. With opponent's left arm still grasping on to your waist, pivot to your left (into a right reverse bow facing 10 o'clock) and deliver a right uppercut against the joint of opponent's left elbow to cause a break.
3. Deliver a right back scoop kick to opponent's groin and plant your right foot to point of origin. (Adjust the foot if and when necessary.)
4. While planting your right foot, loop your right hand counter clockwise and over opponent's left arm and strike to opponent's left jaw with a right downward hammerfist simultaneously as your right foot plants from previous move (buckling inside of opponent's left leg).
5. Right front crossover and cover out twice toward 4 o'clock.

NOTES:

98 CIRCLING THE HORIZON (Front step through right punch)

1. With your feet together, step to your left with your left foot to 9 o'clock as your left hand parries (inward parry) your opponent's right punch.
2. Without any loss of motion, have your right hand circle clockwise, first covering past your groin area and begin to have your right foot cat toward your left foot (into a right 45 degree cat stance).
3. Continue to circle your right foot and your right hand clockwise and step forward with your right foot to a right neutral bow at 1 o'clock as you deliver a right thrusting back knuckle vertically to opponent's right temple. (Have your right hand travel on the inside of your left arm as it strikes and have your left hand end up guarding your right ribcage; your right foot is checking opponent's right leg).
4. Cock your right arm to your right ribcage and without hesitation, strike your opponent's right ribs with a right inward horizontal elbow strike.
5. Drop down (into a right close kneel) and strike back of opponent's right knee with a right chopping hammerfist to buckle him.
6. Follow through with your right hand and immediately strike up to opponent's groin with your right underhand reverse hammerfist. Your left hand is still guarding.
7. Right front crossover and cover out twice toward 9 o'clock.

NOTES:

99 OBSCURE CLAWS (Flank left hand shoulder grab)

1. Standing naturally and with opponent applying right shoulder grab, step back with your right foot to 6 o'clock (into a left neutral bow) as your right hand circles clockwise and claws (in an upward manner) to opponent's face. Follow up immediately with a left inward claw to opponent's face and then pin opponent's left hand.
2. Without hesitation, step forward with your right foot (toward 12 o'clock into a right neutral bow) and deliver a right uppercut against the left elbow joint of opponent's left arm.
3. Step forward to 12 o'clock with your left foot and pivot to your right into a right forward bow facing 5 o'clock as your right inverted back knuckle circles toward you, striking opponent's left mastoid in the same hooking motion. Simultaneously deliver a left inward horizontal heel of palm thrust to opponent's solar plexus.
4. After following through with your right hand strike forward and horizontally with the same hand to your opponent's sternum with a right inverted outward middle finger fist.
5. Right front crossover and cover out twice toward 12 o'clock.

NOTES:

100 ENCOUNTER WITH DANGER (Front two hand push)

1. With feet together, opponent pushes and forces you to the ground onto your back toward 6 o'clock.
2. While on your back and as your opponent proceeds to pounce on you, deliver a left vertical knife edge kick to opponent's groin toward 12 o'clock. Immediately follow up with a right knife edge kick (as you flip your body to your left) to opponent's jaw.
3. Plant your right foot to your left as you turn onto your stomach facing 6 o'clock.
4. Bring your arms under your body and push yourself back as you deliver a left back thrust kick while you're on your right knee; pushing yourself into the action.
5. While on your right knee, left front crossover and cover out twice toward 6 o'clock.

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