

OPTIONAL TECHNIQUES

Optional ALTERNATING MACE (two-handed front push)

1. With your feet together, and as your opponent pushes you, step back with your left foot into a right neutral bow stance while simultaneously executing a right horizontal inward downward forearm block on top of both of your opponent's forearms. (Your left hand should be cocked at your left hip at this point.)
2. Immediately deliver a left vertical thrust punch to your opponent's sternum or solar plexus while torquing into a right forward bow stance. (Your right arm should still be across both of your opponent's arms as they continue to act as a check.)
3. Have your left hand (after the punch) shift (palm open and down) on top of both your opponent's arms (to check) while simultaneously having your right hand rapidly travel inside of your left arm and speedily out into a right horizontal back knuckle strike to the right temple of your opponent, while switching into a right neutral bow stance. The torque stemming from the stance change will greatly increase the whipping action of your right hand.
4. Immediately have your right hand snap back into a cover position.
5. NO cover out is required.

NOTES:

Optional CAPTURED TWIGS (rear bear hug around waist with arms pinned)

1. With your feet together and your opponent's arms around you, step off and to your left toward 9 o'clock with your left foot into a horse stance, as you simultaneously pin your opponent's hands with your left hand.
2. Just as your weight settles into your horse stance, execute a right back hammer fist strike to your opponent's groin.
3. Immediately bring your right foot into a right cat stance (turning 90 degrees while facing 3 o'clock) as your left hand releases the pin, clears your opponent's left arm and covers in front of your face as a check if needed. Simultaneous with the action of your left arm, have your right hand cover your groin and proceed to clear your opponent's right arm.
4. Immediately execute a right upward obscure elbow strike to the underside of your opponent's chin. Have your right arm snap back after the strike and cover your groin.
5. NO cover out is required.

NOTES:

Optional SWORD AND HAMMER (right flank - left hand shoulder grab)

1. With your feet together and your opponent (standing at 3 o'clock) with his left hand grabbing your right shoulder, step off and to your right with your right foot toward 2 o'clock and drop into a horse stance while striking your opponent's Adams Apple with your right handsword and pinning your opponent's left hand with your left hand.
2. As your opponent reacts to your handsword strike and bends backward, execute a right downward hammerfist strike to your opponent's groin.
3. NO cover out is required.

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