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# ALTERNATING MACES

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## FRONT | TWO-HAND | CHEST PUSH

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### Name:

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This technique was so named because of the rhythmic changes of action. Your hands alternate: front, then rear, and then front.

### Attack:

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The Ideal attack requires that your opponent pushes from the front. He attempts this by stepping through with a two-hand push to the chest.

### Theme:

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This technique familiarizes us with the importance of creating distance. As the name of the technique implies, you are to learn to alternate your hands: front, then rear, and then front. Likewise, you are to learn how to alternate your selected targets. The technique introduces you to the study of how to use your specific weapons to a specific sequence of movements to calculate the reactions of your opponent.

### Movement:

1. While standing naturally and as your opponent attempts to push you, step back with your left foot toward 6:00 into a right Neutral Bow Stance (facing 12:00). Simultaneously, execute a **right inward block to the outside of your opponent's left arm** while your left hand checks at your solar plexus. (This action should turn the width of your opponent's body, and redirect his forward momentum off-center.)
2. Immediately collapse your right arm across the top of both of your opponent's arms (to act as a check) as you deliver a **left vertical thrust punch to your opponent's sternum or solar plexus** (tracking over your right arm). This is done while pivoting into a right Forward Bow Stance. Remember, both the stance change and punch must work in synchronization with each other in order to maximize the force of your left vertical thrust punch. (Your strike should cause your opponent's body to bend forward at the waist.)
3. Immediately convert your left punch into a check by having it shift, palm open and down, on top of both of your opponent's arms. Simultaneously, have your right hand rapidly travel inside and over your left arm as you deliver a **right outward back-knuckle strike to your opponent's right temple**. This transition is done while pivoting back into a right Neutral Bow Stance. (The torque stemming from your stance change helps to increase the whipping action of your right hand. Properly executed, this should cause your opponent's head to be driven up and back, possibly with his arms flailing upward.)
4. Immediately have your right hand snap back to act as a Positional Check.
5. Perform a right Front Crossover and **Cover Out toward 6:00**.

## What If?

- The attack is a low two-hand push.
- The attack is a left push.
- The attack is a straight left punch.
- It is possible that the attack is a left cross wrist grab.
- The attack commences as an attempted two-hand grab.

## Technique Notes:

Practice varying the timing and rhythm of your basic sequence.

Vary the path of your final back-knuckle strike by having it travel under your left arm or over it. Study the benefits of each.

Take special notice of how the height of your opponent's attacking hands influence your response.

Explore the most effective way to pivot into a forward bow.

Learn to defend yourself against this attack without the use of a block.

Build spontaneity by having your partner vary his attacks: right grab, right push, right punch, left push, left straight punch and two-hand push. Respond to these variables with a right inward block simultaneous with a left Positional Check. This method of practice will help you to internalize the concept that the same defense may be used on the inside of your opponent's right arm as well as on the outside of his left arm.

When practicing with the same defense on the inside, or outside, of your opponent's arms, follow up with sequences from either Delayed Sword or Alternating Maces as the situation dictates. The practice of blending these two techniques in the manner described will help you to internalize effective responses to diverse situations.

Always seek knowledge that will help you cultivate useful variables. Consequently, to assist you in this undertaking, further expand your knowledge by having your partner vary the height of the following attacks: left pushes, left grabs, left straight punches and two-hand pushes. Respond to these variables with a right inward block on the outside of your opponent's left arm simultaneous with the left Positional Check. This will teach you that the same defense may be used even though the height of the attack may vary.

Follow up your block with sequential movements from either Alternating Maces or the left side of Attacking Mace. Remember to consider all practical alternatives. Therefore, do not only select exposed target areas of significance, but consider your opponent's reactions. Failing to make the latter choice can produce adverse results. Hence, practice with foresight. Foresight is a major key in helping you make the right choice. Please observe that this technique teaches you how to attack various Height Zones on your opponent.