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# BEGGING HANDS

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## FRONT | TWO HAND | WRIST GRAB

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### Name:

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This technique derives its name from the position of your hands at the conclusion of your initial move. Your Palms are up as if you were begging for money, thus the name Begging Hands.

### Attack:

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In the Ideal Phase of this technique your opponent attacks from the front. Although this encounter could be considered a restraining move, it nevertheless, is viewed as an attack. Your opponent grabs your left wrist with his right hand, and your right wrist with his left hand. The grabs are both of your wrists with your opponent's palms facing down.

### Theme:

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Remember that the intent of grab attacks is to direct you to an unfavorable position or predicament. Thus far in your training you have dealt with single wrist grabs (one hand to one wrist, and two hands to one wrist). In this technique you are introduced to an escape from a double wrist grab (one hand to each wrist). The rotation of your hands is the reverse response of Hooking Wings. In Hooking Wings your hands rotate inward downward, while in Begging Hands your hands rotate outward and upward. The totality of your action reinforces the principles learned in Hooking Wings.

### Movement:

1. While Standing Naturally, step back with your left foot toward 6:00 into a right neutral bow (facing 12:00) as you have **both of your hands circle from inside out, so that they circle over and on top of your opponent's wrists**, simultaneously begging with two hands (with palms up.)
2. Without disturbing your flow of motion, slide your right foot back into a 45° cat stance and immediately deliver a **right front snap ball kick, to your opponent's groin**. (Your opponent should bend forward at the waist, as his entire body moves away from you.)
3. Plant your right foot forward toward 12:00 (making sure that you adjust the depth of your planting foot, according to circumstances) and delivers a **left front snap ball kick to your opponent's chin or chest**. (Your opponent's head and chest should snap up.)
4. As you plant your left foot forward into a left neutral bow (facing 12:00), deliver **two torquing heel palm thrusts under your opponent's ribcage** (Fitting). Shuffle forward if needed. (This should knock the wind out of your opponent, cause him to bend forward at the waist, and possibly drop to the ground.)
5. Left front crossover, and **cover out toward 4:30**

## Theme (continued):

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Your intent is to Stabilize Your Base, momentarily disrupt your opponent's balance, cancel his Height Zones, and nullify his ability to attack with any of his weapons.

## What If:

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- He grabs on top of your wrists, and his thumbs are on the the outside of your forearms, facing himself.
- He crosses his right hand to your right wrist and his left hand to your left wrist.
- He crosses his right hand to your right wrist and his left hand to your left wrist, but he grabs on top of your wrists, and his thumbs are on the outside of your forearms, facing himself.
- The above three What Ifs are merely examples of the many methods of grabbing as well as positions that your arms may be placed in. Investigate the many other possibilities.
- Now envision your arms as having been seized when in a high passive position, as though indicating, "Hey I don't want any trouble."

## Technique Notes:

During the movement you are in the "Begging Hands" position be sure your hands are completely unclenched and your fingertips together in order to: increase their surface area, their sensitivity, your checking options, and prevent the the likelihood of injury of your fingers.

Carefully examine the similarities and differences between Begging Hands and Hooking Wings.

Be sure to Stabilize Your Base on the initial move before sliding back into a cat stance.

Your twin heel palm strikes are meant to drive through your opponent rather than lift him.