
BOW OF COMPULSION

FRONT | WRIST LOCK | AGAINST CHEST

Name:

The name of this technique originates from your opponent's aggressive wrist lock which attempts to compel you to bow to him.

Attack:

In the IDEAL PHASE of this technique the attack is from the front. Your opponent becomes physically aggressive when you innocently attempt to push him with your right hand. He accomplishes this by grabbing your right hand with both of his hands. He then pins your right hand to his body and applies a front wrist lock attempting to force you to your knees.

Theme:

When faced with a confrontation it is a common response to push your aggressor away to avoid trouble. However, this intentional or unintentional action on your part can get you into trouble if your opponent is knowledgeable (such as in the art of Jiu-jitsu). Nevertheless if you respond quickly you can Borrow the Force of his aggression to initiate your own offensive action (defensive-offense) striking whatever height zones are available to you.

Movement:

1. With your opponent pinning your right hand against his chest (after your unintentional push), and with your feet parallel to each other, step forward toward 12:00 with your right foot into a right neutral bow (between your opponent's legs). Simultaneously execute a **right downward elbow strike to your opponent's solar plexus or groin**, depending on the height of your opponent as your left hand checks diagonally across your opponent's hands. (Your opponent will bend forward at the waist.)
2. With your left hand still guarding diagonally, drop down into a right wide kneel stance (keeping your back erect), as you drop your right hand down, **raking your opponent's testicles with a right heel palm claw**. (This will temporarily stun your opponent.)
3. Immediately follow up with a **right underhand reverse handsword to your opponent's groin**. (Your opponent's knees should buckle, bending forward.)
4. While in your slightly modified wide kneel stance, execute (using the geometric path of a figure eight) a **right back knuckle strike to the inside of your opponent's left knee, followed by a downward looping right punch to his right knee cap**.
5. Execute a right front crossover, and **cover out toward 7:30**, increasing your HEIGHT ZONE with each maneuver.

What If:

- Your opponent does force you to your knees.
- Your opponent is taller or shorter than you.
- Your left arm is carrying something (like a shopping bag).

Technique Notes:

Be sure to pin both of your opponent's hands with your left hand.

As in the lock techniques Twisted Twig and Captured leaves, you must relieve the pressure of the lock and simultaneously counter your opponent's action.

Practice blending the attacks and the responses to: Gift of Destruction, Gift in Return, Captured Leaves, Twisted Twig, and Bow of Compulsion.

Wrist locks are not to be taken lightly. They can incapacitate you and limit your arsenal of weapons.