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# CALMING THE STORM

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## FRONT | RIGHT HAND | STEP THRU ROUNDHOUSE CLUB

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### Name:

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"Storm" symbolically refers to a club attack. When a storm is at its peak, there are two places you can find refuge: far away from it or in the eye of the storm, where it is calm.

### Attack:

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In the IDEAL PHASE of this technique your opponent is to your front in a left fighting stance. He then steps forward with his right foot, as he delivers a right horizontal roundhouse club attack toward your upper body

### Theme:

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The name of this technique also indicates the theme. You are being introduced to a roundhouse club attack. When a hurricane comes upon you the safest place is in the eye of the hurricane. The technique teaches you to move inside of your opponent's effective striking range, stay within the confines of your Outer Rim, and to Borrow the Force of his attack by utilizing the principle of WITH.

### Movement:

1. With your feet together, have your right foot step forward into a right neutral bow (facing 12:00), as you execute a left extended outward block to the inside of your opponent's right arm (near the wrist). Simultaneously with this action deliver a **right vertical punch to your opponent's jaw**. Be sure your right knee is positioned to check your opponent's right leg. (Your punch should drive your opponent's head back sharply, jut his stomach forward, and cause him to drop his club at the same time.)
2. Pivot to a right forward bow (facing 12:00), as you execute a **left vertical punch to your opponent's solar plexus**. During this action your right hand frictionally slides down your opponent's right arm, as it acts as a check. (This action will force your opponent to bend forward at the waist.)
3. Pivot to a right neutral bow (facing 12:00), while **executing a right outward back knuckle strike to your opponent's right lower ribs**. Simultaneously with this action your left hand reverse its motion, and convert to a left upward hooking parry (like a waiter carrying a tray) on top of your opponent's right arm and below the elbow. (This should help to drive your opponent's body back.)
4. Execute a right front crossover, and **cover out toward 7:30**.

## What If:

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- Your opponent swings high or low.
- Your opponent's club is longer than usual.
- Your opponent's swing falls short of you.
- He changes the angle of his attack.

## Technique Notes:

Your initial move is a powerful one. There is a lot of momentum clashing together. Be sure to strike with a Compact Unit.

Also be sure to positionally check your opponent's right knee with your right knee.

Your left vertical punch should be striking at an Angle of Incidence to your opponent's solar plexus.

Note the effect of your initial move on your opponent's right arm and how your subsequent moves readily flow if your partner (when practicing) reacts correctly.

Practice this technique in combination with FIVE SWORDS. Note the similarities and differences.