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# CAPTURED LEAVES

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## RIGHT FLANK | FINGER LOCK

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### Name:

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"Leaves" are synonymous with fingers. In this technique, it is your fingers (leaves) that are captured by your opponent's grasp.

### Attack:

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In the IDEAL PHASE of this technique your opponent is at your right flank (3 o'clock). He may approach you from the side or the rear. His left hand grabs the fingers of your right hand and tries to break them by applying upward pressure.

### Theme:

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This technique teaches you that even what appears to be a harmless grab to your fingers it can, in an instant, become a lock and twist that break your fingers. You must relieve the pressure on your fingers by lifting your right arm. As you relieve the pressure, observe how you can Borrow The Force and direction of your opponent's action, strike your opponent, and simultaneously cancel his planned or unplanned counters.

### Movement:

1. With the fingers of your right hand twisted by your opponent's left hand from your right flank, raise your right hand high (toward 1:30) to relieve the pressure (have your left hand positionally check your opponent's right hand and arm in the process), as you move your right foot slightly to your right (toward 1:30).
2. While in place, pivot counterclockwise into a horse stance (facing between 8:00 and 9:00) and deliver a **left back elbow strike (from the last checking position) to the back of your opponent's left kidney**. (Your opponent is on the tips of his toes, and his body is turning clockwise to his right.)
3. Immediately pivot clockwise into a right neutral bow stance, and deliver a **right back elbow strike to the front of your opponent's left ribcage** as your left hand now grabs and controls your opponent's left arm at the wrist. (Your opponent should bend forward at the waist.)
4. Right front crossover, and **cover out toward 9:00**

## What If:

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- His left foot is forward.
- His right foot is forward.
- He attacks from the front.
- You are facing a wall.
- He immediately follows his grasp with a right punch.

## Technique Notes:

Learn to use your elbow joint to relieve pressure.

You must economize on time by using the principle of "WITH" vs. "AND".

Do not over rotate on your initial elbow strike.

Be sure to use the CONTOUR of your opponent's body to enhance your accuracy.

Make sure you observe how the Contouring of your own body increases the power of your strikes.

Study the similarities and differences between this attack and that of a handshake,