
CAPTURED TWIGS

REAR | BEAR HUG AROUND WAIST | ARMS PINNED

Name:

Twigs is a symbolic term for arms. In this technique your arms are momentarily trapped, thus the name Captured Twigs.

Attack:

The Ideal Phase of this technique introduces you to an attack from the rear. The technique describes your opponent applying a bear hug from the rear with both of your arms pinned near your biceps.

Theme:

This technique teaches you how flank movements can provide you with exceptional access to rear targets. It also teaches you how to adapt to an overwhelming attack in addition to recognizing the Availability of Targets and Available Weapons.

Movement:

1. While standing naturally, with your opponent's arms around your arms, step off and to your left toward 9:00 with your left foot into a Horse Stance (while looking over your right shoulder), as you simultaneously **pin your opponent's hands to your body with your left hand**. Just as your weight settles into your Horse Stance, execute a **right back hammer fist strike to your opponent's groin**. (This action should cause your opponent to bend forward at the waist and possibly release his grasp.)
2. Immediately slide your right foot into a right Cat Stance (turning 90° while facing 3:00). Simultaneously have your right forearm Contour up the middle of your opponent's body and execute a **right vertical obscure elbow strike to the underside of your opponent's chin** as your **left hand releases the pin and clears your opponent's arms**.
3. Execute a **right knife-edge stomp to your opponent's right ankle**. Using Marriage of Gravity, simultaneously execute a right downward heel-palm to your opponent's body as you plant toward 3:00.
4. Perform a right Front Crossover and **Cover Out toward 10:30**.

What If?

- Your opponent's arms are at your shoulder level.
- Your opponent's arms are near your waist.
- Your opponent's arms are around your throat.
- Your feet are farther apart than expected.

Technique Notes:

Learn to appreciate the value of pinning your opponent's hands to you. In the case of this technique, it prevents the possibility of a choking from occurring. Precautionary moves such as pinning, or any other form of check, are greatly encouraged.

The more you practice dropping into a Horse Stance, such as the first move of this technique, the more it will help you to appreciate the value of Stabilizing your Base.

On the second move of your technique, be sure to direct your force toward your opponent, and not away from him.

One of the benefits of Contouring your right elbow strike on the last move of your technique is that it ensures accuracy.