
CIRCLING WING

REAR | TWO HAND | CHOKE (ARMS BENT)

Name:

"Wing" is a symbolic term that refers to an elbow. In this case it is your elbow (wing) that is circling over the top of your opponent's attacking weapon.

Attack:

In the IDEAL PHASE of this technique your opponent is located to the rear. He is applying a two-hand choke with his arms bent.

Theme:

The theme of this technique (like that of others against locks or chokes near the throat) teaches you how vitally important it is to protect your throat and to economize on time by using the principle of "WITH". Simultaneous with this idea, if you change the angle of your body (with your foot maneuvers), you can take advantage of the natural FULCRUM at the point his hands are touching your neck. You will easily be able to force your opponent to release his grip and be able to clear his arms in such a way that you can maintain control of his body and weapons.

Movement:

1. With your feet together turn, and tuck your chin down and to the right side of your chest, as your left foot steps forward and to your right on a 45 degree angle (toward 1:30) into a left neutral bow. During this action your left fist cocks (palm up) on your left hip, as your right arm cocks horizontally across your waist (palm facing you), and over your left fist. (This will protect your throat, and disturb your opponent's balance.)
2. Pivot clockwise (turning toward 7:30), as you **circle your right elbow over and down (right outward overhead elbow) onto the right arm of your opponent to hurt and pin that arm to your right side.** Complete the pivot into a right forward bow (facing 7:30), while delivering a **left fourfinger thrust to your opponent's eyes.** (Your elbow action will bring your opponent's head down momentarily.)
3. Pivot (inplace) to your left into a right neutral bow, as you **deliver a right upward elbow strike to your opponent's chin.** Your left hand should slide down your opponent's right shoulder, and end as a pressing check at his right elbow. (After the finger poke your opponent's head will momentarily relax, and drop forward into your elbow strike, and be driven back again.)
4. Pivot to your left into a right reverse bow, as you execute a **right back hammerfist strike to your opponent's groin.** Simultaneously have your left hand crosscheck your opponent's right arm, and then switch to a high check over your right shoulder. (The force of this strike should bend your opponent over at the waist, and he will fall to the ground.)
5. Right front crossover, and **cover out toward 1:30.**

What If:

- Your opponent's arms are straight and locked out.
- He is pushing you forward.
- He is pulling you back.
- His right leg is forward.
- His left leg is forward.
- Your opponent is taller/shorter than you.

Technique Notes:

In the early development of this idea you need to be precise with your Angle of Delivery. This is done by cocking your weapons to your left side. With time you should have the same power and accuracy when commencing from your POINT OF ORIGIN.

Be absolutely sure to protect your throat on the first move.

Develop the count of this technique into a one-two sequence. See how you are using motion and reverse motion.

Often times you may need to alter your hammerfist strike to your opponents groin. You may find his groin inaccessible and therefore need to change the target to his right kidney.

Build spontaneity by having your partner choke you from the rear: stationary, pushing, pulling, arms bent, or arms straight. Respond with the sequences of Twirling Wings or Circling Wing. Determine when and why you would choose one technique rather than the other.

Study the different types of checks that can be employed with your right and left arms and note how they benefit you.

Your initial clearing check (right elbow) is applied frictionally. Do not pin your opponent's right arm so tight that you force his head past a point where your left hand can't poke his eyes.