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# CLUTCHING FEATHERS

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FRONT | LEFT HAND | HAIR GRAB

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## Name:

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"Feathers" is a symbolic term used to describe hair. Thus, the name of this technique stems from two sources, "Feathers" that are synonymous with your hair, and the fact that your opponent is aggressively grabbing and clutching onto your hair.

## Attack:

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The Ideal Phase of this technique teaches that the attack is from the front. Your opponent steps forward with his left foot as he grabs your hair with his left-hand.

## Theme:

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This technique emphasizes how to counter your opponent's aggressive grab. It stresses the importance of canceling his ensuing threats. You are to check his actions by pinning his hand, anchoring your elbow, disrupting his balance, and causing pain to disrupt his ability to think clearly. To accomplish this you are to additionally attack the best available target with the best available weapons in the least amount of time.

## Movement:

1. While standing naturally, step back toward 6:00 with your left foot into a right neutral bow (facing 12:00). Simultaneously pin your opponent's left hand to your head with your left hand as you thrust a **right vertical middle knuckle fist to your opponent left armpit**. (This action should cause your opponent to bend forward.)
2. As your opponent begins to bend over and toward you, pivot into a right forward bow (facing 12:00) as you deliver a **left thrusting heel palm strike to your opponent's jaw**, simultaneous "with" a right extended outward block to the inside of your opponent's left forearm. (Your opponent's head should snap back.)
3. Immediately pivot back into a right neutral bow (facing 12:00) while delivering a **right inward raking back knuckle strike diagonally across the bridge of your opponent's nose** (to cause a corrugated effect).
4. Right front crossover, and **cover out toward 7:30**

## What Ifs:

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- Your opponents steps forward with his right foot.
- Your opponent does not step forward.
- Your opponent follows the hair grab with a right punch.
- Your opponent yanks your head down.

## Technique Notes:

Take off your shirt and see how the vertical fist of the first move fits into the muscle structure of the armpit. Acquaint yourself with the definition of Fitting.

Decide which has greater reach: a vertical punch, or a horizontal punch, and why.

Please take notice of the effects of pinning your opponents hand further up his arm.

Make a short list of the benefits that you're left anchored elbow provide on the first move.