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# CRASHING WINGS

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REAR | BEARHUG | ARMS FREE

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## Name:

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"Wings" is a symbolic term referring to the elbows. In this particular technique your elbows (wings) literally are crashing down onto your opponent's forearms, and thus the name Crashing Wings.

## Attack:

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The IDEAL PHASE of this technique begins with your opponent attacking from the rear. He is applying a bear hug (at waist level) with your arms free.

## Theme:

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The theme of the technique demonstrates the multiple use of principles placed in Sync. All principles that merge into a single count exemplify the principle of With.

## Movement:

1. Step to your right (toward 3:00) with your right foot into a horse stance (facing 12:00). Simultaneously with the above movement extend your arms, then **strike down with both of your elbows against your opponent's forearms** as you settle into the horse stance. (The intent here is to cause pain to your opponent's arms, and to loosen his grip.)
2. Have your left foot draw to your right foot (close cat) as your left and right arms cock to the right side of your waist (right palm up and left palm facing you).
3. Have your left foot then circle clockwise, around, and behind your opponent's right leg (toward 7:30) into a left reverse bow.
4. Pivot into a left neutral bow toward 7:30 while striking with a **left outward elbow to your opponent's face**. (This move should force your opponent's head back and away from you.)
5. Continue to pivot counterclockwise into a left forward bow, as you execute a **right inward downward hammerfist to your opponent's bladder**. Your left arm continues through your opponent's head to pin your opponent's right arm between your left arm and your left hip. (The hammering action should crush, and force your opponent toward the ground.)
6. Pivot back into a left neutral bow, and execute a right front crossover, and **cover out toward 9:00**.

## What If:

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- Your opponent's arms are at chest level.
- Your opponent lifts you off the ground.
- Your opponent is much stronger than anticipated.
- Your opponent does not loosen his grasp.
- There is a wall to your right.

## Technique Notes:

Four of the major principles of the first move are:

- a. Stabilizing Your Base
- b. Marriage of Gravity (Settling)
- c. Pin Point Effect
- d. Checking

Do not panic if your opponent does not release his grip when struck. Loosening his grip would be a satisfactory response.

Maintain the proper Angle of Delivery when striking with your elbows to insure the proper Angle of Incidence, and to guarantee Penetration.

Proper hand positions are needed to apply proper Torque in your strikes.

It is important when sliding your left foot back of your opponent's right leg (into a reverse bow) that you maintain constant body contact. This will prevent your opponent from obtaining leverage that can be used to force you to the ground.