

---

# CROSS OF DESTRUCTION

---

REAR | TWO HAND | CHOKE

---

## Name:

---

In this technique your opponent's arms become twisted and resemble a cross. It is the use of this crossed position to help break your opponent's elbow that gives the technique its name, Cross of Destruction.

## Attack:

---

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

## Theme:

---

This technique is to remind you of the danger of chokes. Panic can set in when you feel the strength of your opponent's hands around your neck and throat. As with most chokes, it is recommended that you tuck your chin to your chest to give you temporary relief. From there the theme of this technique develops. There is no way that your opponent's thumbs can resist the weight of your whole body twisting against them, when the proper fulcrum is applied. In the technique Spiraling Twig you use your hands to twist and lock your opponent's wrist. In the first part of Cross of Destruction you use your hands and your neck to twist and lock your opponent's thumbs. In the final part of Cross of Destruction you use your opponent's own arm to twist, lock, and break his elbow joint.

## Movement:

1. With your feet together, and your opponent choking you from the rear with both of his hands, step to your left to 9:00 into a horse stance (facing 12:00), as you grab both of your opponent's wrists with both of your hands (right to right and left to left). Be sure to tuck your chin to your chest.
2. Immediately turn your head clockwise, and have your right foot step behind your left foot (step through reverse) toward 7:30 into a left neutral bow (facing 1:30), as you **force your neck against your opponent's thumbs to possibly break them, and help release the grab**. Without loss of motion, have your left hand cross your opponent's left arm over his own right arm. At this point, your left arm pushes forward, as your right arm pulls in and toward you. (There is more pulling than pushing here, and your actions should effectively cancel your opponent's zones.)
3. Deliver a **right front snap ball kick to the inside of your opponent's right knee cap**. (This will buckle your opponent's right knee out, and drop his height zones.)
4. Plant your right foot forward toward 1:30 into a right neutral bow, and pull in with your left arm, as you push out with your right arm, causing your opponent to break his left elbow against his own right arm. (The execution of your right hand during the above action resembles a right vertical back knuckle thrust.) (In addition to breaking his arm, your actions should cause your opponent to fall to the ground.)
5. Execute a right front crossover, and **cover out toward 7:30**.

## Theme (continued):

---

In all three cases you:

- a. Disturb balance,
- b. Create temporary pain,
- c. Inflict long lasting damage.

## What If:

---

- His arms are bent.
- His right leg is forward.
- His left leg is forward.
- Your hands are carrying something (like a shopping bag).

## Technique Notes:

Note the use of RESIDUAL TORQUE when breaking your opponent's thumb.

Be sure to drop to your horse stance just prior to grabbing your opponent's wrists. This will give you more reach to the rear.

Anchor your elbows as you pin your opponent's thumbs. This will help you to break his left thumb.

On the last move of this technique, be sure you have correctly positioned your opponent's right arm to aid you in the breaking of his left elbow.

Build spontaneity by having your partner attack with two-hand chokes from the rear. Counter with sequences from Cross of Destruction, Twirling Wings, or Circling Wing. Note why you might choose one technique over another.