
CROSSING TALON

FRONT | RIGHT HAND | CROSS WRIST GRAB

Name:

"Talon" is a synonym for a wrist grab. It is your opponent's hand that is crossing his body to grab your wrist that gives this technique its name, Crossing Talon.

Attack:

The IDEAL PHASE of this technique begins with your opponent to the front. His right hand reaches out and grabs the inside portion (flat side) of your right wrist.

Theme:

Wrist grabs are used to force you to an undesired direction. It is a common scene on the street. To counter this grab you must learn to maximize your efforts by harmoniously utilizing the force of your entire body when striking. This is especially true if your opponent is stronger than you. It is difficult to counter his strength with only the force of your arms. Consequently, employing your entire body, at the proper angle, with the proper timing is necessary.

Movement:

1. With your opponent's right hand grabbing your right wrist, (1) countergrab his right wrist with your right hand as (2) your left foot steps toward 1:30 (traveling in front of your opponent) into a left neutral bow, as (3) you **strike your opponent's right elbow with a left inward vertical forearm**, while (4) your right hand pulls in, toward, and past your right hip. (The effect of this action is to sprain or break your opponent's right elbow, and force him to bend over, which automatically checks his Height Zones.)
2. Continue to pull your opponent's arm to your right while using your left forearm to force your opponent's head down and possibly striking your left knee.
3. Immediately deliver a **left outward elbow strike (palm up or down depending on circumstance) to your opponent's right jaw hinge or temple**. (This action may cause your opponent to pass out and drop toward the ground.)
4. Immediately follow-up with a **left heel palm strike and fivefinger rip to your opponent's face** while using your opponent's shoulder and back as a fulcrum to leverage, contour, check, and enhance your action. Continue your left arm clockwise circle and execute a **left inward overhead downward elbow strike to your opponent's upper spine**. (This action should cause your opponent's body to bow toward the ground.)
5. Follow up with a **left downward heel palm strike to the back of your opponent's left mastoid**. As your left hand continues to push your opponent's head down, simultaneously deliver a **right knee strike to your opponent's face**, thus causing a sandwiching effect. (Your opponent should fall to the ground.)
6. Replant your right foot to its POINT OF ORIGIN. Left front crossover, and **Cover Out toward 4:30**.

What If?

- Your opponent grabs your right wrist with two hands.
- Your opponent grabs your shirt.
- Your opponent grabs your belt.
- Your palm is down when he grabs the back of your wrist.

Technique Notes:

Build spontaneity by having your opponent vary the targets of his right grab: your right wrist, your belt, the right side of your shirt, or the left side of your shirt. Respond to these variables with a left inward block to the outside of his right arm, while your left hand controls his right wrist. This method of practice will enable you to recognize that these attacks are merely variations of the same attack, and that the same defense may be used on the outside of your opponent's arm even though the height of the attack may vary.

Consider your opponent's reactions to your first move. Then follow up with sequential movements from either Crossing Talon or Glancing Salute. Hence, practice with foresight. This will increase your flexibility of thought. Flexibility of thought is a major key in helping you to make the right choice.

When employing the rip on your opponent's face, do not turn your opponent's body, or natural weapons, so that they can intentionally or unintentionally defeat you.

Be precise when striking your opponent's upper spine with your left inward overhead elbow so that your left heel palm can fall naturally and Fit his left mastoid without having to Adjust your left arm.