
CRUSHING HAMMER

REAR | BEARHUG | ARMS PINNED

Name:

The name of this technique comes from the powerful driving action of your first move. Your fist hammers into your opponent's groin, crushing it during impact.

Attack:

In the IDEAL PHASE of this technique the attack is from the rear. Your opponent applies a bear hug with both of your arms pinned near your biceps

Theme:

This technique again teaches you the value of flank movements to provide access to rear targets. It is not necessary that your opponent releases his grip after your initial strike, but it is anticipated that he loosens it. Logic should dictate that it is not necessary to move away from your opponent (on your first move) to be free of your opponent's enveloping arms, nor does it provide you with freedom to strike with more power. That very space that you create may also give freedom to your opponent to follow up with other, and possibly more dangerous, counters. By properly CONTOURING your opponent's body you provide built-in checks against retaliation. Furthermore, the proper use of CONTOURING your own body generates power by providing:

Movement:

1. With your feet together, have your left foot step to 9:00 as you (1) drop into a horse stance (make sure to look over your right shoulder), while (2) **striking your opponent's groin with a right back hammerfist** as well as (3) pinning your opponent's left arm to you with your left hand. (This action should cause your opponent to bend forward at the waist and to loosen his grip.)
2. Have your right foot slide to your left foot (forming a close cat stance) and then "cat" around and behind your opponent's left leg (toward 4:30) into a right reverse bow, checking his left leg with your right leg. Simultaneously with the reverse bow, execute a **right heel palm strike to your opponent's groin, and grab your opponent's testicles as you end with a right squeezing claw**. (The heel palm and leg check should buckle your opponent's knees.)
3. Pivot into a right fighting horse (facing 4:30) as you CONTOUR up your opponent's body with your right arm and execute a **right obscure elbow strike to his chin**. (Your opponent's head should snap back with his torso jutting forward.)
4. Complete your pivot (facing 4:30) into a right neutral bow, as you thrust a **left heel palm strike (fingers pointing out) to the left floating ribs of your opponent**. Simultaneously continue the clockwise flow of your right arm, acting as a clearing check, until your right fist cocks at your right hip, palm up. (Your opponent will violently bend forward at the waist, and possibly drop to the ground.)
5. Right front crossover, and **cover out toward 10:30**

Theme: continued

- a. Greater accuracy because of proper body alignment.
- b. Back-up mass.
- c. The multiple and amplified use of BORROWED FORCE.

What If:

- Your arms are free.
- Your opponent's arms are around your throat.
- Your opponent's arms are near your waist.
- Your opponent lifts you off the ground.
- There is a wall to your left.
- One arm is pinned while the other is free.

Technique Notes:

Note the similarity in footwork to that of Crashing Wings.

It is important when sliding your right foot back of your opponent's left leg (into a reverse bow) that you maintain constant body contact. You are in "CONTACT MANIPULATION RANGE" which prevents your opponent from obtaining leverage that can be used to force you to the ground.

Build spontaneity by having your partner attack from the rear, pinning both your arms. Respond with the sequences from either Captured Twigs or Crashing Hammer. Utilizing your knowledge of the 3 POINTS OF VIEW in relation to a fight, determine why you might choose one technique over that of the other.

Increase your spontaneity further by having your opponent again attack you from the rear with a bear hug -- arms pinned or arms free. Respond with either Crashing Wings or Crashing Hammer. This practice will internalize the concept that similar attacks may be countered by similar principles, but you may need to FORMULATE some of your principles. To get a better feel for this idea blend the strong side of Crashing Wings with the weak side of Crashing Hammer or blend the weak side of Crashing Wings with the strong side of Crashing Hammer.

Determine the purpose of the second strike to your opponent's groin with your right-heel palm.