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# DANCE OF DEATH

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FRONT | RIGHT PUNCH | LEFT LEG LEADING

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## Name:

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It is the concluding moves of this technique to provide its name. Witnessing the extended sequence of this techniques one can envision a dance, a deadly dance, a Dance of Death.

## Attack:

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In the Ideal pPhase of this technique the attackers from the front. The opponent executes a right straight punch with his left leg forward.

## Theme:

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This technique was designed to teach you the value of initiating your movements from their Points of Origin. The technique also introduces Family Related Moves.

## Movement:

1. While standing naturally, step toward 11:00 with your left foot into a left neutral bow (facing 12:00) as you get out of the Line of Attack. Simultaneously **deliver a left inward block toward and to the outside of your opponents right punch** (ending at or above the elbow) is your right arm hangs naturally to the right side of your body. (Your inward block will nullify the width of your opponents body.)
2. Immediately pivot into a left forward bow (facing 12:00). While still maintaining a left Bracing Angle Check to your opponents right arm with your left hand, **strike to your opponents groin with a right underhand reverse hand sword**. (This strike should cause your opponent to bend at the waist and possibly move back.)
3. Immediately step through your right foot into a right neutral bow (facing 12:00), while your **right inward elbow strikes horizontally your opponents right lower rib cage**. During this action your left hand Contours down the right side of your opponents body, slides along his right leg (which is not the lead leg), grabs the back of your opponent right knee and then pulls toward you, so that your **left hand grab concludes at your opponents right ankle**. (Be sure to have his right foot pass to the left and outside of your left thigh, and pin his right foot to your left hip with your left hand.) The pull and strike must counteract each other to be effective. (Please refer to the Notes to study the What If factors that can alter your plans.)
4. Precise synchronization of Body Momentum should help you to drop your opponent onto his back. In anticipation of your opponent left leg popping up (Unintentional Move), **execute a right outward back knuckle strike to the inside of your opponent left knee**. Immediately have your right hand continue in a “figure 8 pattern”, into a right wide kneel stance, and while taking advantage of the Marriage of Gravity execute a **right inward downward hand sword to your opponents groin**. (Be conscious of the possibility of your opponents legs drawing together.)
5. While maintaining the pin with your left hand, immediately circle your right hand counterclockwise under your opponents right leg,

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## What If:

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- Your opponent steps through with his right leg.
- Your opponent punches high, medium, or low.
- Your opponent attacks with full Body Momentum.
- Your opponent precedes his punch with a right straight kick.

ending in an outward block position. (This should cause your opponent to roll over onto his left side and aid in your exit)

6. As your opponent begins to roll, release your left pin and execute a right front crossover, and [cover out toward 7:30](#)

## Technique Notes:

The ideal first move teaches you to step forward. Now step back on your first move, then shuffle forward with your second move.

Experience the control of your opponent by not disengaging your left hand from your opponents body.

Be conscious of your posture when executing your last move.

Determined the direction in which you wish to have your opponents body fall. Explore the physical elements that are needed to get it there.

Analyze the effects of your Angle of Contact on your initial block. Study how it affects the momentum and dimensions of your opponents body.