
DARTING MACE

FRONT | TWO HAND | WRIST GRAB

Name:

"Mace" is a synonym for a "fist". In this case it is your fist (mace) that is darting off of your opponent's forearm and into his face.

Attack:

In the IDEAL PHASE of this technique your opponent is to the front. He steps forward with his right leg and grabs your right wrist with both of his hands.

Theme:

Remember that wrist grabs are used to force you to an undesired position. To cancel this two-handed grab you must learn to maximize your efforts through the use of harmonious action that includes the use of forward motion (the strikes) and reverse motion (the countergrab). In addition this technique introduces you to the idea of a GRAFTED PRINCIPLE. GRAFTED PRINCIPLE is the combining of several principles within the flow of a single action. As an example a strike may start with a hammering motion, but conclude with a thrusting action without disturbing the natural flow of the executed move. Your initial move commences as a hammering method of execution (the hammerfist to the forearm) and converts to a thrusting method of execution (the punch to the face).

Movement:

1. With your feet together and both of your opponent's hands grabbing your right wrist, step forward (between your opponent's legs) with your left foot into a left neutral bow (facing 12:00), as your right hand countergrabs your opponent's right wrist, and your **left forearm simultaneously strikes down on your opponent's right forearm**. As your left arm continues its motion, and completes a **left vertical punch to your opponent's chin**, pull your opponent's right arm past your right hip with your right hand. (Initially your opponent's head comes down and toward you. Your punch drives his head back.)
2. Pivot into a left forward bow (facing 12:00), as your left hand slides down your opponent's torso and on top of his arms, finally acting as a guide for a **right vertical punch to your opponent's solar plexus**. (Your opponent will bend forward at the waist, and may move back.)
3. Slide your right foot forward into a right close cat stance, as your left hand **CONTOURS** up your opponent's chest, and becomes a **left thrusting outward handsword strike to your opponent's throat**. (This will temporarily detain your opponent's body.) During this action your right fist cocks to your right ribcage (palm up).
4. Continue to have your right foot step forward into a right neutral bow (buckling the inside of your opponent's right knee), and thrust a **right heel palm strike to your opponent's chin**, as your left hand reverses its previous motion, and becomes a left sliding check onto your opponent's arms. (Your opponent's head snaps back, and his body is driven away.)
5. Right front crossover, and **cover out toward 7:30**.

What If:

- Your opponent's left foot is forward.
- Your opponent pulls you toward him.
- Your opponent tries to turn you clockwise or counterclockwise.

Technique Notes:

Study the timing of your initial move. Make sure your punch is synchronized with the pulling of your right arm and the settling into your left neutral bow.

Study the timing of your cat stance and your left outward handword thrust, plus the timing of your next move.

It is a common error to "Butt" on the second move.

Maintain EXPLOSIVE PRESSURE on your opponent. Once you set your body in motion, keep it in motion.

Note the similarities between this technique and Parting Wings.

Build spontaneity by having your partner grab your right wrist with either a two-hand grab or a right cross wrist grab. Respond to these attacks by counter-grabbing with your right hand, striking his right arm with your left forearm, and stepping forward with your left foot. This will internalize the concept that the same countering action may be used against a two-hand grab as well as a one-hand grab. However, you may have to ADJUST the direction your body moves in order to maximize your efforts.

Once you have successfully countered your partner in the above drill, Follow up with sequences from either Darting Mace or Crossing Talon depending on the positions you find your opponent's body. Practicing in this manner will develop flexibility of thought and quick spontaneous action on your part.