
DEFLECTING HAMMER

FRONT | RIGHT THRUSTING BALL-KICK | TO THE MIDSECTION

Name:

The name of this technique originates from the hammering action of your initial block and the reaction that results from it.

Attack:

The Ideal Phase of this technique teaches you that the attack is in the front. The attack is a right step-through thrusting ball-kick to your groin or midsection. Your opponent's intent is to kick through you while forcefully exerting all of his weight into his kick.

Theme:

This technique teaches you how to create distance while employing an angle change. This is accomplished by your stepping away from, and off line of, your opponent's attack. Since your opponent is employing a long-range weapon, emphasis is placed on the use of foot maneuvers. Foot maneuvers are stressed, because of the multiple benefits that they offer:

- 1) An angle change that causes your body to be out of the Line of Attack.
- 2) Simultaneous use of your foot maneuver, and your blocking arm to ensure the deflection of your opponent's attack.
- 3) Coordination of your foot maneuver with your hand weapons.

Movement:

1. While standing naturally, step back with your left foot toward 7:30 into a right Neutral Bow Stance (to move out of your opponent's Line of Attack), as you simultaneously execute a **right downward diagonal block against the outside of your opponent's right leg**. Be sure to have your left hand check at your solar plexus during your block. (Your opponent's body should turn slightly to his left when your block is properly executed. Your block should additionally turn your opponent's width, and cause injury to his leg.)
2. Without hesitation and while still in your right Neutral Bow, shuffle forward as your left hand checks inward, toward and between your opponent's right shoulder and biceps. Your right hand continues to circle, and it will re-orbit into an inward elbow strike. (Make sure your left hand checks your opponent's forward momentum as well as the width of his upper body.)
3. Just as you continue your forward shuffle, execute a **right inward horizontal elbow strike to your opponent's face**. This is done simultaneously with a left sliding check down and onto your opponent's right elbow. (Your action should cause your opponent's head to snap back, and possibly have your opponent drop to the ground.)
4. Perform a right Front Crossover and **Cover Out toward 7:30**.

What If?

The attack is a low kick to your knees.

The opponent's attack is:

- a right thrusting knife-edge kick
- a right thrusting back heel kick
- a right spinning back heel kick
- a right low kick followed by a right punch to the head
- a high kick aimed at your head

Have your opponent's kick include foot maneuvers, shuffles, crossovers etc.

Technique Notes:

Reduce the force of your opponent's kick by increasing the distance between the two of you.

Getting off of the Line of Attack increases your ability to protect yourself against a low kick.

While action is normally faster than reaction, jamming your opponent's right biceps during the second move of your sequence can prevent your opponent from taking further action.

Striking high generally entails checking low. To the contrary, striking low generally requires checking high.

Should your opponent immediately add a right punch to his right kick, it might be expedient for you to formulate a left inward block to the outside of your opponent's right arm. Your follow up would then be a right inward elbow strike to his right lower ribs.

Learn to flow with your technique. While you are encouraged to maintain crispness throughout your technique sequence, practice consolidating all moves to look as if they are one.

Use your opponent's Marriage of Gravity at the precise moment you employ your elbow strike. This illustrates the value of Borrowed Force.