
DELAYED SWORD

FRONT | RIGHT HAND | LAPEL GRAB

Name:

This technique's name is derived from its basic sequence of movements. The chop (sword) is delayed by the insertion of a kick prior to its use.

Attack:

In the Ideal Phase of this technique, the attack is from the front. Your opponent grabs your lapel with his right hand.

Theme:

This technique was designed to teach you how to create distance while blocking your opponent's extended arm with your forward arm. You then follow up with a longer-range weapon (in this case, a kick using the forward or lead leg) to a target that is farther removed from you. It also teaches you how to gauge distance with your kicking leg which, in turn, enables you to properly gauge the distance of your extended hand weapon.

Movement:

1. While standing naturally, step back with your left foot toward 6:00 into a right Neutral Bow Stance facing 12:00 while simultaneously executing a **right hammering inward block to the radial nerve of your opponent's right forearm**. At the same time, position your left hand at solar plexus level as a precautionary check against further action. (Your block should clear your opponent's right arm, and expose the width of his body.)
2. Immediately slide your right foot back into a Cat Stance.
3. Without hesitation, deliver a **right front snapping ball-kick to your opponent's groin**. (Your opponent should bend forward at the waist.)
4. Plant your right foot forward into a right Neutral Bow (facing 12:00) to check your opponent's right knee as you deliver a **right outward handsword strike to the right side of your opponent's neck**. Remember to maintain the position of your left hand as a precautionary check. Immediately slide your right hand (after the strike) to the right wrist of your opponent as a precautionary check. (Your strike should cause your opponent to fall to the ground.)
5. Perform a right Front Crossover and **Cover Out toward 6:00**.

What If?

- His attacking is bent when pulling you forward.
- His attacking arm is straight and locked out.
- His attacking arm is initially bent, and then pushes you out.
- His right foot is forward when grabbing.
- His left foot is forward when grabbing.
- He is leaning forward when grabbing.
- In addition, visualize the attack to be:
 - a right push instead of a grab
 - a right punch instead of a grab
 - a two-hand grab
 - a two-hand push instead of a grab
 - a right kick followed by a right punch

Technique Notes:

In your early stages of learning, it is a good idea to utilize your more coordinated hand to the front when defending yourself.

The transitory Cat Stance, of your second move, assures proper Angle of Alignment which, in turn, promotes accuracy. It also enhances the speed of your action in addition to allowing you to Formulate according to prevailing circumstances.

Learn to fully take advantage of Marriage of Gravity when executing your last move (right outward handsword).

During the execution of your last handsword, angle your strike so that you cut diagonally down, through, and across your opponent's body to check his Height Zones, Width Zones, and Depth Zones.

It is highly suggested that you also experiment with various methods of execution (thrusting versus snapping your right handsword on the last move).

Familiarize yourself with the basic coordination levels of movement. Learn to increase the efficiency of your movements by adhering to the following:

When moving back, utilize the opposite hand of the foot that steps back (opposite hand/opposite foot).

When moving forward, utilize the same hand as the foot that moves forward.

During the course of your last move, be sure that your left hand supports your second line of defense with a Positional Check.