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# ENTANGLED WING

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## FRONT | FIGURE FOUR | ARM LOCK

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### Name:

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The name of this technique stems from two sources. (1) Wing is a synonym for an elbow. (2) The nature of your opponent's attack is such that his arms are wrapped around your arm so that they literally entangle your arm.

### Attack:

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In the Ideal Phase of this technique your opponent attacks from the front. He uses both of his arms to secure a lock on your right arm and wrist. With your right arm hanging naturally, your opponent's action (to complete the lock) commences with a right hand grabbing the top of your right wrist. He then proceeds to lift your arm vertically so that he can now interlock his left arm with your right forearm. He completes the lock by having his own left arm grab his own right wrist. Please see your instructor regarding the proper manner of applying this lock.

### Theme:

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The theme of this technique reemphasizes the importance of how quick reaction can turn a disadvantage into an advantage. Quick reaction with your right elbow strike not only relieves the pressure on your wrist, but residually injures your opponent.

### Movement:

1. With your opponent applying the lock with force, have your right foot step forward toward 10:30. Raise your right arm up and overhead (similar to a right upward elbow strike), to relieve the pressure. During the course of action have your left hand pin and check your opponent's left hand.
2. As you pivot counterclockwise drop into a left neutral bow, while delivering a **left back elbow strike to your opponent's or ribs**. Your target will depend upon the height of the opponent. Simultaneously have your **right arm pull your opponent's left arm down and toward you to properly align your opponent's elbow across the top of your right shoulder for a break**. (This should turn your opponent to his right)
3. Immediately pivot clockwise into horse stance as you execute a **right back elbow strike to your opponent's midsection or left ribcage**. Maintain your left hand as a Positional Check at your right shoulder. (Your opponent should bend forward at the waist.)
4. Right front crossover, and **cover out toward 6:00**

## Theme (continued):

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Failure to act quickly could result in your wrist being broken, or in your being forced to the ground. Additionally, Entangled Wing emphasizes the use of Contact Manipulation to control and injure your opponent.

## What If:

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- Your opponent grabs your right arm with his left hand before interlocking his arms with yours (same right arm with a Mirror Image attack).
- Your opponent steps through with his right foot so that the lock is applied with his right hip butting up against your right hip.
- Your opponent forces you to your knees.
- Your opponent forces you on your back.
- Your opponent is taller than you

## Technique Notes:

Not the similarities and differences between the attacks of Twisted Twig and Entangled Wing.

Not the similarities and differences between the sequences of Captured Leaves and Entangled Wing.

It is far better to quickly counter your opponent's initial grabbing action than to counter his lock. Review the Web of Knowledge to see which technique may be utilized at this point.