
FIVE SWORDS

FRONT | RIGHT HAND | ROUNDHOUSE PUNCH

Name:

This technique was originally developed where all five counts were executed as handswords. Because of the undeveloped state of the natural weapons of most beginning students, the weapons were altered with the name unchanged, as Five Swords.

Attack:

The IDEAL PHASE of this technique begins with your opponent located to the front. He steps forward with his right foot as he delivers a right roundhouse punch toward your face

Theme:

In this technique environment dictates that you cannot move back, nor is it feasible for you to move to the outside of your opponent's right punch. With your choice of action limited, you must learn to move forward and to the inside of his punch. Your timing is of utmost importance. You must time your action so that your block meets his right arm with success while contemplating checking the left arm of your opponent. This action will delay the use of your opponent's left arm and give yourself ample time to strike him.

Movement:

1. While standing naturally, step forward with your right foot into a right neutral bow (facing 12 o'clock), and **check the inside of your opponent's right knee with your right knee**. Simultaneously with your right neutral bow, execute a **right inward block to the inside of your opponent's right forearm**, while your left hand checks high at your opponent's wrist. (The effect of both actions is to expose the width of his body.)
2. Immediately **strike to the right side of your opponent's neck with a right outward handsword**. (This action should help to nullify the Height, Width, and Depth Zones of your opponent.)
3. Pivot into a right forward bow (facing 12:00), as you execute a **left five-finger thrust (palm down) to your opponent's eyes**, and your right hand cocks at your right hip (fist clenched and palm up). (The effect of this poke should snap your opponent's head back and away from you.)
4. Having your opponent's head to move away from you, and his midsection to jut forward, take advantage of this anticipated response by (1) pivoting into a right neutral bow, (2) executing a **right uppercut punch to your opponent's stomach**, as (3) your left hand becomes a COCKING CHECK (guarding horizontally and palm down) near your right biceps. (This action should result in your opponent bending over at the waist.)
5. With your opponent now bending over, immediately slide your left foot counterclockwise toward 4:30, and into a right forward bow (facing 10:30), as you execute a **left outward handsword strike to the left side of your opponent's neck**. (Your right hand acts as a positional check against any potential danger from your opponent's left arm.) have your left hand (during the interim) hook to the left side of, as well as on top of, your opponent's neck, to aid you in pulling his head down if necessary.
6. Without hesitation, and while pivoting into a right neutral bow, have your **left hand hook around the back of your opponent's neck (to force his head down)**, followed by a **right inward handsword to the back of his neck**. At the time your right handsword strikes, your

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What If:

- Your opponent throws a right straight punch.
- Your opponent pushes with his right hand.
- Your opponent throws a right uppercut punch.
- Your opponent executes a left straight punch.
- Your opponent pushes you with his left hand prior to punching with his right.
- Your opponent precedes his punch with a right kick.
- Your opponent attacks with a right roundhouse club attack.
- Your opponent thrusts a knife.
- The environment allows you to back up on your initial move.

left hand should be checking low.

7. Right front crossover, and **cover out toward 4:30**

Technique Notes:

Practice Formulating this technique against a right/left punch combination.

Do not get in the habit of blinking your eyes when executing your sequence of movements. Avoid this habit and you will be amazed how you can increase your accuracy as well as the effectiveness of your techniques.

The habit of blinking should also be avoided when taking the role of the aggressor. You will reach new levels of self-defense training when this habit is eliminated.

Your right outward handsword (on the second move) should be executed at such an angle so as to cancel your opponent's Height, Width, and Depth Zones.

Vary both weapons and targets when practicing your basic technique sequence. Learn to tailor your weapons to the particular individual who is attacking you. As an example, convert the left horizontal finger thrust (third move) to a heel palm strike.

Your ability to buckle your opponent's right leg with your right leg will be one of the determining factors that can delay the use of his left hand.