
FLASHING WINGS

FRONT | RIGHT HAND | STRAIGHT PUNCH

Name:

The name of this technique stems from two sources, (1) the elbow, which is symbolically known as a wing, and (2) the flashing method used to strike with the elbow twice. Because the elbow (wing), when repeatedly employed, resembles flashing turns and twists that are uncommon to conventional methods, the name Flashing Wings emerged.

Attack:

In the Ideal Phase of this technique your opponent is to the front in the left fighting stance. He steps through with his right foot as he directs a right straight punch toward your head.

Theme:

This technique apprises you of the use of a Medium-Range Weapon - the elbow. It is Family Related to Attacking Mace and together they teach you instinctive responses to varying factors related to Dimensional Stages of Action.

Movement:

1. While Standing Naturally, have your left foot step towards 11:00 into a left neutral bow, while simultaneously executing a **left inward block to the outside of your opponent's right arm** (at or above the elbow), as your right hand cocks to your right hip (fist clenched, and palm up). your left knee should positionally check your opponent's right knee.
2. Pivot into a left forward bow as you deliver a **right inward horizontal elbow strike to your opponent's lower ribcage**, which follows through after making contact and bypasses your opponent's ribs. Your left hand slides and checks your opponent's right arm, just below the shoulder, during the course of your elbow strike. (your opponent should bend forward at the waist.)
3. Pivot clockwise into a horse stance as you execute a **right outward elbow strike to your opponent's right kidney**. **Simultaneously deliver a left outward heel-palm claw across your opponent's face** (making sure that your left forearm is a sliding check as it travels up the right arm of your opponent). (Your opponent's head should snap back and turn to his right.)
4. Immediately pivot clockwise into a left reverse wide kneel (with your body facing 4:30, but your head looking at 12:00). As you pivot, deliver a **right outward hooking handsword to the back of your opponent's neck**. Make sure that your right arm travels diagonally, down, and with your elbow anchored. Within the same flow of motion, follow up with a **left inward handsword strike to the back of your opponent's neck**. (this should drive your opponent's head downward.)
5. Pivot counterclockwise into a left reverse close kneel stance as your left hand slides down and past your opponent's right shoulder to check and pin his right arm to his body. Simultaneously with this action execute a **right upward thrusting handsword to your opponent's philtrum or throat** (palm up), as you pivot into a left wide kneel stance (this should snap your opponent's head back.)
6. Left front crossover, and **cover out toward 6:00**

What If:

- Your opponent's lead leg is forward.
- Your opponent's right leg is forward as he jabs with his right hand.
- Your opponent precedes his right punch with a right step through kick.
- He executes a right step through club thrust.
- You have an additional opponent to the rear.

Technique Notes:

Be sure to fortify your Bracing Angle on your first elbow strike with a proper forward bow.

Please make note of the various methods of Contouring throughout this technique.

Have a partner attack right step through punches. As your partner punches, he should randomly vary his forward momentum (therefore alternating the depth factors), while you respond with the sequences from either Flashing Wings, or Attacking Mace. Learn to Graft these two techniques.

Study the similarities between Flashing Wings and Thundering Hammers.

While keeping the concepts of the Web of Knowledge in mind, practice against a wide variety of random punches. Respond not only with Flashing Wings, but with and with all of your arsenal of techniques that may be employed against punches.