
FLIGHT TO FREEDOM

REAR | HAMMERLOCK

Name:

After your opponent blocks your attempted elbow strike, you apparently try to flee from him. However, it is the deception of this flight that eventually leads to your freedom.

Attack:

In the IDEAL PHASE of this technique your opponent is to the rear. He is applying a hammerlock to your right arm with his right hand (palm up)

Theme:

The theme of this technique introduces you to the fact that your opponent can block your counters. You learn that even though your strike has been stopped, you can improvise. As the name of the technique implies, you proceed to move as though fleeing from your opponent. However, you use this apparent flight to disturb your opponent's balance and rebound into action.

This technique has a unique hidden cryptic lesson.... It is the only technique in the syllabus that the first move is blocked, thus forcing you to improvise into the "what if phase". {This lesson can and should be applied to any technique}.

Movement:

1. With your feet together and your opponent locking your right arm, step back counterclockwise to 5:00 with your left foot into a right transitory neutral bow (modify the depth or width of your stance as the situation dictates), as your right hand countergrabs your opponent's right wrist.
2. Without hesitation continue to pivot your entire body counterclockwise into a left neutral bow (or horse stance depending on circumstance), as you attempt to deliver a **left outward elbow strike to your opponent's face**, and have it blocked.
3. Immediately turn clockwise, as you have your left foot step through toward 1:30 into a right reverse cat stance. Straighten your right arm during this transition, while maintaining your grab to your opponent's right wrist, pulling your opponent to you, and upsetting his balance.
4. From your right reverse cat, deliver a **right thrusting back heel kick to your opponent's right ribcage** (this should bend your opponent forward at the waist and, the extension of your kick will back him up), as you immediately plant your right foot toward 7:00.
5. As you pivot your entire body clockwise, twist your opponent's right arm clockwise in a very tight circle, and have your left hand positionally check. (This will turn your opponent over, down, and to his left.)
6. Follow up with a **left front thrusting ball kick to your opponent's left inner knee**. (This will buckle his knee outward, and drop his height zones.)
7. Without planting your left foot, have it cross in front of your right foot toward 10:30 (converting it into a left front twist stance with your head focused toward 4:30), as you simultaneously execute a **left hammering heel palm strike on top of your opponent's right elbow joint**. Again, this is done while still maintaining your grab to your opponent's right wrist. (This should break your opponent's right elbow joint, and force him to the ground.)

What If:

- Your opponent's right hand is palm down.
- His right leg is forward.
- His left leg is forward.
- His left hand is grabbing your hair.

8. Right front crossover, and **cover out toward 10:30.**

Technique Notes:

When practicing your initial flight please make note of the various actions that help create an Angle of Disturbance.

Often times when practicing, students make big awkward circles when twisting their opponent's right arm. This is usually because you feel jammed. To "un-jam" yourself be sure to back your partner up with your back kick.

Build spontaneity by having a partner apply a hammerlock from the rear. Respond with either Locked Wing or Flight to Freedom, depending on whether he blocks your elbow strike or not. This will help to unify these two techniques into one idea that may or may not need to be FORMULATED.

This is the last technique for Blue Belt. It teaches you a very valuable concept. Your opponent may be alert to your counters and block your initial or subsequent counters. Take this opportunity to review all of your techniques, and have your partner block all of your initial counters. Now you must FORMULATE. Your ability to blend your IDEAS may very well be the determining factor on the street. Please put hours into this exercise.