
GIFT IN RETURN

FRONT | RIGHT HAND | HANDSHAKE

Name:

The name of this technique stems from the symbolic meaning of "gift", which refers to a handshake. In this case the gift refers to your opponent's aggressive handshake, which you tactically return to him.

Attack:

In the IDEAL PHASE of this technique the attack is from the front. As your opponent aggressively squeezes your hand

Theme:

The theme of this technique can be found within the name of the technique. You surprise your opponent by faking pain and then striking him in the groin with his own hand. Aggressive handshakes are often preludes to cross punches etc. Your surprise move helps you to get out of the Line of such an Attack, creates pain (therefore hesitation), cancels all of your opponent's weapons, and moves you to the rear of your opponent. This places you in a secure position to continue to nullify your opponent's actions, and strike to a variety of targets without exposing yourself.

Movement:

1. With your feet together and your opponent squeezing your right hand with his right hand, step forward and to your left (toward 11:00) with your left foot into a left neutral bow to the outside of your opponent's right leg. (Your left leg should be hugging and checking your opponent's right leg.) Simultaneously have your left hand assist your right hand, as well as your opponent's right hand, to **strike to your opponent's groin by thrusting down on your opponent's right forearm.** (Your opponent will bend forward at the waist.)
2. Shift your left hand around and back of your opponent's right leg, and grab your opponent's right wrist, as your right foot shifts clockwise toward 10:30 into a left neutral bow (facing 4:30). Immediately **pull and lift with your left hand as you push down against your opponent's right hip with your right hand.** This is done to put pressure on your opponent's testicles, limit your opponent's leverage, and check his height zone to nullify his ability to kick. (This will lift your opponent onto the tips of his toes.)
3. Immediately deliver a **right step through knifeedge kick to the back of your opponent's left knee**, as you release your left hand grasp, and while maintaining the check with your right hand. (This will buckle your opponent's left leg to the ground, and expose his tail bone.)
4. Without any hesitation plant your right foot between your opponent's legs (making sure that you gauge it properly), and deliver a **left knee strike to your opponent's tail bone.** (This will drive your opponent forward and away from you.)
5. With your left foot in the air (or after it plants forward, depending on circumstance), execute a right front crossover, and **cover out toward 10:30.**

What If:

- Your opponent's right leg is forward.
- Your opponent's left leg is forward.
- Your opponent tries to throw a left punch.
- Your opponent varies the method of his handshake.
- Your opponent attempts a shoulder throw.

Technique Notes:

On your first move be sure to hug your right shoulder as close to your opponent's right shoulder to help cancel other possible strikes.

Check your opponent's height and width zones by using a downward diagonal cross check.

Learn to make the first two moves of this technique flow as one.

Make note as to why you kick your opponent's left leg instead of his right.

Use proper body alignment when executing your knee kick to your opponent's tailbone (coccyx) to insure an Angle of Incidence.

Practice this technique with 3 attackers. As one executes the handshake, have the other two position themselves to your rear or to your opponent's rear. See how these positions influence your choice of Gift in Return or Gift of Destruction.