

---

# GIFT OF DESTRUCTION

---

FRONT | RIGHT HAND | HANDSHAKE

---

## Name:

---

The name of this technique stems from the symbolic meaning of the "gift" which refers to a handshake. In this case the "gift" refers to your handshake. Because of your opponents aggressive nature your friendly handshake converts into a destructive response. (What ever the attitude, so was the response.)

## Attack:

---

In the Ideal Phase of this technique is the attack is from the front. Your opponent steps forward with his right foot as he aggressively squeezes your hand.

## Theme:

---

This technique was devised to acquaint you with the parallels that exist with smaller types of attacks. Recognizing these similarities will in turn teach you that identical answers can be duplicated. Examination will indicate that a wrist grab is no more than a handshake that has missed it's mark. Therefore, although this technique is an unfriendly handshake you may basically counter it as you would a right cross wrist grab.

## Movement:

1. With your right hand shaking your opponents right hand, hop forward and slightly to your left to 11:00, with your left foot, as your **right hand jerks your opponents right hand toward, and diagonally down past your right hip** (taking advantage of your opponents dead weight to launch you forward). This action is aided by rotating your right arm clockwise so that the palm of your right-hand facing up. This should aid you in properly exposing the joint of your opponents right arm.
2. With the above action, simultaneously **strike in and against the joint of your opponents right elbow with your left heel palm**, as you deliver a **right knee kick to your opponents groin**. (This dual action should check your opponents Height Zones and Width Zones, as well as force him to bend forward at the waist.)
3. Plant your right foot forward into a right neutral bow, simultaneously **buckle the inside of your opponents right knee with your right knee**, as you deliver a **right inward elbow strike to the side of your opponents jaw**, as your left hand checks down and on top of your opponents right arm. (This action should cause your opponents head to move back and away from you.)
4. Right front crossover, and **cover out toward 7:30**

## What If:

- Your opponents legs are parallel with each other.
- Your opponents left leg is forward.
- Your opponent varies the manner of his handshake.

## Technique Notes:

Capitalize on the dead weight of your opponents body to help catapult you forward. This action will aid you in generating a explosive Body Momentum. Time your actions properly and you will experience maximum power.

During the course of your action do not be the cause of an orbit that can orbit back to you. Prevent this occurrence by checking your opponents right arm to his body, on the second move, with your left hand.

It is often because of the friendly atmosphere found in Martial Art schools, in the absence of discipline, knowledge, concern, an realistic response that causes practicing partners to avoid reacting properly. Therefore, if an opponent doing this technique is not willing to bend over in response to your right knee, avoid overreaching for his head with your right elbow strike.

Be sure to not rotate your opponents right elbow on your initial move. To to do so would cause your opponents right elbow joint to be positioned incorrectly. This would minimize your chances of spraining or breaking his elbow.

Do not fail to employ Marriage of Gravity when executing your right inward elbow strike.