
GLANCING SALUTE

FRONT | RIGHT HAND | CROSS PUSH

Name:

The name of this technique stems from your opponents ricocheting push. As stated previously a "salute" is symbolic of a push.

Attack:

The Ideal Phase of this technique commences with your opponent located to the front. As he steps forward with his right foot, his push travel across to your right shoulder.

Theme:

This technique teaches you how to ride the force of an aggressive action. Aside from your pivoting to get you out of the Line of Attack, it residually nullifies the effects of your opponents push.

Movement:

1. While standing naturally, while your opponent pushes your right shoulder with his right hand, step forward and slightly to your left (11:00) with your left foot into a left neutral bow (facing 12:00), pivot to your right into a right forward bow toward 3:00 (to ride the force of your opponent's push) as your right arm pins your opponents right wrist to the right side of your chest, along with the execution of a **left inward vertical forearm strike against the joint of your opponents right elbow** to cause a break. (This action should cause your opponent to turn counterclockwise, as well as cancel his width zones.)
2. Pivot to your left (toward 12:00) into and left forward bow as your left hand pins your opponents right arm to his body, and simultaneously execute a **right thrusting heel palm strike to his jaw**. (The action of your left pinning hand should bring your opponent's head down and forward into your right heel palm strike. This strike should force his head up and back.)
3. Have your right hand circle to the right of your opponents face and then hooks around and back of his neck (forming the shape of a crane), as your **right hand pulls your opponents head down** and toward the ground (anchoring your right elbow in the process) while executing a **right knee kick to your opponents stomach**. (Your opponents strength should wane, with his feet moving back and away from you.)
4. Plant your right foot forward into a right neutral bow, as your right knee checks (and possibly buckles) the inside of your opponents right knee. Simultaneous with the plant (while capitalizing on your forward momentum and Gravitational Marriage), execute a **right inward elbow strike to your opponents face**, as your left hand pins your opponents right arm to his body. (This should cause your opponents head to move up and back.)
5. Right front crossover, and **Cover Out toward 7:30**

What If:

- Your opponents left leg is forward.
- Your opponent attacks with full Body Momentum.
- Your opponents push is directed toward your stomach.

Technique Notes:

Be sure to turn the width of your body as soon as possible, on the first move, so that it diminishes the force of his push.

If your opponent is stronger than you, it will be difficult to break his right elbow using only the force of your arms. Therefore, you must learn to maximize your efforts by harmoniously utilizing the force of your entire body.

a. Contour your left inward block along the left side of your body.

b. Thrust your inward block from its Point of Origin.

c. Strike the proper Angle of Contact at your opponent elbow joint.

d. Do not inhale prior to beginning your initial move. Simply move!

A common error, on the second move of this technique, is to neglected driving your opponents right arm down and toward him, prior to shooting your right heel palm to his chin. You should not circle your right hand around his right arm to strike his face. This violate the principles of Point of Origin and the Economy of Motion.

When delivering you're right knee kick to your opponents stomach, be sure that your right anchored elbow assist you in bringing him down into your knee. Compatibility work with both forces to counterbalance your action. Do not overreach with your kick.