
HUGGING PENDULUM

FRONT | RIGHT THRUSTING | KNIFE-EDGE KICK

Name:

The name of this technique describes the manner in which the blocking arm is used when deflecting your opponent's kick. In its execution the blocking arm swings like pendulum as it hugs and contours your leg for strength and accuracy when deflecting your opponent's kick, thus the name Hugging Pendulum.

Attack:

In the Ideal Phase of this technique your opponent attacks from the front. From the left fighting stance he attacks you with the right step through knife-edge kick to the lower torso.

Theme:

The initial action of this technique is identical to that of Deflecting Hammer. Your are to create distance while employing an angle of change, as you redirect your opponent's kick. At this level your block should not only redirect the path of your opponent's kick, and slightly turn your opponent, but it should also inflict pain. ("First deflection, then infliction of pain".) Deflecting Hammer also stresses the importance of foot maneuvers (shuffle out and then shuffle back in). In HuggingPendulum you learn to swiftly make adjustment due to depth factors (shuffle out and crossover back in).

Movement:

1. While in a right neutral bow, shuffle back (push-drag) toward 7:30 as you deliver a **right hammering downward diagonal block to the outside of your opponent's right kicking leg**. Have your blocking arm travel from 10:30 to 4:30 (This action should disturb your opponent's balance, injure his leg, inflict pain, and turn his body to his left.)
2. Without delay execute a left front crossover, cross your right hand (palm up) to your left hip, and positionally check with your left hand. Immediately deliver a **right knife-edge kick to the inside of your opponent left knee**. (this should buckle your opponent's left knee to the ground.)
3. As you plant your right foot forward into right neutral bow, follow up with a **right outward horizontal back knuckle strike to your opponent's right mastoid, or right temple**. Arc your strike to the right arm and **return with a right inward horizontal heel palm claw to the left side of your opponent's face**. Maintain a bend in your right elbow throughout your action. (Your opponent should fall to the ground.)
4. Left front crossover, and **cover out toward 1:30**

Theme (continued):

The final part of this technique emphasizes the need for speed of action. You learn to strike your opponent with the use of upper Body Rotation without the use of lower Body Rotation; you learn the benefits of Body Fusion; and the use of forward and Reverse Motion.

What If:

- From a right fighting stance, you opponent executes a shuffle kick.
- From his left fighting stance he executes a right spinning back kick.
- After his initial attack, he follows through with the left spinning back kick.
- His right kick is followed by a right punch.

Technique Notes:

Build spontaneity by grouping Deflecting Hammer and Hugging Pendulum as Family Related Moves. have your patten attack with a variety of linear kicks. respond with the initial defense that is employed by both of these techniques. Then follow up the sequences tom either technique, grafting them as needed, so that they blend with the attack. Pay particular attention when adjusting the Depth Zones.

Study the effects of adjusting you Angle of Deviation on the first move.

Study the effects of adjusting your Angle of Deflection on your first move.

Please investigate how Five Swords, Raining Claw, and Hugging Pendulum are related.

Review the theme of Delayed Sword and Sword of Destruction. Note how this theme is continued into Hugging Pendulum.

Note that a leg that kicks can be hurt just as easily as they can hurt. Study this and apply it to Hugging Pendulum and to all of your self-defense techniques as well as freestyle techniques.