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# INTELLECTUAL DEPARTURE

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## FRONT | RIGHT THRUSTING BALL-KICK | TO THE MIDSECTION

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### Name:

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This technique gets its name from the turning of our body's front (away from the opponent) during the initial block.

### Attack:

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The Ideal Phase of this technique begins with your hands down (low at your side). Your opponent throws a right step-through front kick to your lower abdomen.

### Theme:

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This technique teaches you to rotate with the inside downward block to minimize exposure and lessen or deflect any potential impact from the kick. Timing is stressed (with the back-knuckle) to disguise the foot transition preceding the kick.

### Movement:

1. With your feet together, step back with your left foot into a right Neutral Bow, and execute a **right inside downward block** (palm down, traveling diagonally, from 1:30 to 7:30) as you pivot into a right reverse Closed Kneel Stance with your left hand guarding at the right side of your face (Positional Check).
2. From the right reverse Closed Kneel Stance, execute a **right back thrust kick to the opponent's groin**.
3. Immediately plant your right foot back to its former position (or adjust it as you see fit), shuffle (drag your left foot) toward your opponent and deliver a **right knife-edge kick to the inside of your opponent's left knee**. Preceding the kick, execute a **right outward back-knuckle strike** to your opponent's right temple (This action is done to disguise the foot transition into the kick.)
4. Perform a right Front Crossover and **Cover Out toward 6:00**.

## What If?

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- Your opponent's kick is with his left leg.
- Your opponent follows with a right punch.

## Technique Notes:

It is worth noting that this technique is essentially Delayed Sword on the lower level.