
LEAPING CRANE

FRONT | RIGHT HAND | STEP THRU PUNCH

Name:

This technique derives its name from two sources of your action. When jumping out of the Line of Attack, both of your feet are off the ground at the same time. This, by definition, is leaping. Secondly you land, momentarily, in a one-leg stance, which resembles the notable pose of that fabulous bird, the crane.

Attack:

The IDEAL PHASE of this technique begins with your opponent attacking from the front. From a left fighting stance, he steps forward with his right foot as he delivers a right straight punch toward your face.

Theme:

In this technique environment allows you to freely move to the outside of your opponent's right punch. This favorably allows you MARGIN FOR ERROR when you literally leap out of the Line of Attack, and redirect your opponent's punch. Your transitory stance positions your right leg at the proper Angle of Delivery to quickly and powerfully attack your opponent's foundation. This quick one-two action of moving to the outside of your opponent's attack and striking the outside of his body, allows you to confidently and safely counter him.

Movement:

1. With your feet together, immediately and simultaneously (1) leap to your left (between 9:00 and 10:00) into a left oneleg stance (with your right foot cocked to the inside portion of your left knee), (2) redirect your opponent's right punch with a left inward parry to the outside of that arm, while (3) executing a **right middleknuckle strike (palm facing 9:00) across your opponent's right ribs** (whenever possible). The middle-knuckle strike rakes inward and horizontally (toward yourself), as it ends with your right hand cocked (across your waist) near your left hip (palm up). (An effective slice should cause your opponent to bend forward at the waist.)
2. Execute a **right snapping knifeedge kick to the outside of your opponent's right knee** to buckle him in and toward himself. (Your opponent's knees should hit the ground as he falls away from you.)
3. With your opponent bent over and his back toward you, DROP into a right neutral bow toward 1:30, between your opponent's legs, while delivering a **right outward back knuckle strike to your opponent's left kidney**. (Your opponent's head should snap up and toward you.)
4. As your opponent's upper torso snaps back in response to your strike, immediately CONTOUR up your opponent's back, and execute a **right inward horizontal elbow strike to the right side of your opponent's jaw**. Simultaneously with the elbow strike, execute a **left inward horizontal heel palm strike to the left side of your opponent's jaw, thus causing a SANDWICHING effect**. (Your opponent should be unconscious as he falls to the ground.)
5. Right front crossover, and **cover out toward 7:30**

What If:

- Your opponent does not step through.
- Your opponent punches low.
- He precedes his right punch with a right kick.
- He precedes his right punch with a left jab.

Technique Notes:

An environmental object is on the floor, thus necessitating the hop to the left over the object.

Experiment with varying the timing of your sequence.

Be sure to use an inward parry on your first move and not an inward horizontal heel palm parry.

Examine how your right leg moves to your left leg on the first move. Be sure it moves clockwise so that it may continue UP THE CIRCLE to kick your opponent's leg.

Imagine an opponent punching at your face. A technique like Five Swords gives you the knowledge of how to move into the heat of the action. Leaping Crane teaches you how to move to a cooler place of refuge. You must be able to tailor your responses according to the environmental predicament at hand. In the early stages of your training you will naturally favor one action (hot or cold) over the other. Nevertheless, with intelligent training, you can develop flexibility of thought to adequately utilize either action.