
LOCKED WING

REAR | RIGHT HAND | HAMMERLOCK

Name:

"Wing" is a synonym for elbow. The name of this technique stems from your opponent applying a rear hammerlock on your right elbow (wing), thus the name Locked Wing.

Attack:

The IDEAL PHASE of this technique begins with your opponent to the rear. He is applying a hammerlock to your right arm with his right hand (palm up)

Theme:

This hammerlock is a common attack used from the rear. It is especially used by people with wrestling, jujitsu, or law enforcement experience. You must act quickly to prevent your opponent from injuring you or directing you into a more undesirable predicament. It is a technique where you can turn the table on your opponent. What appears to be a disadvantage can readily be converted to an advantage.

Movement:

1. With your opponent locking your right arm behind your back, step back and to your right with your left foot (toward 4:30) into a right neutral bow (with your head still facing 12:00) as **your right hand countergrabs your opponent's right wrist**. (Try to place your left leg inside as well as against your opponent's right leg).
2. Immediately pivot your entire body counterclockwise into a left neutral bow (or horse depending on circumstance, and facing 6:00), while delivering a **left outward elbow strike to your opponent's jaw**. (This strike should drive your opponent's head back and away from you, and in the process hyper-extend his right arm.)
3. Circle your left arm over and under (counterclockwise) your opponent's right elbow as you pivot to your right (toward 10:30) into a right forward bow. With this action **strike the back of your opponent's right elbow with the inner portion of your left elbow**. Resembling a left uppercut punch, it is used to break or dislocate your opponent's right elbow. (This should prop your opponent up, and bring his body around toward 12:00.)
4. While applying steady pressure on your opponent's right elbow, drop back with your right foot toward 6:00 into a left forward bow (facing 12:00). Immediately release your right hand, and as you deliver a **right knee strike to your opponent's chest**, synchronize it **"with" a right inward overhead heel palm strike to the back of your opponent's neck**, thus causing a sandwiching effect. Your left arm is still controlling your opponent's right arm in the process. (This action should stagger your opponent.)
5. Follow through by planting your right foot forward and toward 11:00 into a right neutral bow, while **pushing your opponent off of your right knee** and onto the ground.
6. Right front crossover, and **cover out toward 6:00**

What If:

- Your opponent grabs your left wrist with his left hand.
- Your opponent applies the hammerlock with his right palm down.
- Your opponent forces you against a wall.
- Your opponent applies pressure to your right arm.

Technique Notes:

When practicing be sure that your partner responds properly to your moves.

The force of your left arm breaking your opponent's right elbow will drive your opponent's body forward. You do not have to "swing" him forward on your fourth move. Proper technique should suffice.

Notice how the practice of the above movement makes your sequence of moves more fluid.

On your fourth move, be sure to Borrow the Force of your opponent's body as it staggers in front of you.