
LOCKING HORNS

FRONT | RIGHT HAND | HEAD LOCK

Name:

The name of this technique implies that your appointment is applying a headlock. The attack itself resembles a cowboy bull-dogging a calf by the horns.

Attack:

The Ideal Phase of this technique teaches you that the attack originates from the front. The initial action commences with your appointment stepping forward with his right leg as he applies a right headlock, or choke, which forces you to bend over. Your opponent completes the headlock, or choke, by placing his right arm under your chin, while grabbing his own right wrist with his left-hand.

Theme:

This technique was developed to acquaint you with one of the more common attacks prevalent in today's environment. It is an attack that normally occurs prior to a series of follow-up strikes. It is imperative that you counter locks, or chokes, while simultaneously utilizing offensive and defensive responses.

Movement:

1. With your feet in line with each other and your body bent forward (caused by your content applying a front headlock using his right arm to lock you with) simultaneously step forward with your right foot toward 11:00 into a right wide kneel stance between your opponents legs, deliver a [right underhand reverse hand sword to your opponents groin](#), have your left hand check just above your opponents right knee while turning your chin to the right and tucking it against your chest to prevent your opponent from cutting off your air supply. (Your opponent should loose his grip and bend forward at the waist. Depending on the effectiveness of your strike, your opponents legs can conceivably move back away from you.)

2. Immediately follow up with a [right vertical obscure elbow strike to the underside of your opponents jaw](#), "with" your left hand still checking the knee, and while keeping low in your right neutral bow. (This elbow strike should force your opponents head up in preparation for the next strike.)

After snapping your opponents jaw upward with your right obscure elbow, simultaneously shuffled forward, deliver a [right inward horizontal elbow strike to the left side of your opponents jaw](#), along with a left heel palm strike that hooks in and to the right side of your opponents jaw. (The force of this sandwich may cause your opponent to pass out and fall to the ground.)

3. Right front crossover, and [cover out toward 7:30](#)

What If:

- You are on the ground and your opponent picks you up by the hair.
- You are standing erect and your opponent strikes you, forcing you to bend forward.
- Your opponents left leg is forward.
- Your opponent is massive.

Technique Notes:

Increased the repetitions of your first move. Practice drilling this move as many times as possible to realistically and accurately getting a feel for your opponents reactions.

Be sure to protect your throat from being choked by tucking your chin to your chest. Prevent your opponent from applying a choke by settling for a headlock.

As previously mentioned, it is common for partners not to respond properly. Consequently, they may not bend over after your initial strike. Should this occur, please do not develop the bad habit of overreaching with your elbow strike when attempting to sandwich your opponents head.

Incorrect response can be just as frustrating as no response. If your partner fails to release his whip, after you have struck him with your right hand sword to his groin, you will have difficulty executing your right obscure elbow strike (second move) to your opponents chin. To remedy this problem, strike your partner with more realism on your first move so that dropping his arms to his sides becomes a two response. The second alternative is to ask him to cooperate.

Use the knowledge gained from the practice of this technique to improve all of your techniques. If you're having trouble making a particular move work, go back to the previous move in the sequence to see if you have missed any principles.