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# LONE KIMONO

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## FRONT | LEFT HAND | LAPEL GRAB

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### Name:

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The name of this technique stems from two sources, "lone" referring to "single" and "kimono" relating to "shirt". The fact that the attack is a single hand grab to the shirt is the reason for the technique being named Lone Kimono.

### Attack:

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The Ideal Phase of this technique begins with your opponent to the front. He steps forward with his left foot as he grabs the left side of your shirt with his left hand and then proceeds to extend his arm in an effort to push you back.

### Theme:

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This technique was devised because of the common practice of most Americans to grab their opponents by the shirt. The theme is similar to that of Clutching Feathers. As you'll discover, similar attacks may be countered by similar principles and or slight alterations of these principles.

### Movement:

1. While standing naturally, step back toward 6:00 with your left foot into a right neutral bow (facing 12:00). Simultaneously pin your opponents left hand to your chest, as you rotate your left hand clockwise to expose and properly position his left elbow, while delivering a **right upward forearm strike against his left elbow** just above the joint to cause the elbow to break. (This action can cause your appointment to rise up on the tips of his toes.)
2. Immediately circle your right arm counterclockwise (over and down) and convert it into an **inward downward strike your opponents left forearm**. Complete this strike with your right palm in, and your left hand checking high. Be sure that your opponents left arm is driven diagonally and down to your left. (This move should now cancel your opponents Width and Height zones.)
3. With your action forcing your opponents head and body down towards 7:30, Round Off The Corner with your right hand and immediately execute a **right snapping outward hand sword strike the right side of your opponents neck**. Be sure to maintain a left-hand check in the Neutral Zone.
4. Right front crossover, and **cover out toward 7:30**

## What If:

- Your opponent pulls you toward him.
- Your opponent follows his left grab with the right punch.
- Your opponent attempts to jerk you forward and down.
- You cannot sit back.

## Technique Notes:

Do not overlook the experience of the one who is grabbing you.

A hand it grabs is momentarily a dead threat. Take every advantage of the opportunities that a grab offers you.

“A multiplication sign (x) is nothing more than a plus sign (+) turned not it’s side.” See how this saying applies to this technique.

Notice how the principal of the first move of Clutching Feathers and Lone Kimono are virtually the same. It is your logical choice of targets that dictates your Angle of Execution.

Build spontaneity by having your partner vary his attack: left lapel grab, or left hair grab. Respond to these variables with either a right middle knuckle fist to his left armpit, or a left upward forearm strike to his left elbow. This method of practice will help you to internalize the concept that similar attacks using different paths may be countered by similar responses using different angles of execution.

When processing the previous concept follow up with sequences from either Clutching Feathers or Lone Kimono. Formulating these two techniques it will help you to internalize effective responses to diverse situations.