
MACE OF AGGRESSION

FRONT | TWO-HAND | LAPEL GRAB

Name:

The name of this technique stems from your response to your opponent's attack. Your mace, the symbolic term for fist, is aggressively triggered by your opponent's pull.

Attack:

The Ideal Phase of this technique starts with your opponent attacking you from the front. He begins his attack by grabbing your lapel with both of his hands and pulls you toward him.

Theme:

The theme of this technique is to convert what once was a defensive motion (when retreating) into an offensive motion (when advancing) due to the depth factors.

Movement:

1. While standing naturally with your opponent grabbing your lapel with both of his hands while pulling you in and toward him, execute a **right stomp to the top of your opponent's right foot**. Simultaneously, **strike diagonally through the bridge of your opponent's nose with a right inward downward raking back-knuckle strike** (toward 10:30). Have your left hand pin and check both of your opponent's hands to your chest at the same time as the stomp and strike are taking place. (Your opponent's knees should buckle from the stomp as your back-knuckle strike breaks his nose and momentarily drives him away.)
2. Continue the motion of your right arm traveling horizontally and down, so your **right arm strikes both of your opponent's forearms** which, in turn, will force your opponent to bend forward.
3. Immediately execute a **right inward horizontal elbow strike to the left side of your opponent's jaw** making sure that you follow through with your action. (This will turn your opponent's head to his right.)
4. Without hesitation return with a **right outward horizontal elbow strike to your opponent's jaw**. (This will force your opponent away from you.)
5. Perform a right Front Crossover and **Cover Out toward 6:00**.

What If?

- As your opponent pulls you, he keeps his arms stiff versus bent.
- Visualize your opponent's pull to be down on a diagonal.
- Your opponent is a great deal taller than you are.
- Your opponent is a great deal shorter than you are.

Technique Notes:

Concentrate on your raking back-knuckle traveling through the bridge of your opponent's nose to 10:30, so that the depth of your action is increased.

Your initial pinning check is a vice-like pin that pins your opponent's hand to your chest. Remember, pinning is not downward, but towards you. Please take the time to investigate how a vice-like pin works.

By stepping forward with your opponent's pull, you not only borrow your opponent's force, but also learn to Stabilize your Base.

Please take notice of the similarities between Mace of Aggression and Deflecting Hammer.