
OBSTRUCTING THE STORM

FRONT | RIGHT STEP THRU | OVERHEAD CLUB

Name:

"Storm" is a symbolic reference to a club attack. In this technique you are not simply avoiding the club attack (storm), but are also obstructing its path of action.

Attack:

In the IDEAL PHASE of this technique the attack is from the front. Your opponent starts in a left fighting stance. He steps forward with his right foot as he executes a right overhead club attack.

Theme:

Again, realizing that your opponent has a weapon that is extended, your response is to move out of the Line of Attack. However, deviating from the path of action is only one phase of the technique. You are to experience obstructing the threat, grabbing your opponent's wrist, and controlling his retaliatory efforts as well. This action may be necessary due to environmental limitations. If you were able to get to your opponent's right arm when it was still at the vertical apex of the circle, you could conceivably remain in the Line of Attack and stop his action. However, that is an unrealistic approach if you did not wish to be countered unchecked. Disregard for zone control can prove disastrous. Therefore, visualize the circular plane that your opponent's body, arm,

Movement:

1. With your feet together, have your left foot step slightly forward and to your left on a 45 degree angle (first moving toward 10:30 but ending facing 1:30 in a horse stance). Simultaneously cross your right wrist over your left wrist (upward cross block) to block your opponent's attacking hand at his right wrist at a level above your head and off of your right shoulder. (This is to catch your opponent's right arm while getting out of the Line of Attack.)
2. Grab your opponent's right wrist with your right hand as your left foot steps forward to 1:30 ("cat in and around" his right leg if necessary) into a left neutral bow. Simultaneously **strike your opponent's right elbow with your left forearm by first thrusting vertically and then rolling it horizontally forcing your opponent's right arm down** while your right hand pulls in, down, and past your right hip. (This action should force your opponent's head down with the possibility of having it strike your left knee.)
3. Immediately **deliver a right snapping knee strike to your opponent's head or chest**. This is done without raising your body. (This action should drive your opponent away.)
4. Replant your right foot to its POINT OF ORIGIN into a left neutral bow (facing 1:30). Left front crossover, and **cover out toward 7:30**.

Theme (continued):

and club are traveling on is committed with full force. Get off that plane and onto a new one. You can easily "CATCH" his arm if you get out of the Line of Attack and then redirect your body momentum onto a plane running from 7:30 to 1:30. If you execute your moves properly the entire sequence can flow as one.

What If:

- Your opponent does not step forward with his right foot.
- Your opponent changes the angle of his attack.
- Your opponent attacks from your left flank.
- There is a wall to your back.

Technique Notes:

Make sure that your head, shoulders, and legs are clear of the Line of Attack.

Look for the definition of "Catching" in Volume #3 of Infinite Insights into Kenpo.

Investigate why your right hand is over your left hand in this CATCH and not vice-versa.

When practicing, be sure that your partner does not stop short of the mark with his club so that you can comfortably "do" the technique. You will not develop skill nor confidence if your partner helps you to look good. Once you grasp the idea of the technique have your partner increase the speed and power of his attack.