
PARTING WINGS

FRONT | TWO HAND | PUSH

Name:

"Wings" are a symbolic reference to elbows. In this technique it is your anchored elbows (wings) that aid you in parting your opponent's oncoming arms.

Attack:

In the IDEAL PHASE of this technique your opponent is to the front. He steps forward with his left foot, as he pushes with both hands toward your chest

Theme:

In this technique the environment and/or insufficient time dictate that you cannot move to the outside of your opponent's arms. With your choice of action limited you must learn to act quickly on the inside of both of his arms. Your timing and Angle of Execution of your first move are of utmost importance. If your hands travel from Point of Origin, you will have sufficient time to find the correct Line of Entry under and through your opponent's hands. The wedge formed by your hands and arms should part as far as your Outer Rim, thus insuring that your opponent's hands will pass outside of your shoulders. You have not stopped your opponent's forward momentum, but you can Borrow that Force if you quickly Round the Corner with your right hand. Since you can anticipate impact upon

Movement:

1. With your feet together, drop back with your right foot toward 6:00 into a left neutral bow (facing 12:00) as you execute **two extended outward handswords to the inside of your opponent's wrists** (staying within the perimeter of your OUTER RIM). Make sure that both of your hands are parallel in terms of height and depth. (This will expose the full width of your opponent.)
2. With your opponent still moving toward you, immediately pivot into a left forward bow (facing 12:00), as you execute a **right thrusting inward handsword to your opponent's left lower ribcage**. During this action your left handsword becomes a cocking check at your right ear (palm in). (Your opponent will bend forward at the waist.)
3. Pivot into a left neutral bow, while striking with a **left outward handsword to your opponent's throat**, as your right clenched fist cocks to your right hip, palm up. (Your opponent's head will be driven back and his stomach will jut forward.)
4. Again pivot into a left forward bow, while **PIN POINTING a right vertical middleknuckle punch into your opponent's solar plexus**. During this action your left hand acts as a sliding **GRAVITATIONAL CHECK** down your opponent's torso, finally becoming a guide for your right punch in **TRACKING** to your target. (Your opponent will again bend forward at the waist.)
5. Pivot back into a left neutral bow with your guard up, execute a left front crossover, and **cover out toward 4:30**.

Theme (continued):

contact, you should Brace the Angle of your strike with a solid forward bow.

What If:

- Your opponent's right leg is forward.
- Your opponent pushes low.
- Your opponent has full body momentum behind his push.
- Your back is to a wall.

Technique Notes:

Be sure to Round the Corner on your first strike (right hand sword to left ribcage). In short, have your first move flow into your second move.

FIT your right hand sword under your opponent's left lower ribcage. Be conscious of your Angle of Incidence.

Study the many other forms of contact and non contact Contouring that occur in this technique.

Vary the timing of your movements when executing this sequence.

Note how the positioning and repositioning of your stances, body, and hands increase the effective use of torque.

Whenever you work on the inside of your opponent's weapons, the possibilities of compounding a technique sequence increase. See how you might compound this sequence.