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# REPEATED DEVASTATION

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REAR | TWO HAND | FULL NELSON

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## Name:

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The name of this technique stems from the repeated use of the elbows, which if properly executed, can have devastating effects, thus the name Repeated Devastation.

## Attack:

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In the Ideal Phase of the technique, your opponent approaches from the rear as he applies a Full Nelson.

## Theme:

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The theme of this technique again, like Scraping Hoof, focuses on your opponent's hold. Although you are in a precarious position your retaliatory efforts are not totally restricted. Because of your increased knowledge of the multiple methods of executing your natural weapons of knowledge of the dimensions and paths in which they can travel, countering this hold is not a problem. Stepping forward to place yourself in balance while disturbing the balance of your opponent is what sets up the potential use of your elbow strikes. Explosive Rational Force is one of the key ingredients that adds to the devastation of your action.

## Movement:

1. While in a Full Nelson, move your left foot toward 9:00 into a narrow horse stance, **as you strike over and back of your head with both of your fists to your opponent's face.** The palms of your hands should face forward when sandwiching your opponent's head. (Your opponent should loosen his grip.)
2. While dropping lower in your horse, **drive both of your elbows down to your opponent's biceps** (palms still facing you). Immediately **thrust both fists toward the ground (palms facing you) as you straighten and stiffen your knees, body, and neck.**
3. Step forward with your left foot, between 12:00 and 1:00, into a transitional left neutral bow and pivot clockwise into a right forward bow (facing 6:00). While pivoting, deliver a **right outward thrusting elbow strike to the right side of your opponent's jaw.** As you strike, pin your opponent's left forearm to your body with your left forearm. (This should rock your opponent's head back.)
4. Slide your left foot back to its Point of Origin, step forward with your right foot between 11:00 and 12:00 into a transitional right neutral bow, and pivot counterclockwise into a left forward bow (facing 6:00). While pivoting, deliver a **left outward thrusting elbow strike to the left side of your opponent's jaw.** During this action have your right forearm maintain a check by smartly resting on your opponent's right forearm. (Again, your opponent's head should rock back.)
5. Left front crossover, and **cover out toward 10:30**

## What If:

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- You're forced against a wall
- Your opponent forces your head down and limits the use of your Height Zones.
- Your opponent does not release his hold after your initial strikes.
- Your opponent is taller than you are.
- Your opponent is shorter than you are.
- Your opponent falls to his knees while still applying the hold.

## Technique Notes:

Learn to insert Scraping Hoof into Repeated Devastation.

Learn to Suffix Repeated Devastation on to Scraping Hoof.

Analyze the two previous notes to see how they are examples of Grafting Techniques.

Take special note of simultaneous checks with your strikes.

Define the types of checks that you are employing throughout this technique.

For what other attacks you can use a similar response to overcome your opponent?