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# REPEATING MACE

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FRONT | LEFT HAND | STEP THROUGH PUSH

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## Name:

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"Mace" is a synonym for fist. The name of this technique stems from the repeated use of your right fist (mace). It strikes your opponent's left kidney from the back and his left lower ribcage from the front. Thus this technique was given the name Repeating Mace.

## Attack:

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The IDEAL PHASE of this technique begins with your opponent located to the front. Your opponent commences his attack from a right fighting stance, and proceeds by lunging forward with his left foot as he attempts to push you with his left hand.

## Theme:

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Your entire body and limbs are conditioned to move from Point of Origin to: (1) get out of the Line of Attack without emphasizing a block, (2) harmonize your strike with the momentum derived from body rotation, and (3) harmonize your strike with the forward momentum of your opponent (Borrowed Force).

## Movement:

1. While standing naturally, Simultaneously have (1) your left foot slide back toward 4:30 into a right neutral bow (facing 10:30), (2) your left hand hook (left palm is up like a waiter carrying a tray) on top and to the outside of your opponent's left elbow, and (3) deliver a **right inward raking hammerfist to your opponent's left kidney**.
2. Without stopping the flow of your action loop a **right outward back knuckle strike to your opponent's left ribcage** (as you settle into your right neutral bow stance). (The effect of these two strikes is to first have your opponent's midsection move forward and turn clockwise to his right. The second strike should turn him counterclockwise and force him to bend over at the waist.)
3. Immediately shift your weight onto your left leg and deliver a **right downward looping roundhouse kick (utilizing your right instep) to complement the angle of your opponent's left thigh and strike the top of his left calf** from the back of his knee. (This action should buckle his left knee, and force him on his knees.)
4. From the Point of Contact of your right kick, execute a right front crossover, and **Cover Out toward 4:30**

## What If?

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- Your opponent pushes low.
- Your opponent does not step through.
- Your opponent steps through but does not lunge.
- The environment does not permit you to step back.
- Your opponent begins his attack with his feet together.

## Technique Notes:

Be sure that your right hammerfist rakes through your opponent's left kidney on your initial strike. Since the degree of penetration will determine the effectiveness of your strike, be conscious of the depth of your strike. Insufficient penetration will diminish the effectiveness of your subsequent strike. Too much penetration will hamper your ability to follow-up with subsequent strikes.

Study the Angle of Execution of your right kick. Make every effort to complement the natural angle provided by your opponent's left thigh and knee.

Examine how the instep of your right foot fits snugly into the back of your opponent's left knee.

Be sure that your body and limbs are all moving harmoniously in the direction of your kick.