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# RETREATING PENDULUM

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FRONT | LEFT REAR CROSSOVER | RIGHT SIDE KICK

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## Name:

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The name of this technique describes the manner in which the blocking arm is used when deflecting your opponent's kick. In its execution the blocking arm swings like pendulum as your right leg is retreating from your opponent's attacking leg, they the name Retreating Pendulum.

## Attack:

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In the Ideal Phase of this technique your opponent is to the front in a left fighting stance. He then steps through with a right thrusting knife-edge kick toward your body.

## Theme:

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This technique teaches you the tactical use of a subliminal retreat. The Depth of Action is not as pronounced as when shuffling. While there is a finer Margin for Error, you nevertheless remain close enough to your opponent to give you greater spring when retaliating. In this technique special emphasis is placed on Relayed Power though the use of a shot circle of the right arm.

## Movement:

1. While in a right neutral bow, have your right foot execute a rear crossover toward 6:00 into a left front twist stance (facing 12:00). Simultaneously deliver a **right downward diagonal block to the outside of your opponent's kicking leg** as your left hand checks to your right shoulder. (This should disturb your opponent's balance, injure his leg, inflict pain, and cause his body to turn to his left.)
2. Immediately deliver a **right knife-edge kick to your opponent's left inner knee**. (His left knee should buckle to the ground.)
3. Plant your right foot forward toward 12:00 into a right neutral bow as your left hand checks high (near your right armpit). Simultaneous with this action (while taking advantage of Gravitational Marriage) execute a **right inward overhead hammer fist across the right side of your opponent's neck**. (your opponent should drop to both of his knees.)
4. Pivot to your left into a right reverse bow and deliver a **right back scoop kick to your opponent's groin**. Your right leg is between your opponent's legs at this point. You may have to drag your left foot toward your right foot to assure proper distance for your back scoop kick.
5. Plant your right foot back into a **right reverse bow between your opponent's legs, as you use the right reverse bow to buckle the inside of your opponent's right leg**. (this should drive your opponent, face down, to the ground.)
6. Right front crossover, and **cover out toward 7:30**

## What If:

- Your opponent starts from a right fighting stance and executes a right shuffle knife-edge kick.
- Your opponent executes a right spinning back kick.
- He aims his kick toward your lead leg.
- He aims his kick toward your head.
- He follows his right kick with a right punch.
- He executes a right jumping knife-edge kick.

## Technique Notes:

Be sure to keep your left hand checking in the Neutral Zone, while executing your right downward diagonal block.

Immediately after your right foot retreats to 6:00 it should spring back into actions as right knife-edge kick.

Study the path of your right arm from its inception as a block until it concludes as a strike.

Examine the Angle of Execution and Angle of Contact during your final buckling action.

This technique is Family Related to Deflecting Hammer and Hugging Pendulum. Examine how they make use of the Zones of Attack.

Be sure to practice against a variety of random kicks to increase your spontaneity. Respond with the sequence from Retreating Pendulum as well as other techniques that may be readily used against kicks.