
REVERSING MACE

FRONT | LEFT HAND | STEP THROUGH PUNCH

Name:

"Mace" is symbolic of fist. The name stems from the reverse action of your right hand. It commences as a parry that travels toward you and continues to flow in a reverse direction as a fist (mace), thus the name Reversing Mace.

Attack:

The IDEAL PHASE of this technique begins with your opponent to the front. Starting from a right fighting stance your opponent steps forward as he executes a left straight punch toward your face

Theme:

This technique introduces the concept of Shortening the Circle. By moving up the circle you increase the depth of your action and weaken the force of your opponent's strike. It is a difficult concept to accept, but once the logic is demonstrated the concept is readily believed.

Movement:

1. From a right neutral bow, slide your left foot counterclockwise toward 4:30 while remaining in a right neutral bow. During this transition execute a **right inward and left outward parry combination to the outside of your opponent's left punch**. Your left hand finishes palm up and on top of your opponent's left arm (like a waiter carrying a tray), and at or above his left elbow. Without any loss of motion, your right inward parry continues to circle counterclockwise, and becomes a **right outward back knuckle strike to your opponent's left lower ribcage**. (This should cause your opponent to bend forward at the waist.)
2. Immediately shift your weight onto your left leg, and deliver a **right downward looping roundhouse kick to the back of your opponent's left knee**, complementing the angle of your opponent's left thigh during the course of this action. The kick is executed with your instep and ankle locked straight out upon impact. (This move should buckle your opponent's left knee toward the ground.)
3. From the Point of Contact of your right kick execute a right front crossover, and **cover out toward 4:30**.

What If:

- Your opponent does not step through.
- Your opponent starts in a left fighting stance and executes a left jab.
- Your opponent precedes his left punch with a left kick.
- The environment forces you to shuffle forward on your first move.

Technique Notes:

Practice Reversing Mace, Repeating Mace, and Buckling Branch. Observe how the Angle of No Return applies.

Practice Reversing Mace and Five Swords on the outside of your opponent's left punch. Notice the similarities between the two techniques.

Be conscious of the rules that apply when working on the outside of your opponent's left arm. "When blocking on the outside of an opponent's arm do so at or above the elbow."