
SCRAPING HOOF

REAR | TWO HAND | FULL NELSON

Name:

The name of this technique relates to the action of your foot (hoof) scraping down on your opponent's shin. Thus the technique was named Scraping Hoof.

Attack:

The IDEAL PHASE of this technique begins from the rear. Your opponent is on the verge of completing a Full Nelson.

Theme:

The theme of this technique focuses on your opponent's hold which not only can inflict pain, but control and restrict your movements as well. Unfortunately, there are some who believe that holds of this nature control and restrict the use of all of the three dimensions. This is not so. Although your opponent may limit the use of your weapons, not all dimensions are restricted at any one time. Other natural weapons can function in other dimensions. As an example, there are many who might cock their leg to kick or stomp their opponent's leg or foot and fail to use the cocking motion as a strike. This technique teaches you that by dropping your weight (onto your left leg) you will be able to generate an effective strike during the upward motion of your right leg before striking down with that same leg.

Movement:

1. While in a Full Nelson, thrust both of your fists toward the ground (to help free you from your opponent's grasp, and to pin his arms to your body). Simultaneously with this action cheat your left foot toward your right foot, as you straighten your knees, back, and neck into a full upright position. (Here, the intent is to have your opponent focus his attention on your arms and the pressure applied to your neck.)
2. Immediately have your left knee bend (REVERSE MARRIAGE OF GRAVITY) as you deliver a [right back side scooping heel kick to your opponent's left inner knee](#). Then, execute a [right knifeedge kick to your opponent's right shin and follow through with a scraping stomp to his right shin, and instep](#). (This sequence of action should buckle your opponent's legs as well as move his legs outward.)
3. Repeat movement number two to the left side.
4. Step with your right foot to 11:00 and left front crossover, and [cover out toward 10:30](#).

What If:

- Your opponent completes his Full Nelson.
- Your opponent forces your head down.
- Your opponent lifts you off your feet.
- You are forced against a wall.

Technique Notes:

Practice this technique with shoes as opposed to your bare feet. Then practice with different types of shoes: sneakers, boots, heels, sandals, etc.

Contemplate the possible use of a head butt in the event your opponent lifts you off your feet.

Increase your repetitions of the second move to gain a feel for the power derived from the use of Marriage of Gravity.

When practicing the stomp, experiment with the pros and cons of planting your stomping foot at various angles.