
SHIELD AND MACE

FRONT | RIGHT STEP THRU | PUNCH

Name:

The name of this technique is derived from the dual movement of your initial action. Simultaneous with the execution of your right outward block (shield), your left fist (mace) is thrust forward as a punch.

Attack:

In the Ideal Phase of this technique you opponent is to the front in the left fighting stance. He then steps forward with his right foot as he thrusts a right straight punch toward your head.

Theme:

The theme of this technique is taking double action for more than one Point of Origin (two), whereby both block and strike occur simultaneously. Emphasis is placed on striking while moving Up the Circle to give greater Depth of Penetration. Dual movements of offense and defense are consistently used throughout this technique. Various types of Body Momentum (rotational, forward, and vertical) are also dually employed. Your dually employed offensive and defensive movements and your dually employed methods of Body Momentum are continually harmonized throughout this technique.

Movement:

1. While Standing Naturally, move forward and to your left with your left foot toward 11:00 into a left neutral bow. Immediately pivot to your right into a horse stance and deliver a **right vertical outward block to the outside of your opponent's right arm**. This is done while simultaneously delivering a **left straight punch to your opponent's right lower ribcage**. (Your opponent should bend forward at the waist.)
2. Pivot to your left and drop into a left closed kneel stance as you strike down with a **right hammer fist to the top of your opponent's right kidney**, driving down to the pelvic area. Your left hand is now a Bracing Angle Check at your opponent's right elbow. (your opponent should buckle at the knees.)
3. **Circle your left hand clockwise and pin your opponent's right arm down to his own body as your right hand circles counterclockwise striking your opponent's face and eyes with a right looping horizontal heel palm claw**. (This should snap your opponent's neck and turn his head to his right.)
4. Continue the flow of the counterclockwise circle of your right hand and have it contour down and along the back of your opponent's body and right leg to **strike the back of your opponent's right knee with your right handsword**. This action is to buckle your opponent's right leg. Have your left circle clockwise and your left hand checks your opponent's right arm.
5. Without raising your body, follow up with a **right knife-edge kick to the back of your opponent's left knee** while your right hand (from the chop) continues to circle counterclockwise as your left hand checks your opponent's right arm.
6. While your right foot is still in the air, **right front crossover, and cover out toward 7:30**

What If:

- Your opponent's left leg is forward.
- Your opponent snaps his right punch back.
- He precedes his right punch with a right kick.
- You cannot move to the outside of your opponent.
- His attack is a roundhouse punch.

Technique Notes:

Make note of the Angle of Contact of your right outward block.

Study the proper Angle of Contact of your initial punch. Proper timing is essential to apply the principle of "Intercepting the Force" of your opponent's Body Momentum.

"Never send your opponent's weapon into orbit only to have it re-orbit back to you." See how this saying applies throughout this technique sequence.

Student the various forms of Contact and Non-Contact Contouring that occurs throughout this technique.

Study how the synchronized (in sync) usage of various types of Body Momentum increase the power of your action.

Examine how you might readily adapt this technique into your Freestyle vocabulary.