
SHIELD AND SWORD

FRONT | LEFT HAND | STEP THRU PUNCH

Name:

The name of this technique first stems from your extended outward block. This block literally shields you from your opponent's left punch. The second part of the name comes from your second move. Your right handword (sword) chops through your opponent's neck.

Attack:

In the IDEAL PHASE of this technique your opponent starts from the front in a right fighting stance. As he steps forward with his left foot, he delivers a left straight punch toward you face.

Theme:

The theme of this technique is to acquaint you with a diagonal deviation against your opponent's punch. Although your left extended outward block precedes your right inward handword, the forward bow is really positioned to drop into a close kneel stance if protection is needed between both moves. This technique is one that prepares you for the WHAT IF PHASE that may occur between the first and second move. Once the initial chop is rendered, checks of height and width zones come into play to thwart your opponent's retaliatory efforts.

Movement:

1. Standing with your feet together, step forward and to your right (toward 1:30) with your right foot into a right forward bow, as you deliver a left extended outward block (use a handword block) to the outside of your opponent's left elbow. Have your right handword cock beside your right ear, palm out. (This should cancel the width of your opponent's action.)
2. Immediately pivot to your left (into a horse), as you strike with a **right inward handword to the back of your opponent's neck** (follow through with the chop so that it controls your opponent's height zones, as your right forearm and elbow check your opponent's left shoulder to minimize his leverage). Simultaneously have your left hand check your opponent's left arm. (This should drive your opponent's head and body down.)
3. Pivot into a right forward bow (facing 12:00), as you deliver a **left inward horizontal elbow strike to your opponent's left lower ribcage**, and have your right hand check (Bracing Angle Check) your opponent's left arm at his elbow. (Your opponent will bend forward at the waist.)
4. Shift your left foot counterclockwise toward 4:30 into a right neutral bow, as your left hand hooks out and down (like a waiter carrying a tray) on top of your opponent's left forearm. Simultaneously with this action, execute a **right inward raking hammerfist strike to your opponent's left kidney**.
5. Immediately follow up with a **right roundhouse kick to your opponent's right kidney**. (This should drive your opponent to his knees.)
6. Right front crossover, and **cover out toward 4:30**.

What If:

- Your opponent does not step through.
- Your opponent is much taller than you.
- Your opponent precedes his punch with a left kick.
- He precedes his punch with a right jab.

Technique Notes:

Learn through practice (a lot of practice) to tighten up your Angle of Deviation on the first move.

If your Angle of Deviation is wide, you may need to do additional ADJUSTING of your feet on your second move.

Condense the time between your first and second moves.

Notice how the last part of this technique is similar to Repeating Mace.

Be sure to actively hug close to your opponent throughout the first part of this technique.