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# SHIELDING HAMMER

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FRONT | LEFT HAND | ROUNDHOUSE PUNCH

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## Name:

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The name of this technique stems from the employment of your hammering extended outward block. This block literally shields you from your opponent's left punch, thus the name Shielding Hammer.

## Attack:

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The IDEAL PHASE of this technique begins with your opponent to the front. Your opponent starts from a right fighting stance, and steps forward with his left foot as he delivers a left roundhouse punch.

## Theme:

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This technique (like Sword of Destruction) teaches you how to increase distance, while blocking your opponent's extended arm with your forward arm. It trains you to block and counter immediately with the same hand. It further teaches that after striking with the upper case of your arm on the forward motion, you may follow-up with the lower case of the same arm on the reverse motion.

## Movement:

1. While standing naturally, step back with your left foot toward 6:00 into a right neutral bow (facing 12:00) as you deliver a **right extended outward block to the inside of your opponent's left forearm**. Your left hand should be in a POSITIONAL CHECK off near your right ribcage.
2. Immediately deliver a **right inward raking back knuckle strike diagonally in and down across the bridge of your opponent's nose** (striking toward 10:30 to insure depth of penetration). (This action should turn your opponent's head clockwise to his right.)
3. Shuffle forward while continuing the counterclockwise motion with your right hand and follow-up with a **right downward-outward diagonal dipping elbow strike to your opponent's solar plexus**. Your left hand should be checking high. (This should cause your opponent to lose his wind and bend forward at the waist.)
4. Execute a right front crossover, and **Cover Out toward 7:30**.

## What If?

- Your opponent hooks his punch.
- Your opponent delivers a straight punch.
- Your opponent's punch misses short of your face.
- Your opponent precedes his left punch with a left kick.
- Your opponent precedes his left punch with a right punch.

## Technique Notes:

Build spontaneity by having your partner deliver left roundhouse punches. Counter his punches with the sequential movements of either Sword of Destruction or Shielding Hammer. This method of practice will internalize the concept of attacking various height zones on the inside of your opponent's weapons.

Repeat the spontaneity drill you learned in the NOTES on Sword of Destruction (NOTE #7). In addition to countering with Delayed Sword, you may now counter with Five Swords. In addition to countering with Sword of Destruction, you may counter with Shielding Hammer.

For you to gain a better understanding of Lower Case and Upper Case we have extracted the terms from the ENCYCLOPEDIA OF KENPO.

**LOWER CASE MOVEMENT** Moves that employ the SQUEEGEE PRINCIPLE where the lower part of an arm is used to block with as opposed to the upper portion of that arm. The upper part of the blocking arm is discouraged from being used twice. ECONOMY OF MOTION is the result of its employment.

**UPPER CASE MOVEMENT** This concept basically adheres to the SQUEEGEE PRINCIPLE. For example if you were blocking a high strike with the hammer portion of your fist you are urged not to use the same part of your hand to block a second blow that may be aimed at the stomach. Instead, you are urged to use the lower part of your forearm since it is closer to the line of action of your second blow. This action can be paralleled with the upper and lower case used when writing our alphabets. Employment of an UPPERCASE MOVEMENT followed by a LOWER CASE MOVEMENT would have your arm following a path rather than a line. Following a path of action as opposed to following a line of action employs the SQUEEGEE PRINCIPLE and, therefore, allows you greater room for error.