
SPIRALING TWIG

REAR | BEARHUG | ARMS FREE

Name:

"Twig" symbolically refers to an arm. In this case it is your opponent's right arm (twig) that is spiraling because of your twist and lock.

Attack:

The IDEAL PHASE of this technique begins with your opponent to the rear. He is applying a bear hug around your waist with your arms free, with his right hand over his left.

Theme:

The theme of this technique is the introduction to locks and twists on your part when countering an opponent. This technique teaches you how to use the correct Angle of Execution on a wrist lock and especially emphasizes the use of small circles when twisting an opponent's weapon. Additionally, twists are amplified by the proper use of CONTOURING and body momentum.

Movement:

1. With your feet together, step with your right foot toward 3:00 into a horse stance, as your **right and left middleknuckle fists strike to the back of your opponent's top hand** (or hands depending on the type of grab). Immediately drop both of your elbows to pin your opponent's arms. (The minor move of your knuckle strikes should loosen your opponent's grip, and your elbows should clear and pin your opponent's arms to your body.) Without hesitation, follow up by **grabbing your opponent's right hand with both of yours, making sure that your thumbs are on top, and with your fingers inside of your opponent's palm.**
2. Have your left foot step forward toward 1:30, pulling your opponent forward and off balance, while starting a clockwise wrist twist. Be sure to keep your right elbow anchored, as it continues to pin your opponent's right arm. Immediately pivot clockwise, as you execute a step through reverse with your right foot into a left neutral bow facing 7:30, and **both of your hands continue to twist your opponent's right wrist clockwise in a very tight circle close to your body to maintain control.** (Your rapid body momentum further disturbs your opponent's balance, and will probably break his wrist.)
3. Deliver a **right front snapping ball kick to the right ribs of your opponent**, while continuing to pull your opponent's right arm past your right hip, and still maintaining the wrist twist. (This should stun your opponent.)
4. As you plant your right foot forward into a right neutral bow (facing 7:30), make sure that your right foot plants alongside of your opponent's right knee to keep that leg in check. Simultaneously have your left hand check your opponent's right elbow by pushing it down past your right hip, as you deliver a **right underhand stiffarm back knuckle strike (remembering to use torque during the procedure) to your opponent's face or temple** (depending upon how the head is positioned). (This should snap your opponent's head back and force him away from you.)
5. Execute a right front crossover, and **cover out toward 1:30.**

What If:

- Your opponent's arms are around your chest.
- There is a wall to your right front quarter.
- Your opponent lifts you off the ground.
- A second opponent throws a punch from the front.
- Your opponent drags you to the ground.
- Your middle knuckle strikes have little appreciable effect.
- Your opponent's left hand is over his right hand.

Technique Notes:

Practice being as accurate as possible with the PIN POINTING of your middle knuckle strikes. Be sure to time these strikes with your Marriage of Gravity.

Blend the sequences of Crashing Wings and Spiraling Twig.

In the early stages of developing this technique you will Pronounce Your Moves, but remember, "The Ultimate aim of Kenpo is to Elongate Circles and Round off Corners".

Study how you can best control your opponent's right arm and the possible ways of Fulcruming to turn him over.

Be sure to disturb your opponent's balance as well as control his Height Zones on your second and third moves.