
SPREADING BRANCHES

REAR | BEAR HUG AROUND WAIST | ARMS PINNED

Name:

Branch is a symbolic term for the leg. In this technique, your action will spread the legs of the opponent, thus the name Spreading Branches.

Attack:

The Ideal Phase of this technique introduces you to an attack from the rear. The technique describes your opponent applying a bear hug from the rear with both of your arms pinned near your biceps.

Theme:

This technique teaches you how flank movements can provide you with exceptional access to rear targets. It also teaches you how to adapt to an overwhelming attack in addition to recognizing the Availability of Targets and Available Weapons.

Movement:

1. With your feet together, shift your right foot back to 7:30 (into a left Forward Bow) to **buckle your opponent's left knee** (from inside to out). Simultaneously, have your left hand **pin both of your opponent's arms as you execute a right hammer-fist strike to the opponent's groin**.
2. Reacting to your groin strike, your opponent will release his grasp. Immediately shift into a left Reverse Bow facing 7:30. With both arms, **grab the back of your opponent's neck, pivot back to a left Forward Bow facing 1:30, and deliver a right knee kick to the opponent's face** as both of your arms pull down, thus increasing the force of your knee-kick.
3. As you plant your right foot forward toward 1:30, have your left hand push down on the opponent's head while your right arm circles counterclockwise.
4. As you plant your right foot (employing Marriage of Gravity) and in coordination with the foot plant, conclude your counterclockwise motion by executing a **right looping overhead downward elbow strike to the upper spine of the opponent**.
5. Perform a right Front Crossover and **Cover Out toward 7:30**.

What If?

- Your opponent's arms are at your shoulder level.
- Your opponent's arms are near your waist.
- Your opponent's arms are around your throat.
- Your feet are farther apart than expected.

Technique Notes:

Learn to appreciate the value of pinning your opponent's hands to you. In the case of this technique, you will primarily use your leg to break your opponent's balance. Precautionary moves such as pinning, or any other form of check, are greatly encouraged.

The more you practice rotation from the hips, such as the second move of this technique, the more it will help you to appreciate the value of destabilizing your opponent's base and the benefits of Marriage of Gravity.