
SQUEEZING THE PEACH

REAR | BEARHUG | ARMS PINNED

Name:

"Peach" is a symbolic reference to the testicles. In this case you are reaching behind you and squeezing your opponent's testicles (peach).

Attack:

The IDEAL PHASE of this technique begins with your opponent to the rear. Your opponent is applying a bear hug with your forearms pinned to your body.

Theme:

The theme of this technique is slightly different from that of Captured Twigs and Crushing Hammer because the attack is different. In the first two predicaments your arms are pinned at the biceps, giving your forearms and hands freedom to strike. In the case of this technique your forearms are pinned to your body and do not have enough freedom to generate an effective strike. However, with the effective use of a minor move you can still force your opponent to release his grasp. You can strike your opponent's frontal targets from your rear while keeping such action within the framework of his obscure zones. The obscure delivery of your minor move is such that your opponent is unaware of the impending danger.

Movement:

1. With your feet together, and your opponent applying the hug, step back with your left foot toward 4:30 into a right neutral bow (facing 12:00), as you **squeeze your opponent's testicles with your left hand**. During this action your right hand applies a pinning check on top of your opponent's arms. (Your opponent releases his grip and bends forward at the waist.)
2. Immediately step forward with your left foot (while maintaining the grab with your left hand) toward 12:00 into a left neutral bow, as you **strike with a right back heel scoop kick to your opponent's groin**. (Your opponent bends forward at the waist even more.)
3. With your right leg still in the air from the right scoop kick, buckle your opponent's left inner knee by stomping into a right reverse bow toward 7:30. Simultaneous with this action execute a **right obscure back elbow strike to the chin of your opponent**, as your left hand checks low. (This will spread your opponent's legs out, and snap his head up.)
4. Right front crossover, and **cover out toward 1:30**.

What If:

- He pins you at the biceps.
- You are facing a wall.
- A second opponent is punching from the front.
- Your opponent lifts you off the ground.
- Your opponent takes you to the ground.
- Your opponent does not release his grip.

Technique Notes:

Pin your opponent's hands on your initial move to check his intentional or unintentional reactions.

Contemplate the use of a head butt in certain predicaments.

Once your heel kick is into your opponent's groin, do not disengage it from the target, but use the inner thigh of your opponent to TRACK down to your buckle.

Remember, "AND" and "BUTT" are not part of our Kenpo vocabulary.

When practicing this technique, be sure your partner releases his grip after your squeeze. It is a common error for your partner to maintain his hug and thus artificially destroy the flow of the real intention of your technique.

Practice blending Crushing Hammer, Captured Twigs, and Squeezing the Peach on both sides of each technique.