
STRIKING SERPENT'S HEAD

FRONT | BEARHUG | ARMS FREE

Name:

It is the final move of the sequence that gives this technique its name, Striking Serpent's Head. If you were to observe this strike (that is delivered to the throat) from the flank, it would resemble the head of a serpent making its final strike for the kill.

Attack:

In the IDEAL PHASE the attack is from the front. Your opponent applies a bear hug, your arms free

Theme:

The theme of this technique lies in the initial approach of countering the attack. It introduces the idea of approaching an opponent's target from the rear. Its obscure delivery is such that the opponent is oblivious to the impending strike.

Movement:

1. As you drop back with your right foot toward 6:00 into a left neutral bow (facing 12:00), (1) have your left hand hook around and back of your opponent's head so that your **left inner knuckle strikes his left temple or mastoid**, while (2) your right hand cocks into a half fist at chest level (palm up above your opponent's arms). (The outcome of this action should be that your opponent is dazed.)
2. Continue the action by (1) having your left hand grab and pull your opponent's hair back (grab above the forehead), (2) pivoting into a left forward bow (facing 12:00), and (3) executing a **right snapping half fist (palm down) to your opponent's throat**. Immediately return to your left neutral bow stance after delivering your half fist strike. (Your opponent should drop back and fall to the ground.)
3. Perform a right Front Crossover and **Cover Out toward 4:30**

What If?

- Your opponent's forward momentum is a factor.
- Your opponent lifts you off the ground.
- Your opponent forces you to the ground.
- Your opponent is shorter than you.
- Your opponent is taller than you.
- Your opponent applies unbearable pressure.

Technique Notes:

Be sure to harmonize your initial strike with the dropping of your body weight.

Due to the tightness of the bear hug, you more than likely will be forced to modify the depth of your stance.

This technique teaches you the value of Minor Moves.

Compare the use of the fulcrum on the second move with the fulcrum used in Grip of Death.

Furthermore, compare the principles of the last move of this technique with the principles used in the last move of Grip of Death (see Note #10 in Grip of Death).