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# SWINGING PENDULUM

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FRONT | RIGHT LEG | ROUNDHOUSE KICK

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## Name:

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"Pendulum" refers to a downward motion. The hammerfist strike of your second move resembles the swinging motion of a pendulum on its downward path to your opponent's groin.

## Attack:

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In the IDEAL PHASE of this technique your opponent is in front of you, standing in a left fighting stance. He then executes a full-power right roundhouse kick toward your torso

## Theme:

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This technique teaches you how to overcome a powerful kick and subsequent follow ups, by using the concept of SHORTENING THE CIRCLE. Your opponent's kick gains power as it moves UP THE CIRCLE, reaches maximum power at its APEX, and finally loses power as it moves DOWN THE CIRCLE. By moving UP THE CIRCLE, you are simultaneously reducing the effect of his kick, and repositioning yourself for a more powerful strike. Because your opponent's kick travels past its APEX, his body will travel past an ANGLE OF NO RETURN. This will leave weaknesses in his defense. With your knowledge of REVERSE MOTION, you will be able to counter his action, borrow his momentum to enhance your strike, and nullify his actions before he can regroup.

## Movement:

1. Standing in a right neutral bow, slide your left foot counterclockwise toward 4:30 and deliver a **right inward block simultaneously with a left downward block (universal block) against the inside of your opponent's right kicking leg.** (Preferably the block should occur at the knee, as this will open the width zones on your opponent's body.)
2. Shuffle (pushdrag) forward toward 10:30, while remaining in a right neutral bow, and simultaneously convert your right inward block into a **right downward hammerfist strike to your opponent's groin**, as your left hand checks high near his chest. (This will force your opponent to bend forward at the waist.)
3. Again shift your left foot counterclockwise toward 1:30 into a horse stance (facing 4:30) as you **CONTOUR** up your opponent's chest with a **right snapping obscure elbow strike to his chin**, and your left hand continues to check high. (This will snap your opponent's head up.)
4. Right front crossover, and **cover out toward 1:30**

## What If:

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- Your opponent executes a linear kick.
- He kicks at your head.
- He kicks at your knee.
- He begins in a right fighting stance and shuffles his kick.
- He follows with a right punch.
- Your opponent does not step through.

## Technique Notes:

Practice having your partner kick as hard as he can. You will soon gain confidence in the concept of SHORTENING THE CIRCLE, the confidence needed to make this idea work.

When shuffling forward on your second move, do not pivot counterclockwise. This would minimize the effectiveness of your strike and make it easier for your opponent to check your action.

Make every effort to borrow your opponent's force as his right foot plants to the ground. Your opponent's Marriage of Gravity becomes an asset to you.

You are using the Universal Block on the first move of this technique. Study how this block works and then compare it to similar man-made or natural "universals".