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# SWORD AND HAMMER

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RIGHT FLANK | LEFT HAND | SHOULDER GRAB

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## Name:

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The name of this technique originates from two sources: 1) The natural weapons employed and 2) the order of their employment. The technique requires that you first strike with a handsword (knife-edge of your hand), and then follow-up with a hammer (your fist).

## Attack:

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The Ideal Phase of this technique begins with your opponent attacking you from your right rear flank (4:30). When grabbing your right shoulder, your opponent's left arm is bent at the elbow.

## Theme:

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*With* is the theme of this technique. You are pinning *with* your left hand, as you simultaneously strike *with* your right outward handsword. One move does not follow the other. To repeat, they are both executed simultaneously. The technique also teaches you to move into the semi-unknown with confidence. Internalize this technique, and you'll prevent your opponent from activating other weapons.

## Movement:

1. While standing naturally (facing 12:00), your opponent (standing at approximately 4:30) grabs your right shoulder with his left hand. Step off and to your right with your right foot toward 4:30 into a Horse Stance (with your head and eyes turned toward your opponent), while **striking your opponent's throat with a right outward handsword**. Simultaneously, pin your opponent's left hand to your right shoulder with your left hand. (This action should cause your opponent's head to move away from you.)
2. As your opponent reacts to your handsword strike and bends backward, execute a **right back hammerfist strike to your opponent's groin**. (Your opponent should then bend forward at the waist.)
3. Perform a right Front Crossover and **Cover Out toward 10:30**.

## What If?

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- Your opponent is pulling you toward him.
- Your opponent is pushing you away from him.
- Your opponent is located slightly to the rear of you.
- Your opponent is much taller than you are.

## Technique Notes:

Be sure to look at your opponent when stepping in with your right handsword to his throat. Your awareness of all activities is encouraged.

Practice should include having your partner, who is acting as your opponent, vary the direction of his attack (between 4:30 and 1:30). Then in turn, alter your Lines of Attack and increase your knowledge of how to cope with each changing situation. Don't forget, practice with your partner attacking you from any one of the directions stemming from 4:30 to 1:30. Your awareness of variables is encouraged.

It is a sound concept to pin your opponent's grabbing hand to prevent a planned or unplanned counter. Please, make a list of some of the possible planned and unplanned moves.

For every action there is an opposite and equal reaction. As your handsword drives your opponent's head back, his groin may jut forward. Quickly strike your opponent's groin with your hammerfist to borrow his force.