
SWORD OF DESTRUCTION

FRONT | LEFT ROUNDHOUSE PUNCH | TO THE HEAD

Name:

This technique gains its name, in part, from the powerful action of your last strike. The shape of the hand (natural weapon) resembles that of a sword. It also has to do with Destruction referencing the left side of the body within Kenpo terminology.

Attack:

In the Ideal Phase of this technique, the attack is from the front. Your opponent starts from a right Fighting Stance, and proceeds to step forward with his left leg while delivering a left roundhouse punch to your head.

Theme:

This technique teaches us to apply the theme of Delayed Sword on the inside of either arm.

Movement:

1. While standing naturally, step back with your left foot toward 6:00 into a right Neutral Bow Stance (facing 12:00), as you simultaneously execute a **right extended outward block to the inner forearm of your opponent's left punch**. Your left hand should be in a Positional Check, covering your solar plexus.
2. Immediately slide your right foot back into a Cat Stance.
3. Without hesitation, deliver a **right front snap ball-kick to your opponent's groin**. (Your kick should cause your opponent to bend forward at the waist.)
4. Plant your right foot forward inside of your opponent's left leg into a right Neutral Bow (facing 12:00), and while employing Marriage of Gravity, execute a **right inward handsword strike to the left side of your opponent's neck**. (Such action should cause your opponent to fall to the ground.)
5. Immediately snap your right hand back to the left shoulder of your opponent to act as a check.
6. Perform a right Front Crossover and **Cover Out toward 6:00**.

What If?

- The opponent's punch is:
 - a hooking punch
 - a straight punch
 - a punch that travels on a different path
 - a punch that seeks a different target
- The attack is an attempted bear hug from the front.
- The attack is a high left roundhouse kick.
- The attack is a low left roundhouse kick.

Technique Notes:

This technique is almost a Mirror Image of Delayed Sword. Please take special note of the footwork.

Be aware of the possibility that your opponent's groin may not be open. Formulate other significant alternatives to this situation.

Observe how the attitude of your attacking partner affects your response. Remedy each response accordingly. Learn to do this and you are well on your way to uncovering the merits of Tailoring.

Build **spontaneity** by having your partner vary his attacks:

1. Right hand (grab, push, or punch), and then left hand (straight or roundhouse punch). Respond to these variables with a right inward block followed by a right extended outward block. With each block, utilize a left Positional Check.

2. Left hand (straight or roundhouse punch), and then right hand (attempted grab, push or punch). Respond to these variables with a right extended outward block followed by a right inward block. With each block, utilize a left Positional Check.

This method of practice will help you internalize the concept that the same hand may easily be used to defend on the inside of alternating punches, etc.

When practicing defense with the same hand on the inside of your opponent's arms, follow up with sequences from either Delayed Sword or Sword of Destruction. The practice of blending these two techniques in the manner described will help you to internalize rapid responses to rapidly changing situations.