
THRUSTING PRONGS

FRONT | BEARHUG | ARMS PINNED

Name:

"Prongs" symbolically refer to thumbs. The name of this technique originates from the action of your two thumbs (prongs) thrusting into your opponent's groin on the first move. Thus this technique was named Thrusting Prongs.

Attack:

The IDEAL PHASE of this technique commences from the front. Your opponent is applying a bear hug with your arms pinned

Theme:

The theme of this technique lies in the initial approach of countering the attack. It introduces the idea of approaching an opponent's frontal targets from an Obscure Zone. The obscure delivery is such that your opponent is oblivious to the impending strikes.

Movement:

1. Step back with your right foot toward 6 o'clock into a left forward bow (facing 12:00). (You will probably modify it because of the pressure of the bear hug). Have only your right foot move back and not the upper body. Simultaneously **thrust both of your thumbs (keeping thumbs together) up and to your opponent's groin**. (Your opponent should bend forward at the waist as well as move his feet back and away from you.)
2. Now **strike your opponent's groin with your right knee** as your left hand circles over and on top of (clockwise) your opponent's right arm (forming the shape of a crane), and pins (with the assistance of your anchored left elbow) your opponent's right arm to you. Simultaneously with the above two actions cock your right hand to your right hip as a clearing check of your opponent's left arm, as well as in preparation for the next strike. (Your knee strike should magnify the damage to your opponent's groin.)
3. With your right knee in his groin, immediately deliver a **right knifedge kick to the inside of your opponent's left shin**. (This action should force your opponent's left leg outward.)
4. **Scrape your opponent's shin with your right foot, and convert the scrape into a right stomp to your opponent's left instep**. This is done while simultaneously delivering a **right inward horizontal elbow strike to the right side of your opponent's face or ribs** (depending on the size of your opponent). (This strike should drive your opponent's head up and away from you.)
5. Right front crossover, and **cover out toward 7:30**.

What If:

- Your opponent is taller than you.
- Your opponent is shorter than you.
- Your opponent applies unbearable pressure.
- Your opponent lifts you off the ground.
- Your opponent attempts to throw you to the ground.

Technique Notes:

Be sure to employ a Bracing Angle by means of a forward bow on your first move.

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.

Analyze the value and response obtained when employing the Pin Point Effect.

Analyze the reasons why you are stepping forward during your last moves.

Build spontaneity by having your opponent vary his attacks: bear hug with your arms free or bear hugs with your arms pinned.

Respond with sequences from either Striking Serpent's Head or Thrusting Prongs. Practicing in this manner will internalize the ability to respond to available targets with available weapons.