
THRUSTING SALUTE

FRONT | RIGHT STEP THROUGH | KICK

Name:

Mentioned previously, "salute" is a synonym for heel palm. The final moves of this sequence is a thrusting heel palm that resembles the Fascist solution used in World War II

Attack:

In the Ideal Phase of this technique the attack is from the front. Your opponent commences an attack from a left fighting stance, and proceeds by thrusting a right step through ball kick at your torso.

Theme:

This technique teaches you how a well placed block to create a notable Angle of Deflection. The first move is executed properly to benefits become apparent, (1) the block will cause greater exposure as it forces your opponents body to turn outwardly, and (2) your initial reaction will residually move you out of the Line of Attack. Such action diminishes the effectiveness of your opponents kick, as well as subsequent follow-up moves. Always be mindful of anticipating follow up moves. It prepares you for the unexpected. In the case of this technique your opponents kick could conceivably be followed by a right punch.

Movement:

1. While standing naturally, step back with your right foot to 4:30 (to get out of the Line of Attack) into a left neutral bow, and you deliver a **right inward downward block, followed by a left downward block (Double Factor) to the inside of your opponent's right kicking leg.** Instantly recoil your left hand counterclockwise into a vertical position, to act as a Positional Check (hand open). (Your downward block should deflect your opponents right kicking leg out, to your left, and away from you.) During this action your right-hand cocks near your right rib cage (palm up and fist clenched).
2. Immediately execute a **right front snap ball kick to your opponents groin.** (Do not be surprised if your opponent violently bends forward at the waist.)
3. Plant your right foot forward (toward 10:30) into a right neutral bow (inside of your opponent right knee so that your right knee can check or buckle his right knee). Simultaneously with the plant (while capitalizing on the forward momentum and Gravitational Marriage), execute a **right torquing heel palm strike to your opponents jaw** (counterclockwise). Have your left hand relocate its Positional Check near your right rib cage. (This action should cause your opponents head to snap back and possibly cause his entire body to move away from you.)
4. Right front crossover, and **cover out toward 4:30**

What If:

- Opponent does not step through with his right kick.
- Your opponent commences from a wide fighting stance before shuffling forward with his right kick.
- Your opponent kicks, and then follows up with a bright punch before planting forward with his right foot.
- Your opponent changes the timing of his right kick.
- Your opponent takes their right roundhouse kick.
- Your opponent varies the height of his right kick.
- Your opponent follows his kick with the left punch.

Technique Notes:

Always be conscious of your hand positions. In the case of this technique have your right hand (that is cradled on your right hip) face palm up before delivering your kick.

Time your kick so that it is in sync (synchronized) with the planting of your opponent's right foot. At the instant this occurs, by borrowing his force to enhance the effectiveness of your kick.

Properly check your opponent on your last move with your left arm and right leg. Make the necessary adjustments as you experience the feeling of what is like to ensure your checks.

Practice the concept of checking while freestyling.

As a variation of your first move, position your right open hand, palm out, near your right ear.