
THRUSTING WEDGE

FRONT | TWO HAND | HIGH PUSH

Name:

This technique derives its name from the wedge, formed by your arms, that acts as both a defense and offense when aggressively thrusting into your opponent, thus the name Thrusting Wedge.

Attack:

In the Ideal Phase of this technique your opponent starts from the front. He pushes toward your chest with both of his hands as he steps forward with his right leg.

Theme:

As the name of this technique indicates, the emphasis is on the proper usage of the wedge. Your surprise your opponent by stepping forward and incorporating your offense into your defense. The natural formation of the wedge parts your opponent's arms, are your hands thrust forward.

Movement:

1. While Standing Naturally, step forward between your opponent's legs with your right foot into a right forward bow while **thrusting both of your forearms forward, thus using them as a wedge inside of your opponent's arms.** (It is the outer portion of your forearms that are used to wedge.) Continue the flow of your action as you convert the movement of your arms into **two rolling upward-outward claws to your opponent's eyes** (rolling check) (your right hand rolls counterclockwise and your left clockwise). (This should stop your opponent's forward momentum and blur his vision.)
2. Pivot into a right fighting horse as you execute a **right upward elbow strike under the chin of your opponent.** During the same course of action have your lefthand grab your opponent's right arm, strike down to his wrist, grab his right wrist with your left hand, and jerk that arm down, past, and below your left hip. (The effect should stun your opponent and control his Height Zones.)
3. Pivot into a right neutral bow as you follow up with a **right downward heel palm claw to the bridge of your opponent's nose and to his eyes.** (This should break your opponent's nose and again blur his vision.)
4. Right front crossover, and **cover out toward 7:30**

What If:

- Your opponent's left leg is forward.
- Your opponent attacks you from the left flank.
- Your opponent is taller/shorter than you are.
- Your opponent's back is to a wall.

Technique Notes:

Be sure that your forward bow is correctly formed on your initial move to reinforce your Bracing Angle.

Note the similarities and differences Parting Wings and Thrusting Wedge. Especially note the manner in which the wedges are applied.

Make a brief list of why you may choose to use two arms on the inside of a two-lane push versus one arm as a block on the outside of a two-handed push.

The second move utilizes a lead hand grab to your opponent's right wrist. An alternate is to grab your opponent's right shoulder. What are the advantages of one over the other?