
TRIGGERED SALUTE

FRONT | RIGHT HAND | DIRECT PUSH

Name:

"Salute" refers to the heel palm or a push. In this instance it is your appointment aggressive push tear left shoulder that literally triggers the action of your right heel palm strike.

Attack:

The Ideal Phase of this technique commences with your opponent attacking from the front. He steps forward with his right foot as He pushes with his right hand directly to your left shoulder.

Theme:

This technique teaches that even though your opponents aggressive action may strike with force, you are able to use that same force to your advantage. Allow this action to trigger your reaction to overcome him.

Movement:

1. While standing naturally, your opponent pushes your left shoulder with his right hand. Immediately and simultaneously turn your left shoulder counterclockwise and ride your opponents right push as you step forward with your right foot into a right neutral bow (between 11:00 and 12:00), **buckle the inside of your opponents right knee with your right knee, thrust a right heel palm strike to your opponents chin**, as you have your left hand pin and check your opponents right hand to your chest. (Your opponents head should snap backing away from you.)
2. Forecasting the response of your opponents upper body, frictionally slide your right hand down your opponents right arm (Frictional Pull) forming the shape of a crane (making sure to anchor your elbow), **hook your opponents right arm down in towards 5:30**; Round the Corner with your right arm as you unhesitatingly deliver a **right inward horizontal elbow strike to your opponents solar plexus**. (The Frictional Pull will bring your opponent upper body forward and diagonally to his right. The force of your elbow strike should make him bend forward at the waist.)
3. After following through with your right inward elbow strike, **deliver a right outward horizontal elbow strike to your opponents right floating ribs**. (This should cause your opponent to bend over even further.)
4. Using Residual Torque, follow up with a **right outward horizontal back knuckle strike to your opponents right floating ribs or kidney** and immediately cock your right fist to your right hip. (Your repeated follow-up should magnify the damage to his ribs.)
5. Without any loss of motion thrust a **right vertical back knuckle strike up and under your appointments chin** (right fist is inverted and horizontal) while your left hand continues to pin your opponents right hand against your left shoulder. (This Contouring Fit should drive your opponents head back.)
6. Right front crossover, and **cover out toward 4:30**

What If:

- Your back is to a wall.
- Your opponent attempts a right lapel grab.
- Your opponent is much taller than you are.

Technique Notes:

Be sure to turn the width of your body as soon as possible, on the first move, so that it not only triggers your action but lessens the force of his push as well.

See how the use of proper Body Alignment assist your heel palm strike to his chin.

Please ensure that your strikes to your opponents body do not fall under the category of Wasted Motion. Make a special effort to employ the proper Angle of Incidence. Do not glance you're strikes off of your opponents torso, but rather thrust them at right angles to and through the intended target.

List the reasons for the right outward back knuckle strike your opponents right lower rib cage. You will be amazed with your discoveries.