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# TRIPPING ARROW

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FRONT | BEAR HUG | ARMS FREE

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## Name:

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The name of this technique is derived from the Forward Bow and Arrow Stance used as a buckle in tripping your opponent, thus the name Tripping Arrow.

## Attack:

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In the Ideal Phase of this technique your opponent is to the front and is applying a bear hug with your arms free.

## Theme:

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Although the initial maneuver of this technique appears to leave you open, the controlling of your opponent's Height Zones prevent your opponent from taking action. The technique also introduces you to the concept of "Strikedowns". Many styles of the Martial Arts use "takedowns" to force their opponent to the ground. "Takedowns: utilize throwing actions to force an opponent to the ground and it is the ground that causes the initial injury. Although considered a takedown, strikedowns are much more effective. Since you're striking your opponent to the ground, injury occurs instantly as well as result of impact to the ground. Strikedowns are often counterbalanced with buckles, as in this technique.

## Movement:

1. Your opponent is applying a front bear hug with your arms free. Step to your left with your left foot (toward 9:00) into a horse stance (facing 12:00) as you have your left hand grab your opponent's right shoulder and pull it down to check his Height Zones. This action will nullify your opponent's leverage and thus prevent him from delivering a right or left knee kick. Simultaneous with this action execute a **right hooking inward horizontal heel palm strike to your opponent's left jaw hinge**. (This can dislocate your opponent's jaw as well as render him unconscious.)
2. Immediately **circle your right foot clockwise, around, and back of your opponent's right leg (toward 3:00) and buckle it by heavily stomping your right foot into a horse stance**. Make sure that your right hand circles counterclockwise with the aforementioned action and cocks at your right shoulder (palm up).
3. Without hesitation, pivot to your left (toward 9:00) into a left forward bow as you thrust your **right heel palm strike to the jaw of your opponent**. This action trip your opponent over your right leg. Be sure to maintain your left hand grab on your opponent's right arm. (Your opponent should fall to the ground and onto his back).
4. With your opponent on his back (head towards 9:00 and feet towards 3:00) and your left hand grab now at your opponent's right wrist, thrust a **right heel stomp under your opponent's chin**. (If your opponent turns from the momentum of the fall and slips out of your grasp, alter your target and execute a right stomp kick to your opponent's right kidney or ribs.)
5. From the stomp kick, release your left hand grasp and **sweep your opponent's right arm with your right foot as you execute a right front crossover, and cover out toward 6:00**

## What If:

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- Your arms are pinned.
- Your opponent is taller than you.
- Your opponent's attack is coupled with forward Body Momentum.
- Your opponent lifts you off the ground.
- Your opponent takes you to the ground, maintaining his hold.

## Technique Notes:

Study the effects of the height of your opponent on the Angle of Execution of your right inward horizontal heel palm.

Make a brief list of how you might alter the first move of this technique.

What principles allow you to drop to horse stance on your first moves in this technique?

Study the importance of Rounding the Corner on your first moves in this technique.

Note how Fitting is important to the technique and the results that may stem from it.

Examine carefully the proper timing necessary to Counter Balance the action of your right leg with your right arm.

Note the similarities and differences between the technique and Snapping Twig.