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# TWIN KIMONO

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## FRONT | TWO HAND | LAPEL GRAB

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### Name:

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The name of this technique stems from two sources, "twin" referring to "double" and "kimono" relating to "robe" or "shirt". The fact that the attack is a two-hand grab to the robe or shirt (Kimono) is the reason the technique is named Twin Kimono.

### Attack:

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In the IDEAL PHASE of this technique your opponent is to your front. He grabs your shirt with both of his hands and extends both of his arms in an effort to push you back.

### Theme:

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Obviously this technique is very similar to Lone Kimono. It teaches you not to panic when the attack is a two-hand grab versus a one-hand grab. Remember in a one-hand grab your opponent can readily follow with a punch, but in a two-hand grab his intentions are different. However, you are less likely to break one or both of your opponent's arms with your initial response. Therefore, in Twin Kimono you insert an interim strike (outward back knuckle) between your upward strike and your downward clearing action. Because this strike occurs within your opponent's Obscure Zones, it should surprise him. This unseen action should take the wind out of your opponent, making it easier for you to clear his arms.

### Movement:

1. With your feet together, step back toward 6:00 with your left foot into a right neutral bow (facing 12:00) as your left arm pins your opponent's arms at the wrists. Simultaneously deliver a **right upward forearm strike against your opponent's elbow joints**. (This will raise your opponent onto the tips of his toes.)
2. Immediately shift your left foot counterclockwise toward 4:30, as you deliver a **right outward back knuckle strike to your opponent's solar plexus**. (This will take the wind out of your opponent, and force him to bend forward.)
3. Then circle your right arm counterclockwise, and execute an **inward downward diagonal strike against your opponent's left forearm**, finishing with your right palm up, and your left hand checking high. (Make sure that your opponent's arms are driven down and diagonally to your left.) (Your opponent should rapidly bend down.)
4. Immediately ROUND THE CORNER, and strike with a **right snapping outward handsword to your opponent's throat**. Keep your left hand checking in the NEUTRAL ZONE. (This will stop your opponent, and cause him to fall to the ground.)
5. Execute a right front crossover, and **cover out toward 4:30**.

## What If:

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- Your opponent's left leg is forward.
- Your opponent's right leg is forward.
- He pulls you toward him.
- You cannot step back.
- He follows his grab immediately with a knee kick.

## Technique Notes:

Emphasis should be placed on breaking your opponent's left elbow while attempting to sprain the right elbow.

Please insure that your strikes to your opponent's body do not fall under the category of WASTED MOTION. Employ proper Angle of Incidence. Do not glance your strikes off of your opponent's torso, but rather thrust them at right angles to the targets as well as through the intended targets.

Spend several hours studying the various principles that will add power to your back knuckle strike to the solar plexus.

Practice blending Lone Kimono, Twin Kimono, and Mace of Aggression.