
TWIRLING WINGS

REAR | TWO HAND | SHOULDER GRAB/CHOKE

Name:

"Wings" is a symbolic term referring to the elbows. In this particular technique your elbows (wings) literally are twirling into your opponent's torso.

Attack:

The IDEAL PHASE of this technique begins with your opponent to the rear. It is a two-hand shoulder grab near your neck with your opponent's arms straight. His right hand grabs your right shoulder and his left hand grabs your left shoulder

Theme:

An opponent approaching from the rear is dangerous because the specific nature of his attack is unknown. Once your opponent places both of his hands on you, you are able to FEEL the nature of his attack. FEELING your opponent's hands gives you a clue. At this point the unknown becomes semi-known. You may step to the rear, as well as outside of your opponent's weapons with greater confidence because the unknown becomes known during the transition. You know that you can create an Angle of Cancellation not only from your Point of View of the attack, but also from your opponent's Point of View of the attack. To achieve this, you must act swiftly and counter using the principle of "WITH" rather than "AND".

Movement:

1. Standing naturally, tuck your chin (to help nullify the effects of a possible choke), an step back counterclockwise with your left foot (toward 5:00) into a left rear twist stance. Simultaneously cock your right fist (palm up) on your right hip, and your left fist (palm facing down) across your waist and over your right fist.
2. Pivot counterclockwise into a left forward bow (facing 6:00) while executing a **left vertical outward block at or above the outside of your opponent's left elbow, and strike simultaneously "with" a right inward horizontal elbow to the back of your opponent's left lower ribcage.** This should cause your opponent to turn clockwise with his stomach to jutting forward.
3. Pivot to your right (clockwise) into a left fighting horse (facing 9:00) as you deliver a **left inward horizontal elbow strike to the front of your opponent's left lower ribcage.** Simultaneously have your right hand check high as it braces up and against your opponent's left arm. Be sure to have your left knee check, and/or buckle the inside of your opponent's left knee. (Your opponent should bend forward at the waist as he stumbles backward.)
4. Left front crossover, and **cover out toward 10:30.**

What If:

- Your opponent pulls you toward him.
- Your opponent pushes you away.
- Your opponent chokes you with both of his hands.
- Your opponent releases the grab of one of his hands.
- His left foot is forward.
- His right foot is forward.

Technique Notes:

Study how the proper transition into a forward bow enhances your initial elbow strike.

Consider how you may deal with the semi-unknown depth factors on your initial move.

On your initial counter be sure to "block at or above the elbow".

Your second strike must be coupled with an active check against his arm.

You are moving into the semi-unknown. Therefore, the exact positioning of your legs in relationship to your opponent's legs will not always be known. Study how you can positionally check with your knees and prevent possible ANGLES OF ENTRY into your groin.