
TWISTED TWIG

FRONT | RIGHT HAND | WRIST LOCK

Name:

"Twig" is a symbolic reference to an arm. The name of this technique, Twisted Twig, stems from the fact that your wrist, which is part of your arm (twig) is being twisted by your opponent.

Attack:

The IDEAL PHASE of this technique begins with your opponent to the front. The attack is a lock applied to your right wrist. Your opponent initiates the action by grabbing your right wrist with his left hand. To complete the twist he uses his right hand to assist him. His right hand grabs the back of your right hand and he then uses both hands to pull and push prior to twisting. (Your palm ends up facing you with your fingers pointed upward. Your opponent's thumbs are pressing against the back of your hand, while his fingers are gripping the inside of your right palm and wrist.

Theme:

The theme of this technique is the quick reaction needed to turn a disadvantage into an advantage. Failure to act quickly could cause a wrist break or cause your body to be forced to the ground. Quick reaction with your right elbow strike not only relieves the pressure on your wrist, but also injures your opponent.

Movement:

1. While standing naturally and with both of your opponent hands applying a wrist lock on your right wrist, **step forward and to 11:00 with your right foot into a right neutral bow and buckle the inside of your opponent's right knee with your right knee.** Simultaneous with this action deliver a **right upward elbow strike to your opponent's solar plexus and/or jaw.** Your left hand is placed on top of your opponent's right wrist for purposes of checking. (This action is to freeze your opponent's intended action.)
2. Pivot counterclockwise into a horse stance as you deliver a **right back elbow strike to your opponent's solar plexus.** (Your opponent should bend forward at the waist.)
3. Follow up with a **right back downward hammerfist to your opponent's groin** as you pivot into a right reverse bow. Have your left hand check at shoulder height. (Your opponent should bend even further.)
4. Right front crossover, and **cover out toward 7:30.**

What If:

- Your opponent initially approaches you from the rear, grabs your right hand from the side, and proceeds to apply a wrist lock from the front.
- Your opponent forces you to the ground.
- Your opponent is stronger than you.
- Your opponent is taller than you.

Technique Notes:

Study the effect of your buckle on your initial move.

Apply the general rule, "when striking high, check low and when striking low, check high".

When delivering your right upward elbow strike, concentrate on accuracy. Do not be side-tracked by your opponent's pressure.

Analyze the effects of adjusting the direction of your initial right step.

After comprehending the mechanics of this technique, practice it as one continuous motion.