

Introduction to Martial Arts Techniques

1. SHARPENING THE BLADE, "A" variation, (His left hand grabs your right shoulder from the front).

- a. Step back with your left foot as you pin his hand with your left hand and break his arm at the elbow with your right arm in an inward block motion.
- b. Smother with your right arm into his forearm to clear and follow with a right speed chop to his throat.
- c. Cover out.

2. SHARPENING THE BLADE, "B" variation, (His left hand grabs your right shoulder from the front).

- a. Step back with your right foot as you circle your right arm inside the attacker's and grab their shoulder.
- b. Pull the attacker towards you as you take a left palm strike to the chin.
- c. Cover out.

3. CAPTURING PAWS, (Bear hug from behind with your arm pinned).

- a. Step off to the left side and punch forward with your right to loosen the bear hug.
- b. Strike with right elbow back to the man's solarplexus and right hammer-fist to the man's groin
- c. Cover out.

4. CHOPPING BAMBOO, "A" variation, (Two men, each grabs a shoulder from the side)

- a. With your left hand, pin attacker's hand to your right shoulder. Right foot steps as you strike with a right speed chop to the man's throat.
- b. Right cross-step and pivot into a horse, striking the second attacker's neck or face with a palm-up locking chop.
- c. Cover out.

5. HIDDEN SWORD, (Low lapel grab pulling in)

- a. As he pulls you to him, step forward with your right foot as you also pin his hands to you with your left hand and right hand sword to the man's groin.
- b. Raise the right arm in the same manner as you would in cocking an inward block. Right raking backknuckle across the man's nose which moves from your right side to your left side.
- c. Follow with a right speed chop to the man's throat.
- d. Cover out.

6. TWISTED WING, "A" variation, (Rear arm lock of your right arm by his right, palm up)

- a. Step back with your left foot and take a left elbow strike to his left temple or face. Counter-grab his right wrist with your right hand.
- b. Left cross-step forward and pivot around to face the man in a left rear horse as you twist his wrist clockwise. Keep control of his wrist as you take a left snap kick into the ribs or solar plexus. Plant forward with your left foot in front of the man's legs.
- c. Pivot into a horse, breaking the right elbow with your left forearm as your right hand pulls up and straightens his right arm.
- d. Cover out.

7. EVADING THE DRAGON (Right punch)

- a. Step to your left "evading" the punch, getting your hands up to protect your face.
- b. Execute a right snap kick to the attacker's front knee, plant forward.
- c. Right punch to attacker's ribs.
- d. Cover out.

8. RAISING THE MALLET, (Right hand grabbed by both his hands)

- a. Simultaneously grab your right hand with your left hand as you right snap kick into the attacker's groin.
- b. Recoil the right kick and step between his leg with the right leg and pull your right elbow up into his chin. This circular rise will also break his grip.
- c. Continue the circle and pivot so that your rear faces the man and right hammerfist into the attacker's groin and follow with a right rear kick to his midsection or face.
- d. Cover out

9. COLLAPSING THE FAN, (Right punch)

- a. Step in with your right foot and block the punch with a right inward block.
- b. Right chop to side of attacker's neck.
- c. Right elbow spike to solar plexus.
- d. Cover out.