

COMBINATION #10

Defense against: Hook punch to head.

Combination 10 doesn't mess around. When practicing on other students, loosen your hold and squat low when executing the takedown, to avoid breaking your partner's arm. Be sure to finish in a stance that's sturdy enough to resist the opponent's temptation to pull you down with him.

Start in Horse Stance with hands on guard. As opponent attacks, step forward with right foot and execute simultaneous #2 Knife-Hand Block and Right Ridgehand to groin. Step into opponent's center with right leg, getting uncomfortably close, and wrap attacking arm over the top with your left arm. Deliver Right Shuto to neck and follow through, taking opponent down. As opponent falls, maintain balance and slide your left foot counterclockwise and out of the way, roughly 180 degrees, ending in low Horse Stance. Continue holding your opponent tightly with your left arm, and deliver two Right Sword Arm strikes to heart. Let go and clear attacking arm, jump, and land with a third Right Sword Arm to heart.