

COMBINATION #15

*Defense against: **Straight punch to face or Hammer Strike to head.***

When practiced and developed, Combination 15 will flow like water, and teach you to maneuver like the Dragon.

Start in Horse Stance with hands on guard. As opponent attacks, execute #5 Knife-Hand Block and step with right foot toward 10:30 into Twist Stance, facing opponent at 1:30. Step directly behind opponent with your left foot, facing 4:30, and direct attacking arm downward with your right arm. Deliver Left Ridgehand to throat from behind, following through so opponent tips back toward you. Pull opponent onto your chest area, slide your right foot backward 90 degrees into Horse Stance facing 7:30, then press opponent down across your left leg. Deliver Right Palm Heel down the body starting at the nose. Right Tiger's Rake up the body starting at the groin. Smash face with Right Downward Elbow, then finish with Right Shuto to groin. Slide your left foot back and let opponent's body drop to the floor.