

COMBINATION #16

*Defense against: **Straight punch to face.***

Combination 16 is direct, with several advanced moves to develop your ability to control your opponent. For your partner's safety, be sure to get their arm out of harm's way before executing the twisting arm break with your legs.

Start in Horse Stance with hands on guard. As opponent attacks, simultaneously execute Outside Dragon Trap and deliver Right Front Ball Kick to solar plexus. Slide your right hand down to opponent's wrist, and apply arm lock with your left forearm. As you press opponent down, step down with right foot into Right Half Moon Stance facing 1:30. Maintain grip on the wrist, and circle your left leg clockwise over opponent and next to your right leg, connecting the back of your left leg with the attacking arm lightly. Drop your weight onto your left leg and pivot 45 degrees counterclockwise, shattering the arm. Step out with right leg, facing opponent at 10:30 in Left Half Moon Stance. Finish with Right Thrust Punch to temple.