

COMBINATION #21

Defense against: Hook punch to head.

Combination 21 gives you a taste of techniques at the Black Belt level. Train your targeting to be precise. Be sure to protect your training partner by barely touching their knee with the Side Blade Kick, and let them drop to one knee to simulate the damage. Also, when you let go of their wrist and hair, watch and allow them time to duck their head out of the way before performing the Spinning Hook Kick.

Start in Left Half Moon Stance with hands on guard. As opponent attacks, execute simultaneous #2 Knife-Hand Block and Right Leopard's Paw to the nerves under the arm. Grab the wrist with your left hand and step counterclockwise under the attacking arm to Horse Stance facing 9:00. Step further behind opponent with your left foot, continuing to spin counterclockwise into Horse Stance facing 3:00. Extend attacking arm behind opponent and lock it out. Break attacking arm with Right Downward Elbow to locked elbow. Deliver Right Cross Shuto to back of neck, then grab the hair with right hand and arch opponent's head back. Left Mantis Kick to back of right knee, forcing opponent to kneel, and step down clockwise, facing away from opponent. Release wrist and hair, and immediately whip around with Right Spinning Hook Kick to head.