

COMBINATION #10

Defense against: Hook punch to head.

Combination 10 doesn't mess around. This technique will help you learn how to upset your partner's balance to take them to the ground, which will pay off in more advanced takedowns in the higher ranks. 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 Right Fighting Stance. As opponent attacks, step-glide 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 tightly wrap attacking arm over the top with your left arm. Deliver Right Bear Paw to side of head 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 solar plexus. Let go and clear attacking arm, jump, and land with a third Right Sword Arm to solar plexus.