

# COMBINATION #11

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

*Combination 11 starts off in a unique, vulnerable position. Remember, you may not always be in an ideal position when someone attacks you. Combination 11 also takes you through several different positions. As you progress through the ranks in Shaolin Kempo, you will train to deal with all sorts of variables, making the Art you study exceptionally practical. Be sure to train this technique with partners of all sizes for a solid challenge and learning opportunity.*

Start kneeling on right knee with hands on guard. As opponent attacks, execute #4 Palm Block and simultaneous Right Upward Tiger's Claw to groin. Rip the groin with your right hand. Sweep opponent's right leg by pulling the heel toward you with your left hand and shoving the hip back with your right arm. As opponent falls back, shuffle forward and land with your right knee on the groin and opponent's right leg upright in front of you. As opponent squirms in pain, grab hold of the right leg\*. Step over opponent to the right with your left foot, rolling opponent onto his stomach. Slide your right foot back and place your right knee on opponent's lower spine. Still holding opponent's leg, crank the leg up and back, sink your body weight into opponent's lower back, and replicate a "spine-breaking" noise for effect. Release the leg. Step clockwise over opponent with your right foot 90 degrees, facing 9:00 in Left Fighting Stance. Deliver Right Thrust Punch to floating ribs. Right Glancing Front Kick to floating ribs, then step on other side of opponent. Finish the enemy off with Left Sweeping Hook Kick to the head.

*\*There are several effective ways to perform this move. See your Sensei for guidance.*