

COMBINATION #13

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

Combination 13 utilizes your belt. This reminds us to use our surroundings to our advantage. The ending to this technique is brutal and dangerous, so do not practice the hip throw on your partners. Just use your imagination for the hip throw.

Hold your belt evenly in front of you, down at your waist level, a little wider than shoulder width. Start in Left Fighting Stance. As opponent attacks, step-glide forward with left foot and raise your left arm so the belt becomes vertical, and deflect the punch with your belt. Deliver Left Hammer Strike to radial nerve. Right Back Two Knuckle Punch to temple. Loop the belt over and behind opponent's head. Step through counterclockwise with your right foot to Horse Stance, back-to-back with opponent, naturally letting the belt position over your right shoulder. Using your belt to hold opponent by his neck, execute a Hip Throw.

WITHOUT A BELT:

Start in Left Fighting Stance. As opponent attacks, step-glide forward with left foot and execute #4 Hammer Block to radial nerve. Deliver Right Back Two Knuckle Punch to temple. Wrap behind head with right hand, then execute Left Inverted Tiger's Mouth to throat. Tighten your grip on the neck. Circle right foot clockwise into Horse Stance, back-to-back with opponent, holding their neck over your left shoulder. Execute a Hip Throw.