

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 Axe Kick.

Start in Left Fighting Stance. As opponent attacks, execute Outside Dragon Trap and pull opponent toward you, upsetting their balance. Let go with your left hand and slide your right hand to wrist. Step in with left foot and deliver Right Rising Knee to solar plexus. Step back, straighten opponent's arm and apply arm lock with your left forearm, bending opponent over. Deliver Left Axe Kick to opponent's elbow, shattering the arm.

