CLUTCHING FEATHERS (front left hand hair grab)

- Standing naturally, step straight back (to 6 o'clock) with your left foot, simultaneously pin opponent's left hand with your left as you deliver a right vertical middle finger fist to opponent's left armpit pivoting into a right neutral bow in the process.
- While in a neutral bow, strike inside of opponent's left arm with a right vertical outward block while cocking your left hand to your left hip (palm up).
- Shift into a right forward bow as you deliver a left heel palm thrust to opponent's jaw while switching your right vertical outward block into a right extended outward block, keeping it in place for protection as well as in position for the next move.

TRIGGERED SALUTE (front right hand direct push)

- Standing naturally while opponent pushes your left shoulder with his right hand, step forward and to your left with your right foot to 11 o'clock (into a right neutral bow) to buckle on the inside of opponent's right knee. Simultaneously pin opponent's right hand with your left (against your left shoulder) and strike opponent's chin with a right forward heel palm thrust.
- Immediately shift your right hand to 11 o'clock forming the shape of the crane (anchor elbow) and hook opponent's right arm down before cocking your right arm to your right hip and deliver a right inward horizontal elbow strike to opponent's solar plexus.
- After following through with first elbow shot, deliver a right outward horizontal elbow strike to opponent's right floating ribs (palm down).
- Without hesitation, follow-up with a right horizontal back knuckle strike to opponent's right floating ribs or kidney and immediately cock your right fist to your right hip.
- Without any loss of motion execute a right vertical back knuckle thrust up and under opponent's chin while your left hand remains pinning your opponent's right hand against your left shoulder.

DANCE OF DEATH (front straight right punch)

- Standing naturally, step forward and to your left to 11 o'clock (into a left neutral bow) with your left foot (to get out of the line of attack). Simultaneously strike to the outside of opponent's right punch with your left inward block as your right arm rests and hangs naturally to the right of your body.
- With your left hand still guarding (with a left bracing angle), strike to the opponent's groin with a right upward vertical reverse hand sword while pivoting into a left forward bow.
- Immediately step through and to your left to 10 o'clock into a right neutral bow with your right foot (to buckle opponent's right knee) as your right elbow strikes horizontally and into opponent's right ribcage while your left hands grabs back of opponent's right knee

and pulls toward you so that your left hand grab concludes the grab (after sliding along the leg) at your opponent's right ankle.

THRUSTING SALUTE (front straight right kick)

- While standing naturally with feet together, step back with your right foot (to 6 o'clock) into a left neutral bow as you deliver a downward block to the inside of opponent's right kicking leg.
- Have your left foot pivot counter clockwise, in place, as you kick forward with the ball of your right foot to opponent's groin. Simultaneously have your left hand check high (left extended outward but relaxed hand sword) for possible head shots.
- As you plant your right foot forward toward 11 o'clock (between opponent's legs and into a right neutral bow), deliver a right torquing heel of Palm thrust to opponent's jaw while your left hand checks near your right ribcage.

GIFT OF DESTRUCTION (handshake)

- With right hand shaking and while standing naturally, hop directly forward or slightly to your left to 11 o'clock, depending on circumstances, with your left foot as your right hand pulls your opponent's right hand toward and past your right hip.
- With the above action, simultaneously strike in and against the joint of your opponent's right elbow with your left heel of palm as you deliver a right knee kick to opponent's groin or stomach.
- As you plant your right foot forward (toward 10 o'clock) and against the inside portion of opponent's right knee, (in a right neutral bow) deliver a right inward horizontal elbow strike to left jaw of opponent while checking opponent's right arm down with your left hand.

LOCKING HORNS (front head lock)

- With feet in line with each other and body bent forward, step forward with your right foot toward 11 o'clock and deliver a right upward vertical reverse hand sword to opponent's groin while simultaneously having your left hand check opponent's right thigh just above the knee and your chin turned in such a position so as to keep your breathing constant. (Turn your chin to the right and tuck it against your chest.)
- Immediately follow-up with a right vertical obscure elbow strike to opponent's jaw while keeping in a low right neutral bow.
- After snapping the elbow to opponent's jaw loop your right elbow and strike again (shuffling forward if needed) having it drive from 1 o'clock down to 7 o'clock to the left side of opponent's jaw as your left heel of palm hooks in and strikes opponent's right jaw thus causing a sandwiching effect.

LONE KIMONO (front left hand lapel grab)

- Standing naturally, step back (to 6 o'clock) with your left foot when your opponent grabs your lapel with his left hand. Simultaneously pin his left hand to your chest with your left hand and deliver a right upward strike against his left elbow just above the joint thus causing the elbow to break as you pivot into a right neutral bow.
- Then circle your right arm over and down (counter clockwise) with an inward-downward strike against opponent's left forearm. Make sure that your opponent's left arm is driven down and diagonally to your left.

- After cocking your right hand slightly toward you with your right palm up, deliver a right outward chop to the right side of opponent's neck; stance throughout is still a right neutral bow. Cock your left hand at your solar plexus, ready to check when needed.

GLANCING SALUTE (front right cross shoulder push)

- 1. Standing naturally while opponent pushes your right shoulder with his right hand, step forward and to your left to 11 o'clock with your left foot (into a left neutral bow) immediately pivot to your right (to 3 o'clock) into a right forward bow as your right arm pins opponent's right wrist to your right chest and your left forearm strikes out and against the joint of your opponent's right elbow to cause a break.
- 2. Pivot to your left (to 12 o'clock) into a left forward bow as your left hand pins opponent's right arm to his body and your right heel of palm strikes to opponent's jaw (sliding by).
- 3. Hook the back of opponent's neck with your right hand as it forms the shape of the crane. Pull opponent's neck down (having your right elbow hug your right ribcage in the process) as your right knee kicks to opponent's stomach. Plant forward (having your right knee check your opponent's right leg in the process) or back into a left neutral bow.

FIVE SWORDS (front roundhouse right punch)

- While standing naturally with feet together, step forward and slightly to your left (to 11 o'clock) with your right foot (still in a neutral bow) and deliver a right inward strike to inside of opponent's right punch using your left hand to check.
- Immediately strike to opponent's right neck with your right outward chop.
- Left finger thrust (palm down) to opponent's eyes as your right hand cocks to your right hip. This is done while you pivot into a right forward bow.
- With left hand now guarding horizontally and open (palm down), deliver a right uppercut to opponent's solar plexus as you pivot to a right neutral bow.
- Immediately have your left foot slide counter clockwise (to 4 o'clock) into a right forward bow as you left heel of palm strikes to the left jaw of opponent (striking in an outwardly fashion). Without hesitation and while shifting into a right neutral bow have your left hand hook and pull opponent's head down as you deliver a right overhead downward hand sword to back of opponent's neck.

BUCKLING BRANCH (front straight left kick)

- While standing naturally with both feet together, step slightly back and to your right with your right foot to 5 o'clock (left neutral bow); simultaneously blocking opponent's left kick (from the outside) with a left downward block as your right hand cocks to your right hip, clenched and palm up.
- Deliver a right ball kick (as you pivot counter clockwise and in place with your left foot) to opponent's groin (from the rear) while his back is toward you. Upon doing so have your left hand shift to an extended outward but relaxed hand sword to act as a check in covering your head area while your right hand opens (palm up).
- Plant your right foot (into a modified right front twist stance for purposes of torque) and deliver a left knife-edge kick to the inside of opponent's right knee. (Keeping both of your now open hands in a defensive position.)
- Left front crossover and cover out to 4 o'clock.

SCRAPING HOOF (full nelson)

- While in a full Nelson, thrust both of your fists toward the ground as you straighten your knees, back and neck.
- Immediately bend your left knee (marriage of gravity) as you deliver a right back side scooping heel kick to opponent's left inside knee. Then with the knife-edge of your right foot, kick to opponent's right shin and scrape the shin on the way down and stomp the opponent's right instep with the heel of your right foot.
- Repeat the same process on the left side remembering to utilize the principle of gravitational marriage while executing both of your stomps.

THE GRIP OF DEATH (left flank right arm headlock)

- With opponent applying lock from your left side, step forward and to your left (to 10 o'clock) wit your right foot (into a right closed kneel) while turning your head to the left and tucking your chin against your chest. Simultaneously deliver a right hammerfist to opponent's groin and a left hammerfist to opponenent's left kidney.
- As you pivot into a left forward bow facing 6 o'clock, have the fingers of your left hand press under opponent's nose or, depending upon the circumstances, have your left hand grab opponent's hair to force opponent's head back.
- Immediately follow with a right heel of palm thrust to opponent's chin as you pivot into a left forward bow. However, make sure that the head of your opponent in either of the above cases is arched and forced back and down to minimize your opponent's leverages thus preventing him from executing a right knee kick to your groin area.

CROSSING TALON (front right cross wrist grab)

- With opponent's right hand grabbing your right wrist, counter grab his wrist as your left foot steps forward and to your right (to 1 o'clock) into a left neutral bow simultaneously striking opponent's right elbow with your left forearm in a forward thrusting motion while your right hand pulls in toward and past your right hip.
- Continue to push and pull opponent's arm to your right forcing opponent's head down with the possibility of your opponent's head striking your left knee.
- Immediately deliver a left side elbow strike (palm up or down depending on circumstances) to opponent's right jaw hinge followed by a left heel palm strike and five-finger rip to opponent's face.
- Circle your left arm clockwise and strike down with your left elbow striking to upper spine of opponent.
- Follow-up with a left downward heel palm strike to back of opponent's left mastoid. As your left hand continues to push down, simultaneously deliver a right knee kick to opponent's face, causing a sandwiching effect.
- Replant your right foot to original position.

REPEATING MACE (front left hand cross push)

- Standing naturally with feet together, have your left foot slide back to 5 o'clock into a right neutral bow. Simultaneously have your left hand hook (left palm is up) outside of opponent's left wrist as you deliver a right inward raking hammer fist to opponent's left kidney and a right back knuckle to opponent's left ribcage as you settle.
- Immediately shift your weight onto your left leg and deliver a right looping downward round- house kick (utilizing the right instep) to compliment the angle of the thigh and strike the top of opponent's left calf in back of the knee.
- Right front crossover and cover out to 4 o'clock.

SHIELDING HAMMER (front hooking left punch)

- Standing naturally with feet together, step back with your left foot to 6 o'clock into a right neutral bow as you deliver a right extended outward block to the inside of opponent's left hooking punch at his forearm as your left hand guards your right ribcage.
- Immediately deliver a right inward raking back knuckle strike to opponent's bridge of nose.
- Shuffle forward while continuing the counter clockwise motion of your right hand and follow-up with a right horizontal dipping outward elbow strike to opponent's solar plexus as your left hand checks high for a possible heel palm and claw to opponent's face.

STRIKING SERPENT'S HEAD (front bear hug-arms free)

- Drop back with your right foot (to 6 o'clock) into a left neutral bow. Simultaneously hook your left hand around and back of opponent's head so that your left knuckle or left inner wrist bone strikes to opponent's left temple or mastoid while your right hand cocks into a half fist at chest level.
- Immediately have your left hand grab and pull opponent's hair back (above the forehead) as you shift into a left forward bow (toward 12 o'clock) and execute a thrusting half fist to opponent's throat, immediately returning to your left neutral bow after the half fist strike.

LOCKED WING (hammerlock)

- With opponent locking your right arm, step back and to your right (between 4 and 5 o'clock) with your left foot into a right neutral bow (with your head still looking forward to 12 o'clock) as your right hand counter grabs your opponent's right wrist. (Try to place your left leg inside and against opponent's right leg.)
- Immediately pivot your entire body counter clockwise into a left neutral bow (facing 6 o'clock) or horse depending on circumstances, as you deliver a left back horizontal elbow strike to opponent's jaw.
- Circle your left arm over and under opponent's right elbow as you pivot to your right (toward 10 o'clock) in a modified horse.
- While still applying pressure on opponent's left elbow, drop back with your right foot (between 4 and 5 o'clock) and form a left forward bow.
- Immediately release your right hand as you deliver a right knee kick to opponent's chest with a right overhead heel of palm strike to the back of opponent's neck thus causing a sandwiching effect.
- Follow through by stepping forward toward 11 o'clock with your right foot into a fighting stance.

OBSCURE WING (flank left hand shoulder grab)

- With feet together and opponent's left hand grabbing your right shoulder, step to your right (to 3 o'clock) with your right foot as you drop into a horse. Simultaneously deliver a right back elbow to opponent's solar plexus as your left hand pins and checks opponent's left hand to your right shoulder.
- Deliver a right back hammer fist down to opponent's groin and follow-up with a right hand grab to opponent's testicles.
- Immediately follow-up with a right snapping obscure elbow strike to opponent's chin; making sure that your right arm follows the contour of your opponent's body.

REVERSING MACE (front straight left punch)

- From a right neutral bow, slide your left foot counter clockwise to 5 o'clock; simultaneously use a right inward and left vertical outward block outside of opponent's left punch. Without any loss of motion, the right inward block continues and becomes a right horizontal outward back knuckle as it strikes to opponent's left ribcage.
- Immediately shift your weight onto your left leg and deliver a right looping downward round- house kick to back of opponent's left knee complimenting the angle of your opponent's thigh. (As this kick is executed, kick with the instep of your right foot and make sure that your right ankle is locked straight out.)
- Right front crossover and cover out to 4 o'clock.

THRUSTING PRONGS (front bear hug-arms pinned)

- Step back with your right foot (to 6 o'clock) into a left modified forward bow, having only your right foot move back and not the upper body. Simultaneously thrust both of your thumbs (keeping thumbs together) up and to opponent's groin.
- Strike opponent's groin with your right knee as your left hand circles over and on top of opponent's right arm (forming the shape of the crane) and pins (with the assistance of your anchored left elbow) your opponent's right arm down, while cocking your right hand to your right hip.
- With knee in groin, immediately deliver a right knife-edge kick (to 2 o'clock) to the inside of opponent's left shin.
- Scrape opponent's shin with your right foot and convert the scrape into a right stomp to opponent's right instep while simultaneously delivering a right inward horizontal elbow strike to right side of opponent's face or ribs (depending on the size of your opponent).

TWISTED TWIG (front wrist lock)

- With feet together and both hands of opponent applying a wrist lock on your right wrist, step forward and to your left (to 11 o'clock) with your right foot into a right neutral bow as you deliver a right upward elbow strike to your opponent's solar plexus and/or jaw. Your left hand is placed on top of opponent's right wrist for purposes of checking.
- Pivot counter clockwise into a horse as you deliver a right outward elbow strike (palm up) to opponent's solar plexus.
- Follow-up with a right downward hammer fist to opponent's groin as you shift into a right reverse bow. Have your left hand check at shoulder height.

OBSCURE SWORD (flank left hand shoulder grab)

- With feet together, step directly forward (to 12 o'clock) with your left foot into a left neutral bow facing straight ahead with your right handsword cocked to your heart (palm up) simultaneously pin opponent's right hand with your left hand to your right shoulder.
- Immediately pivot to 5 o'clock into a right forward bow while delivering a right outward handsword to opponent's throat.
- Deliver a left kick to opponent's groin and plant your left foot back to your former position with your hands in fighting position.

RAINING CLAW (front uppercut right punch)

- Standing naturally with feet together, step back to 6 o clock with your left foot (into a right neutral bow) and deliver a right downward inward block to right forearm of opponent's uppercut. Your left hand is guarding high to protect your head area.
- Immediately shoot a left overhead claw to opponent's face while your right elbow stays close to your body.
- Have your right fist circle clockwise and execute a right vertical back knuckle thrust to opponent's face while shuffling forward with your left hand checking low.

CRASHING WINGS (rear bear hug - arms free)

- 1. Step to your right (to 3 o'clock) with your right foot and drop into a horse. Simultaneously strike down with both of your elbows against opponent's forearms (after having raised your elbows).
- 2. Have your left foot meet your right foot (close cat) as your left and right arms cock to the right side of your waist (right palm up and left palm facing you).
- 3. Have your left foot then go around and behind opponent's left leg (to 7 o'clock) and into a left reverse bow.
- 4. Pivot to your left and deliver a left outward elbow strike (palm down) to opponent's jaw (while in a left neutral bow) and a right hammer fist to opponent's groin (while in a left forward bow) as your left hand cocks to your left hip.