

## PINAN 5 -- FORMATTED APPLICATIONS AS TAUGHT BY MASTER NGO DONG

Formatted kata applications represent a new level of Cuong Nhu development. To create the formatted applications, Master Dong has introduced techniques and principles from Vovinam and Wing Chun to hard-style kata derived from Shotokan. Vovinam uses multiple-person forms to develop realistic timing, distancing and precision; Wing Chun gives us sticky hands, trapping hands, centerline theory and efficiency of motion.

The basic principle behind formatted kata applications is this: When defending against a larger opponent, it's best to fight in close. When the Attacker moves, you take control of the fight immediately, hitting immediately as you redirect Attacker's force, moving in, fighting from the centerline, trapping Attacker's limbs while delivering an overwhelming counterattack.

### UNDERLYING PRINCIPLES TO REMEMBER --

- \* Emphasis on Close-Fighting
- \* Hit While Blocking or Use Blocks That Hit
- \* Use Trapping Hands
- \* Use Sticky Hands -- "Magnetic Principle" -- maintain contact with Attacker's limb after a block, then trap. More contact means more control.
- \* Recycle the Attacker -- Throw injured Attackers to block the approach of new Attackers. Use the Attacker as a shield. If one Attacker accidentally hurts his/her friend, it can give you a psychological edge.

### MAKE THE APPLICATIONS REALISTIC BY DEVELOPING --

- \* Constant Flow of Motion -- Overwhelm the Attacker once the fight starts.
- \* Proper Timing, Distancing and Precision -- Leads to realistic speed, quick reactions.
- \* Intense Expression -- Now you see real opponents and their vital points.

### REMEMBER,

- \* When in Doubt, Look At the Kata.
- \* The kata techniques can be used against different types of attack. Also, size and position of Attacker can dictate the use of one technique instead of another. These applications introduce principles and techniques that should be adaptable.
- \* Defender always faces North at beginning and end of form.
- \* Control Attacker's arm above the elbow, leg above the knee.

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SALUTE -- Defender faces North.

OPENING TO THE LEFT --

1. FROM NATURAL STANCE, LEFT FOOT STEPS WEST TO LEFT BACK STANCE WITH LEFT INNER MIDDLE BLOCK -- Defender faces North, then West.

\* Application -- Attacker approaches from West, grabs Defender's left wrist with right hand and simultaneously launches Left Punch to Defender's face. Defender steps left foot to the West to Left Back Stance, stomping Attacker's lead foot while performing Left Inner Middle Block with captured arm, blocking Attacker's punch from the outside. Attacker's right arm is crossed over Attacker's left by this action, and Defender's left elbow traps both arms as Defender's left fist delivers Left Vertical Backhand Strike to Attacker's nose.

2. SHIFT TO LEFT FORWARD STANCE WITH RIGHT REVERSE PUNCH -- Defender faces West.

\* Application -- Sealing the trap with left hand, Defender shifts to Left Forward Stance and slams Right Reverse Punch into Attacker's left ribs.

3. RIGHT FOOT SLIDES TO WEST TO MEET LEFT IN ATTENTION STANCE FACING NORTH, WITH LEFT HOOK PUNCH TO THE EAST -- Defender faces West, then North

\* Application -- Defender pops a Left Outer Chop to Attacker's right carotid artery and then left outer forearm overhooks back of Attacker's neck. As Defender's right foot slides West to the left foot to Attention Stance, Defender's left forearm pulls Attacker's head downward into Right Hook Punch in a Mortar & Pestle action.

OPENING TO THE RIGHT --

1. RIGHT FOOT STEPS EAST TO RIGHT BACK STANCE WITH RIGHT INNER MIDDLE BLOCK -- Defender faces North, then East.

\* Application -- Attacker approaches from the East with Right Punch to Defender's face. Defender steps right foot to the East to Right Back Stance, stomping Attacker's lead foot while delivering Right Inner Middle Block to block punch from the outside, instantly grabbing Attacker's right wrist with the right hand.

2. RIGHT FOOT SHIFTS TO RIGHT FORWARD STANCE WITH LEFT REVERSE PUNCH -- Defender faces East.

\* Application -- Attacker follows up with Left Punch to Defender's face and Defender shifts to Right Forward Stance, pulling Attacker's captured right arm upward and across Attacker's

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chest to jam punch. Simultaneously, Defender slams Left Reverse Punch into Attacker's solar plexus.

3. LEFT FOOT SLIDES EAST TO JOIN RIGHT FOOT IN ATTENTION STANCE FACING NORTH, WITH RIGHT HOOK PUNCH TO THE WEST -- Defender faces East, then North.

\* Application -- Defender delivers Right Outer Chop to the back of Attacker's neck and pulls Attacker's head downward, pressing right outer forearm against back of Attacker's neck. As Defender's left foot slides East to meet right foot in Attention Stance facing North, Defender delivers Left Hook Punch to Attacker's head in a Mortar & Pestle action.

STEP RIGHT FOOT NORTH TO RIGHT BACK STANCE WITH RIGHT REINFORCED INNER MIDDLE BLOCK -- Defender faces North.

\* Application -- To break neck of previous Attacker, Defender steps right foot to Right Back Stance and twists Attacker's head sharply clockwise. Recycle Attacker by throwing him/her at New Attacker, who approaches from the North with an attempted Front Snap Kick, which is jammed.

STEP LEFT FOOT NORTH TO LEFT FORWARD STANCE WITH CLOSED-HAND LOWER X BLOCK, OPEN-HAND RISING X BLOCK -- Defender faces North.

\* Application -- Attacker starts to launch Right Front Snap Kick. Defender steps left foot forward to Left Forward Stance and jams kick slightly above the knee with Lower X Block. Instantly, Defender's left hand snakes behind Attacker's right knee from the inside and both hands lift leg up and backward in an arc, pulling Attacker off-balance. Attacker attempts to launch Right Vertical Chop to Defender's head, but Attacker falls backward, neutralizing the chop.

\*\*\*\*\* Variation -- Same sequence as above may be performed with Left Front Snap Kick.

\*\*\*\*\* Variation -- If Attacker is heavy, he may be pulled off-balance if his kicking leg is siezed at the knee and pulled forward while his foot is twisted inward.

\*\*\*\*\* Variation -- If Attacker is too heavy to throw, Defender blocks Right Vertical Chop with Open-Hand Rising X-Block.

STEP RIGHT FOOT NORTH TO RIGHT FORWARD STANCE WITH RIGHT LUNGE PUNCH -- Defender faces North.

\* As Application -- Attacker from previous sequence falls backward to sitting position, Defender steps forward to Right Forward Stance with Right Lunge Punch, hitting Attacker in the face.

\*\*\*\*\* Variation -- If Defender blocks Right Vertical Chop in

previous sequence, grab inside of Attacker's right wrist with the left hand and as Attacker tries to step back, follow in with Right Forward Stance and Right Lunge Punch to Attacker's solar plexus, ribs or face.

\*\*\*\*\* Variation -- If Attacker throws Left Punch at the last instant, Defender's right forearm can deflect it from the outside, just as right fist strikes the target.

TURN SOUTH WITH RIGHT CRESCENT KICK INTO RIGHT SIDE STANCE FACING SOUTH, WITH RIGHT LOWER BLOCK -- Defender faces North, then South.

\* Application -- New Attacker approaches from the South with Left Front Snap Kick to kidneys and Left Punch to face, so Defender delivers Right Crescent Kick to block outside of Attacker's knee, and simultaneous Right Vertical Forearm Block to deflect punch from the outside. Defender's left hand siezes Attacker's right wrist and pulls forward (North) and downward. Defender's right foot can stamp Attacker's right instep or knee as Defender reaches Right Side Stance, and Defender lands with Right Lower Block, which strikes Attacker's groin.

LEFT HORIZONTAL BACKHAND BLOCK, RIGHT CRESCENT KICK TO LEFT PALM, LAND IN RIGHT SIDE STANCE FACING NORTH WITH RIGHT ROUNDHOUSE ELBOW STRIKE TO LEFT PALM, STEP LEFT FOOT NORTH TO RIGHT X-STANCE WITH RIGHT REINFORCED INNER MIDDLE BLOCK, STEP LEFT FOOT SOUTH TO LEFT BACK STANCE WITH RIGHT REINFORCED UPPERCUT PUNCH -- Defender faces North.

\* Application -- Attacker approaches from the North with Right Punch to Defender's face. Defender performs Left Horizontal Backhand Block to block punch from the inside, immediately grabbing Attacker's right wrist from the inside. Attacker throws Left Punch to Defender's face and Defender blocks from the outside with Right Crescent Kick, which strikes Attacker's left elbow and causes Attacker's left arm to cross over the top of Attacker's right arm. Defender's right foot then stomps the back of Attacker's left knee as Defender slams Right Roundhouse Elbow Strike into Attacker's left temple. Defender maintains grip on Attacker's right wrist with left hand, and pulls Attacker's right forearm upward on the outside of left arm, to further trap. Defender throws Right Inner Hammerfist Strike to Attacker's right jaw, then finishes with Right Uppercut Punch to throat or chin.

\*\*\*\*\* Variation -- If Attacker does not throw a Left Punch, Defender can use Right Crescent Kick against Attacker's left kidney.

\*\*\*\*\* Variation -- Attacker can begin with Left Punch, so Defender blocks from the outside with Left Horizontal Backhand Block, siezes left wrist and then does Right Crescent Kick to left elbow (if Attacker is heavy) or back of left knee (if Attacker is lighter) or head (if Attacker is very light).

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JUMP TO THE SOUTH, LAND IN RIGHT X STANCE WITH CLOSED-HAND LOWER X BLOCK, STEP RIGHT FOOT SOUTH TO RIGHT FORWARD STANCE WITH RIGHT REINFORCED INNER MIDDLE BLOCK -- Defender faces South.

\* Application -- Attacker approaches from the South with attempted Bo Sweep at knee level, from Left to Right (from Defender's point-of-view). Defender jumps over bo as it passes beneath, landing behind bo and jamming/striking Attacker's hands with the closed fists of the Lower X Block. Immediately, Defender grabs bo with both hands and performs Right Reinforced Inner Middle Block, causing butt end of bo to hit Attacker in the neck.

\*\*\*\*\* Variation -- If Attacker swings Right to Left (from Defender's point-of-view), jump in behind bo, sieze bo with both hands and swing long end up across Attacker's neck to perform Over-The-Neck Takedown.

\*\*\*\*\* Notes on Bo -- Defender should not rise up in Forward Stance for the counterstrikes/throws. Stay low.

For Over-The-Neck Takedown, if Defender tries to swing the bo one way and Attacker resists, reverse direction immediately. Don't struggle for the bo.

Two Useful Ways To Regrab Bo -- A. Defender can place one hand between Attacker's hands, and one hand close to the center of the bo -- this provides more leverage. B. Defender can grab Attacker's thumbs and peel them away, performing Bent Wrist technique.

LEFT FOOT RETURNS BEHIND 180 DEGREES TO LEFT FORWARD STANCE WITH LEFT HIGH SWEEPING BLOCK AND RIGHT LOW PALM-HEEL STRIKE -- Defender faces North.

\* Application -- Attacker approaches from the North with Right Punch. Defender slides left foot North and redirects punch from the outside with Left Sweeping Block, siezing Attacker's right wrist immediately. Simultaneously, Defender's right hand performs Right Low Palm Heel Strike (palm-up) to Attacker's groin.

SHIFT TO LEFT BACK STANCE WITH LEFT EXTENDED HIGH/LOW BLOCK -- Defender faces North.

\* Application -- Attacker throws Left Punch, so Defender maintains grip on Attacker's right wrist and pushes Attacker's right arm across Attacker's chest, jamming Left Punch. Simultaneously, Defender's right hand slides down to the inside of Attacker's right knee, hooking the back of knee. In a continuous motion, Defender pulls Attacker's right knee up and forward with right hand while pushing Attacker's arms backward and downward with left hand, throwing Attacker backward.

SPIN 180 DEGREES TO ATTENTION STANCE WITH RIGHT LOWER BLOCK, STEP NORTH TO RIGHT FORWARD STANCE WITH RIGHT HIGH SWEEPING BLOCK AND

LEFT LOW PALM-HEEL STRIKE -- Defender faces North.

\* Application -- Attacker approaches from the North with Left Front Snap Kick and Defender spins counterclockwise, deflecting the kick from the inside with Right Lower Block. Attacker lands in Left Forward Stance and launches Left Punch to Defender's face. Defender slides to Right Forward Stance and deflects punch from the outside with Right High Sweeping Block, simultaneously delivering Left Palm Heel to Attacker's left ribs.

SHIFT TO RIGHT BACK STANCE WITH RIGHT EXTENDED HIGH/LOW BLOCK -- Defender faces North.

\* Application -- Defender's right hand performs Right Outer Chop to back of Attacker's neck, immediately overhooking back of Attacker's neck, pulling Attacker's head downward and forward to collide with either Defender's right knee or Attacker's own left knee.

SALUTE -- Defender faces North.

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## PINAN 2 -- FORMATTED APPLICATIONS AS TAUGHT BY MASTER NGO DONG

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### REMEMBER,

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\* The kata techniques can be used against different types of attack. Also, size and position of Attacker can dictate the use of one technique instead of another. These applications introduce principles and techniques that should be adaptable.

\* Defender always faces North at beginning and end of form.

\* When "New Attacker" from one sequence appears in another sequence, that person becomes "Attacker."

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## PINAN 2 FORMATTED APPLICATIONS

SALUTE -- Defender faces North.

### OPENING TO THE LEFT

1. FROM NATURAL STANCE, LEFT FOOT STEPS WEST TO LEFT BACK STANCE, WITH RIGHT RISING BLOCK AND LEFT VERTICAL FOREARM BLOCK -- Defender faces North, then West.

\* Application -- Attacker steps in from the West with Right Punch to Defender's face. Defender steps left leg to the West to Left Back Stance, stomping Attacker's lead foot and pinning left knee against Attacker's lead knee. Simultaneously, Defender delivers Right Rising Block to block punch upward and sieze Attacker's right wrist, as Defender's left hand smashes a Left Vertical Backhand Strike to Attacker's nose.

2. FROM LEFT BACK STANCE, SIMULTANEOUS RIGHT HORIZONTAL OUTER HAMMER FIST STRIKE AND LEFT OUTER BLOCK -- Defender faces West.

\* Application -- In same stance, Attacker then throws Left Punch at Defender's face. Defender's right hand pulls Attacker's captured right hand forward and downward. Simultaneously, Defender performs Left Vertical Backhand Block to redirect the Left Punch downward, initially making contact with back of Defender's hand on top of Attacker's left elbow. As Defender's left hand slides toward Attacker's left fist, Defender's left hand siezes Attacker's left wrist and pulls it downward and then upward in a clockwise direction, wrapping Attacker's left forearm outside the right elbow as Defender pulls back on captured right wrist for leverage to break Attacker's right arm.

\*\*\*\*\* Note -- Defender's left hand does not change positions before grabbing. The hand is initially palm-up, but when Attacker's left arm is redirected downward to about six o'clock, the grab is made by Defender's left thumb wrapping around the thumb side of Attacker's wrist as Defender's left fingers wrap on the "pinkie" side of Attacker's wrist.

3. LEFT FOOT SLIDES WEST TO ACHIEVE LEFT SIDE STANCE, WITH LEFT HORIZONTAL BACKHAND STRIKE -- Defender faces West.

\* Application -- Sliding in close to Attacker with short Left Side Stance, Defender maintains trap on both arms with right hand and delivers Left Horizontal Backhand Strike to Attacker's right temple or right jaw.

### OPENING TO THE RIGHT

1. FROM LEFT SIDE STANCE FACING WEST, SHIFT WEIGHT TO RIGHT BACK STANCE FACING EAST, WITH LEFT RISING BLOCK AND RIGHT VERTICAL

FOREARM BLOCK -- Defender faces West, then East.

\* Application -- Attacker steps in from the East with Right Punch to Defender's head. Defender steps right foot to the East to Right Back Stance, stomping Attacker's lead foot and checking the lead knee. Simultaneously, Defender performs Left Rising Block and immediately siezes Attacker's right wrist with the left hand, breaking Attacker's right elbow with Right Inner Forearm Strike.

2. FROM RIGHT BACK STANCE, SIMULTANEOUS LEFT HORIZONTAL OUTER HAMMER FIST STRIKE AND RIGHT OUTER BLOCK -- Defender faces East.

\* Application -- In same stance, Attacker throws Left Punch to Defender's face. Defender maintains grip on Attacker's right wrist with left hand and pulls downward and outward, simultaneously using (Defender's) right elbow to perform Bong Sau (Wing Chun elbow block), which intercepts Attacker's Left Punch from the outside, guiding Attacker's left arm over the captured right arm.

3. RIGHT FOOT SLIDES EAST TO ACHIEVE RIGHT SIDE STANCE, WITH RIGHT HORIZONTAL BACKHAND STRIKE -- Defender faces East.

\* Application -- In same stance, Defender bends Attacker's gripped right arm upward from the elbow to trap Attacker's left arm against Attacker's own chest. Defender slides in close to Attacker with short Right Side Stance and Right Horizontal Backhand Strike to Attacker's nose, or left jaw, or left temple.

LEFT FOOT HOPS EAST TO ACHIEVE RIGHT KICKING STANCE FACING EAST, WITH BOTH FISTS SET UP AT LEFT HIP -- Defender faces East.

\* Application -- Just after delivering Right Backhand Strike, Defender performs a quick Right Outer Chop to the back of same Attacker's neck and then wraps the outer edge of the forearm around the back of Attacker's neck, pulling Attacker's head down to Left Uppercut Punch to left temple in a Mortar & Pestle action. Simultaneously, Defender hops to Right Kicking Stance facing East, delivering Right Upward Knee Kick to Attacker's solar plexus as Defender's right foot simultaneously performs a Right Crescent Kick against the inside/back of Attacker's right knee. Attacker drops.

FROM RIGHT KICKING STANCE, RIGHT SIDE THRUST KICK AND RIGHT HORIZONTAL BACKHAND STRIKE TO THE SOUTH. LAND IN LEFT BACK STANCE FACING NORTH WITH SECOND-METHOD LEFT KNIFEHAND BLOCK -- Defender faces South, then North.

\* Application -- Attacker appears to the South, with Left Side Thrust Kick to Defender's right ribs. Defender redirects side kick from the inside with Right Lower Block, then circles right hand upward in a counterclockwise direction (counterclockwise from Defender's point-of-view) to sieze Attacker's left ankle or pants cuff, pulling the leg forward and down, in front of Defender. Simultaneously, Defender launches a Right Side Snap Kick to Attacker's groin. Defender continues pulling captured ankle/cuff,

and as Attacker falls forward, Defender performs simultaneous Left Inner Chop to back of Attacker's neck and Right Horizontal Spearhand Thrust (palm-up) to Attacker's right ribs.

RIGHT FOOT STEPS NORTH TO RIGHT BACK STANCE, WITH RIGHT KNIFEHAND BLOCK -- Defender faces North.

\* Application -- Attacker enters with Front Snap Kick, so Defender pushes battered previous Attacker forward (North) with the left hand by doing the set-up for a Right Knifehand Block as Defender begins stepping right foot North to Right Back Stance. Attacker then throws Right Punch to Defender's face and Defender launches Right Knifehand Block, which simultaneously blocks Attacker's punch from the outside with the elbow and forearm and delivers Right Finger Jab to Attacker's eyes. Defender's right hand immediately siezes Attacker's right wrist, pulling Attacker off-balance to the front (South).

LEFT FOOT STEPS NORTH TO LEFT BACK STANCE, WITH LEFT KNIFEHAND BLOCK. THEN RIGHT FOOT STEPS NORTH TO RIGHT FORWARD STANCE, WITH RIGHT VERTICAL SPEARHAND THRUST TO MID-LEVEL -- Defender faces North.

\* Application -- Defender steps forward (North) to Left Back Stance as Attacker attempts Left Punch to the face, but Defender's Left Knifehand Block is too quick, intercepting Attacker's punch with the forearm while Defender's left hand simultaneously delivers a Left Finger Jab to Attacker's eyes, or a Left Inner Chop to Attacker's left carotid artery or windpipe. Attacker's left arm is now wrapped crossed over his/her right arm, which is still held by Defender's right hand. Defender's left hand maintains the trap on both elbows, pushing Attacker back (North) as Defender steps to Right Forward Stance to deliver Right Vertical Spearhand Thrust to Attacker's solar plexus.

LEFT FOOT TURNS 270 DEGREES TO LEFT BACK STANCE FACING EAST, WITH SECOND-METHOD LEFT KNIFEHAND BLOCK. THEN RIGHT FOOT STEPS SOUTHEAST TO RIGHT BACK STANCE FACING SOUTHEAST, WITH RIGHT KNIFEHAND BLOCK -- Defender faces North, then East, then Southeast.

\* Application -- To finish Attacker from previous sequence, Defender slams Double Palm Strikes to Attacker's ears to burst eardrums, then grabs Attacker's head and twists it counterclockwise (counterclockwise from Defender's point-of-view) to break neck as Defender turns 270 degrees to face East. As Defender hits Left Back Stance, recycle Attacker by hurling him/her backwards at New Attacker approaching from the East, jamming New Attacker's attempted Front Snap Kick. New Attacker enters with Right Punch to Defender's face. Defender steps Southeast with Right Back Stance and Right Knifehand Block, which simultaneously blocks punch from the outside with the forearm and elbow, and delivers Right Inner Chop to New Attacker's right carotid artery and then Right Finger Jab to New Attacker's eyes.

RIGHT FOOT STEPS WEST IN A 135-DEGREE TURN TO RIGHT BACK STANCE FACING WEST, WITH SECOND-METHOD RIGHT KNIFEHAND BLOCK. THEN LEFT FOOT STEPS SOUTHWEST TO LEFT BACK STANCE FACING SOUTHWEST, WITH LEFT KNIFEHAND BLOCK -- Defender faces Southeast, then West, then Southwest.

\* Application -- To recycle Attacker from previous sequence, Defender uses right hand to grab Attacker's lapels or overhook back of Attacker's neck, then turns 135 degrees to face West, throwing Attacker downward, headfirst, to jam attempted Front Snap Kick from New Attacker, who approaches from the West. New Attacker enters with Left Punch and Defender steps left foot to the Southwest to Left Back Stance and Left Knifehand Block, which simultaneously blocks New Attacker's Left Punch from the outside with the forearm and elbow and delivers a Left Inner Chop to New Attacker's left carotid artery and Left Finger Jab to New Attacker's eyes.

LEFT FOOT SLIDES SOUTHEAST TO LEFT FORWARD STANCE FACING SOUTH, WITH RIGHT INNER MIDDLE BLOCK. THEN RIGHT FRONT SNAP KICK, LAND IN RIGHT FORWARD STANCE WITH LEFT REVERSE PUNCH -- Defender faces Southwest, then South.

\* Application -- To finish Attacker from previous sequence, Defender overhooks back of Attacker's neck with left hand and pulls Attacker's head forward as Defender shifts stance 45 degrees to the left to face South in Left Forward Stance. Simultaneous with the shift, Defender's right hand swings up from below in a clockwise circle, delivering a Right Inner Middle Block to Attacker's right jaw, to break neck. New Attacker approaches from the South with an attempted Front Snap Kick and Defender uses right hand to push semiconscious Attacker into New Attacker to jam kick. Defender launches a Right Front Snap Kick to New Attacker's groin, following up with Left Reverse Punch to New Attacker's solar plexus.

FROM RIGHT FORWARD STANCE, LEFT INNER MIDDLE BLOCK. THEN LEFT FRONT SNAP KICK, LAND IN LEFT FORWARD STANCE WITH RIGHT REVERSE PUNCH -- Defender faces South.

\* Application -- Same Attacker as previous throws a Right Punch from same stance, so Defender blocks from the inside with Left Inner Middle Block, immediately siezes Attacker's right wrist with left hand, and delivers Left Front Snap Kick to Attacker's groin, following up with Right Reverse Punch to Attacker's solar plexus.

RIGHT FOOT STEPS SOUTH TO RIGHT FORWARD STANCE WITH RIGHT REINFORCED INNER MIDDLE BLOCK -- Defender faces South.

\* Application -- Attacker approaches from the South and launches Left Front Snap Kick at Defender's groin. Defender steps forward and to the right to avoid kick, simultaneously delivering a Right Reinforced Inner Middle Block to intercept and catch the kick from the outside. The set-up for the block initially sweeps the kick outward and upward in a clockwise circle (clockwise from

Defender's point-of-view), and Defender's hands instantly sieze Defender's ankle or pants-cuff and then pitch Attacker's left leg up toward Attacker's right shoulder in a clockwise motion as the block is completed. Attacker topples over backwards, falling toward the Southwest, at Defender's right.

\*\*\*\*\* Variation of the Above -- Attacker enters with Right Front Snap Kick, and Defender catches from the inside with Right Reinforced Inner Middle Block, snaking left arm behind Attacker's knee from the inside while right hand holds Attacker's right ankle, causing Attacker to have to flip hips over to maintain balance. Defender continues blocking motion and throws Attacker down, to the Southwest.

LEFT FOOT TURNS 270 DEGREES TO LEFT FORWARD STANCE FACING WEST WITH LEFT LOWER BLOCK, LEFT RISING BLOCK. RIGHT FOOT STEPS NORTHWEST TO RIGHT FORWARD STANCE FACING NORTHWEST, WITH RIGHT RISING BLOCK -  
- Defender faces South, then West, then Northwest.

\* Application -- To finish Attacker from previous sequence, Defender turns 270 degrees to the West (the left) and smashes Attacker's right temple with Left Lower Block as Attacker hits the ground. New Attacker approaches from the West with Right Punch to Defender's face. Defender delivers Left Rising Block and instantly siezes Attacker's right wrist from the inside with the left hand. Attacker then launches Left Punch, but Defender steps in with right foot at a 45-degree angle (Northwest) with a Right Rising Block, which intercepts Left Punch from the inside with Defender's elbow as Defender's right outer forearm simultaneously smashes into Attacker's windpipe.

RIGHT FOOT TURNS 135 DEGREES TO RIGHT FORWARD STANCE FACING EAST, WITH RIGHT LOWER BLOCK, RIGHT RISING BLOCK. LEFT FOOT STEPS NORTHEAST TO LEFT FORWARD STANCE FACING NORTHEAST, WITH LEFT RISING BLOCK -- Defender faces Northwest, then East, then Northeast.

\* Application -- To recycle previous Attacker, Defender overhooks back of neck with with right hand and pulls downward and forward while turning 135 degrees to face East, hurling previous Attacker's body down to jam Front Snap Kick from New Attacker, who approaches from the East. New Attacker throws Left Punch to Defender's face and Defender responds with Right Rising Block and instantly siezes Attacker's left wrist with right hand from the inside. Attacker throws Right Punch at Defender's face and Defender steps in at a 45-degree angle to the Northeast, intercepting the punch with a Left Rising Block. As in the previous Application, the Rising Block is delivered very fast so that Defender's left elbow intercepts the punch from the inside while left outer forearm slams into Attacker's windpipe.

\*\*\*\*\* Advanced Variation of the Above -- New Attacker initially throws a Right Punch, which Defender blocks from the outside with Right Rising Block, siezing Attacker's right wrist from the outside. Then Attacker launches Left Punch and Defender uses Left

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Rising Block and stance change to drive Attacker's left arm upward into Attacker's own right arm, breaking both arms at the elbow while simultaneously delivering a Left Horizontal Outer Forearm Strike to the Attacker's windpipe.

LEFT FOOT STEPS SOUTHWEST TO NATURAL STANCE FACING NORTH -- Defender faces North.

\* Application -- Before Defender steps the left foot back to Natural Stance, left hand overhooks the back of Attacker's neck and pulls Attacker's head forward and down into Defender's left knee, then Defender's left foot steps back to Natural Stance facing North.

SALUTE -- Defender faces North.

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