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## Adult Phase 1.2

A.

### **Raining Claw - Attack-Right upper cut**

Defense-Left leg steps back while executing a right inward/downward block. Left downward palm strike to face. Right rolling back fist to face.

### **Obscure Wing- Attack- Right shoulder grab from behind**

Defense-Left hand pins hand as right foot steps to 4:00. Right elbow to solar plexus. Right hammer fist to groin. Right upward elbow to opponent's chin.

### **Thrusting Salute- Attack-Right front kick**

Defense-Right leg step back to 4:00 into left neutral bow with a left downward block. Right advancing front kick to groin. Land with a right heel palm to the face.

### **Striking Serpent's Head- Attack- Front bear hug (arms free)**

Defense- Step back with right foot with a left reverse back fist or oxbow to back of neck/head. Left hand grabs and pulls head back with a right half-fist to the throat.

B.

### **Crossing Talon- Attack- Right cross wrist grab**

Defense- Counter grab opponent's wrist with your right hand. Left foot steps to 12:00 with left arm bar above opponent's elbow. Left outward elbow to head, left overhead elbow to spine. Finish with a right knee strike to face.

### **Lone Kimono- Attack- Right lapel grab**

Defense- Step back with left foot as left hand pins and right hand fires an upward forearm strike to opponent's elbow. Right inward/downward block to clear his hand off shirt. Right knife hand to the neck.

### **Gift of Destruction- Attack-Handshake (His left punch as secondary attack)**

Defense- Pull on his hand as you hop on left leg toward 11:00 with a left hand inward heel palm to his elbow and a right knee to the groin. Plant right foot forward with a right inward elbow to the face.

### **Shielding Hammer- Attack- Left hook punch**

Defense-Step back with left foot with a right extended outward block. Step-drag forward with a right hammer fist to opponent's jaw. Right outward elbow to the solar plexus.

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### C.

#### **Grip of Death- Attack- Headlock front left side**

Defense-Right foot steps to 1:00 into closed kneel stance. Right hammer fist to groin with a left hammer fist to kidney. Left hand grabs and pulls head back. Pivot toward 7:00 into forward bow with a right heel palm to the face, driving him to the ground.

#### **Clutching Feathers- Attack- Front left hand hair grab**

Defense-Step back with left leg and pin hand down with a right middle knuckle strike to opponent's armpit. Right extended outward block with left palm strike to the face. Finish with a right hammer fist to the jaw.

#### **Snapping Twig- Attack- Left hand shirt grab**

Defense-Left foot back with left hand grab to his hand and right heel palm to elbow. Right crane hook down/out to clear the grab with a left heel palm to the face. Right inward hammer fist to his face followed by a right inward elbow to the head.

#### **Scraping Hoof- Attack- Attempted full nelson**

Defense-Left foot steps to 9:00 horse stance with elbows driving downward. Left foot slides in with a rear head butt to the face as your arms pull down on his hands. Pivot to 2:00 with a right scoop kick to left knee, right side kick to right knee, scrape your foot down his shin until you stomp on his foot/ankle. If he is still standing, repeat left side.