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Adult Phase 1.3

A.

Circling Wing- Attack- Right grab to right shoulder from behind

Defense-Left foot steps to 1:00 with a left hand pin to his hand. As you pivot to face him, raise your right arm high and drop it on top of his arm, pinning it into your arm pit. Slide your right hand down to his wrist to pull him into a left palm strike to his face. Left hand crane hook to the inside of his bicep, opening his center line. Right rising elbow to his chin, followed by a right hammer fist to his groin.

Locked Wing- Attack- Right rear hammerlock to your right hand

Defense- Left foot steps back to 6:00 with right a right counter grab to his wrist and a left elbow to his head. Left arm wraps around his arm as you pivot toward 10:00, locking his elbow into your over hook. Step back with your right foot towards 4:00 and pivot clockwise, dragging him with you. Pivot counter clockwise to face him and drive a right knee strike into his stomach. Land towards him and drop a right overhead elbow to his back.

Crashing Wings- Attack- Rear bear hug with your arms free

Defense- Right foot steps toward 3:00 into horse stance as your elbows drop onto his forearms. Grab both of his hands. Left c-step behind his right leg and settle into a close kneel stance, checking his right knee. Pivot counter clockwise towards opponent with a left outward elbow to his head. Immediately fire a right hammer fist to his chest, knocking him over.

Crushing Hammer- Attack- Rear bear hug with your arms pinned

Defense- Left foot steps toward 9:00 into horse stance with left hand pinning his hands and a right hammer fist to the groin. Right c-step behind his left leg into close kneel stance, checking his left knee. Pivot clockwise to face him with a right rising elbow to his chin followed by left heel palm strike under his chin to knock him down.

B.

Obstructing the Storm- Attack- Right overhead club swing

Defense – Left step drag to 11:00 with a right hand over left “x” block. Right hand slides down to his wrist while left forearm goes to his elbow to create an arm bar. Left foot steps toward 1:00 as you arm bar him, bending him over. Finish with a right knee strike to his face.

Five Swords- Attack-Right hook punch

Defense-Right foot steps forward to 1:00 to a right neutral bow with a right inward block. Right outward knife hand to his neck. Without loss of motion, left hand heel palm to his face as your right hand cocks to your hip. Right inverted punch to ribs as your left hand checks high (in front of your face). Left foot crosses to 4:00 with left outward knife hand to neck, cocking your right hand high. Right knife hand to his neck.

Obscure Sword- Attack - Left grab to your right shoulder from behind.

Defense- Left foot steps toward 1:00 with left pin. Pivot towards him with a right outward hand sword to his neck. Left front kick (ball kick) to his groin or stomach.

Buckling Branch- Attack – Left front kick

Defense- Right foot steps back toward 4:00 with a left downward block. Right front snap kick to his groin, planting right foot towards 12:00 into a right front twist stance. Left side kick to opponents right knee, buckling him to the ground.

C.

Parting Wings- Attack- High two handed push

Defense- Right foot steps back towards 5:00 to left neutral bow with double outward knife hand blocks, parting his hands. Pivot to forward bow with right inverted thrusting chop to ribs. Pivot back to neutral bow with left outward chop to his throat. Pivot to forward bow with a right vertical punch to the chest.

Hooking Wings- Attack-Low two handed push

Defense- Left leg steps back to 7:00 as you pull your right leg to cat stance with double downward/outward crane hooks to his arms, pulling him down and toward you. Immediately snap a right front kick (ball kick) to his stomach. Land in right neutral bow with a right hammer fist across his face followed by downward back fist to the nose (these strikes should follow a figure 8 pattern). Upward elbows to his chin, followed by a right downward palm to his face.

Leaping Crane- Attack - Step through right punch

Defense- Left step drag toward 11:00 with a left inside parry to his wrist and a right inward knuckle rake across his right ribs. Chamber your right leg up to a crane stance and deliver a right side kick to the back of his right knee, buckling him to the floor. Plant your right foot towards 3:00 (behind him, in between his feet) and deliver a right backfist to his kidney. Without loss of motion, hit the right side of his head with a right sandwiching elbow strike.

Charging Ram- Attack - Front tackle

Defense- Left foot steps back towards 5:00 with a left heel palm to the left side of his face, steering him to his right. Pivot counter clockwise to horse stance with a right knife hand chop to the back of his neck, driving him to the floor. Right foot pulls to cat stance, facing downed opponent. Right front ball kick to his ribs, causing him to roll onto his side. Left front kick to his head.