

Set 7 Elbows

Opponent is in a cover right , stepping forward with a two knuckle.

1. (under) Step forward with right foot into a horse position while executing a right open-hand inward block.

Right arm executes an elbow strike to the ribs.

2. (over) Step forward with right foot into a horse position while executing a right open-hand inward block.

Right arm executes an elbow strike to the face.

3. (upward) Step forward with right foot into a horse position while executing a right open-hand inward block. Right arm executes an upward elbow strike to the chin.

4. (downward) Step forward with right foot into a horse position while executing a right open-hand inward block. Right arm executes a downward elbow strike to the face.

5. (block-pivot) Step forward with right foot into a horse position while executing a right open-hand inward block. Pivot right, execute a back elbow to the ribs.

6. (downward thigh) Step forward with right foot into a horse position while executing a right open-hand inward block. Downward strike to the top of the thigh.

Opponent is coming from behind, grabbing the defenders shoulders

7. (step back elbow) Step right foot back forcefully between attackers legs and execute a right back elbow strike to the ribs.

8. (overhand back elbow , heel) Step forward with the left foot, look back over right shoulder. Execute an overhand back elbow to the face then lift your right foot to execute a back heel kick to the groin.

9. (pivot groin-pivot face) quick pivot down to the left, left cross back elbow to the groin. Quick pivot upward to the right, right overhand back elbow to the face.

10. (elbow, groin) Step right foot back forcefully between attackers legs driving back. Drive both elbows back into the attackers ribs, striking straight down execute a double chop to the groin.