



#	Attack	Defence	Points Used	Basic Science of Technique
1	RH Punch	<ul style="list-style-type: none"> <li>· LH parry from the outside</li> <li>· RH latch wrist</li> <li>· LH arm bar</li> </ul>	SI-5, HT-7 LI-5, LU-9 TB-11	Fire Burns Metal
2	RH Punch	<ul style="list-style-type: none"> <li>· RH parry from the inside</li> <li>· LH latch wrist</li> <li>· RH chop to li-13 on forearm</li> </ul>	SI-5, HT-7 LI-5, LU-9 LI-13	Fire Burns Metal
3	RH Punch	<ul style="list-style-type: none"> <li>· LH parry from the outside</li> <li>· LH pushes punch downward</li> <li>· RH thumb strikes to ht-3 to bend elbow</li> <li>· LH slides through under arm</li> <li>· Apply shoulder (hammer) lock</li> <li>· RH punch to back of head</li> </ul>	HT-3 LI-5 GB-20	Fire Burns Metal Metal Cuts Wood
4	RH Punch	<ul style="list-style-type: none"> <li>· LH parry punch from the outside</li> <li>· LH grasps wrist</li> <li>· turn elbow over - palm up</li> <li>· place arm under your armpit</li> <li>· bend backward to apply pressure to elbow</li> </ul>	TB-11 SI-5 LI-5	Fire Burns Metal
5	RH Fist In Face	<ul style="list-style-type: none"> <li>· Latch wrist with LH</li> <li>· twist wrist to activate points and release wrist</li> <li>· place LH palm on back of hand</li> <li>· press downward toward floor</li> </ul>	TB-3 LI-5 LU-9	Fire Burns Metal
6	RH Same Side Wrist Grab	<ul style="list-style-type: none"> <li>· Circle LH inward &amp; up slightly</li> <li>· step forward with left foot</li> <li>· push forward with LH forearm to release grip</li> </ul>	PC-8 LU-11	Fire Burns Metal
7	RH Same Side Wrist Grab	<ul style="list-style-type: none"> <li>· Place all fingers including thumb together</li> <li>· roll wrist and hand in any direction to escape</li> </ul>	SI-5 LI-3	Fire Burns Metal
8	Attempted Bear Hug From Rear	<ul style="list-style-type: none"> <li>· Step to side with left foot</li> <li>· RH elbow strike to rear to chest</li> <li>· rf steps behind opponent's legs</li> <li>· RH forearm forces their head &amp; body back across right knee</li> <li>· LH punches to tan tien</li> </ul>	LU-7 CV-14 LI-18 CV-4	+ / - Metal Extraordinary Attack
9	RH Downward Strike	<ul style="list-style-type: none"> <li>· RH head blocks attack</li> <li>· LH circles over forearm &amp; latches your own wrist</li> <li>· RH may grasp opponent's wrist</li> <li>· rf steps to rear of opponent</li> <li>· shoulder lock forces them to ground</li> </ul>	SI-5 LI-10 LI-11	Fire Burns Metal
10	RH Same Side Wrist Grab	<ul style="list-style-type: none"> <li>• LH circles inward &amp; up</li> <li>• RH reaches under &amp; grasps their hand</li> <li>• Wrist turn with RH</li> <li>• LH may slide up and press upward against elbow</li> <li>• Or, LH may turn &amp; press down on back of hand</li> </ul>	SI-5 LU-10	Fire Burns Metal

**Key:** RH - Right Hand, LH - Left Hand, RF - Right Foot, LF - Left Foot