



SouthNarc's PSP 1



Okay this starts with forward aggression from baseball cap. I'm in a non-violent ready position sometimes called the "Jack Benny". Hands are close to the head and golden column. Not aggressive at all but prepared.



Baseball cap swings a right haymaker to my grape. I cover with the left arm in a shielding motion (Filipino flava') and also bring my right up just below my eye line. This is a good "flinch". Easy to pull off even when the attack is spontaneous.



I now drop my left shielding arm and hook his head because I don't want him getting away from me. From this point, two good options are the palm strike and the elbow. Let's go with the elbow.



Beginning arc of the elbow. When you do this don't just grab the back of his head but kind of slap/pull it towards you so you get that little occipital hit. That's why my left hand is spread open.



Completed elbow. OUCH!
Remember that this is forehand
energy or a #1 in FMA.



From the elbow I'm going to arc
back into an edge of forearm
blow (back hand or #2 energy).
This is the beginning of the arc
and because it's so tight, I've
already caught him with the
lower edge of my forearm.



Completed #2 forearm strike, smashing through into that nice steel door.



Let's continue the energy of the back forearm blow on downward keeping his head controlled while pulling.



This will continue into the knee strike to his face.



As my knee drops back down, I'm going to slide my left hand from where it's checking his right arm, across his body downwards, and grab his head. Now I have both hands on his head.



Now we go from pulling to pushing his head across the body because we've pivoted the hips to the left and it's no longer a pulling motion.



We'll end the progression by launching his melon as hard as we can (think about a bowling ball) into the other steel door.

That's it for this one guys.
Nothing complicated or frilly.

Enjoy!