



## SouthNarc's PSP 2



Okay guys here's a second progression, again simple and direct. This one again starts off with forward aggression from baseball cap. I'm in different relaxed ready position this time. I'm in a high arm fold but my arms are *not* wrapped around one another. Just folded over the top.



Baseball cap again swings a haymaker right. Because it's a wide arcing punch I catch it on the inside when I cover. My cover is the off-side raised vertical elbow. The strong hand comes up again, right below my eye line. Both elbows are kept in close to the body. I didn't get as close to him as I'd like to be, (flinched away a bit more) so I'm going to use a longer tool than my preferred elbow when I attack.



I hit him with a palm strike to the chin, driving him through and back. I continue to monitor his right arm with my left hand.



I continue to press forward, close to him, shifting and hitting with the left horizontal elbow strike (forehand energy). My right hand shifts from the palm strike downward to monitor his left arm.



From the left horizontal elbow I'll shift again into a back hand forearm strike. Since this is so close this could be a strike or a kind of face scrape. The back-hand is a natural strike from this position and it also opens up another good target, the left side of his head/face. My right hand continues to monitor his left.



Continuing the backhand forearm strike, I'll peel his face back to his right and begin another elbow strike with my right hand.



Completed elbow strike.

That's it for this one. Quick, down, and dirty! Follow this one up however you like. Remember that we're just mixing up tools.