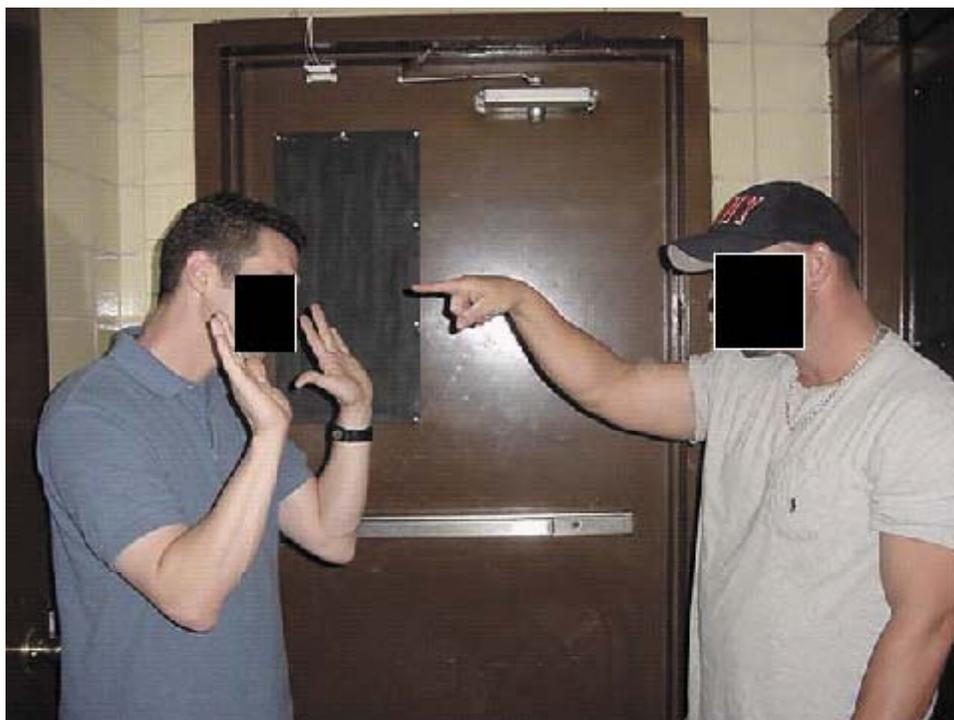




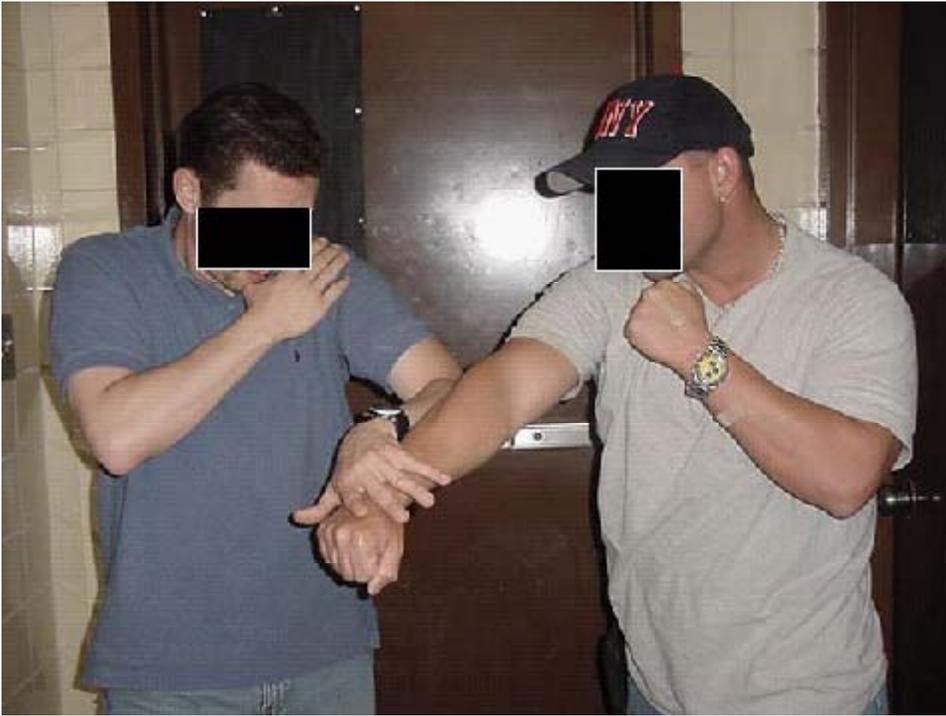
SouthNarc's PSP 3



A third progression. This one starts off with our beloved "Baseball Cap" again up my ass. I'm standing in a "surrender" position, hands high, ready, and non-threatening. So far I've shown three different non-threatening ready positions in the various progressions. The "Jack Benny", arms folded high, and the "surrender" that you see below. Use any, all, or none depending on what you already know or do.



He smokes a right hand, but this time it doesn't arc at all. It shoots straight like a good boxer's cross. I still flinch with a left vertical elbow and right cover hand, but this time because there is no arc, the straight line punch kind of skid/deflects where my forearm cuts it off. I also didn't close as much as I would have liked to because his center line is well covered with that straight right hand.



I'm going to clear his right hand by snatching his punch arm down. All I'm doing here is just letting my curled elbow unfurl straight down and carrying his punching arm with me. If you have the reference point, it's like rolling from Tan-Sao to Bong-Sao; that kind of energy. If you don't know a Lop-Sao from a how-now-brown-cow, then don't worry about the analogy. I do this to clear his body/upper line for a right hand tool that I'm going to throw.



As I start forward, he smokes another punch towards my face, this time a tight arced left, or boxer's hook. I zone hard at a left forty-five degree angle forward (the female triangle) and jam the hook with my right forearm, cutting it off. There is a lot of power behind that left hook and I'm starting to lose the right as he is following my push and will probably roll upwards into another punch.



I attack the lowline with an oblique with an oblique kick using the inside edge of my foot. This is a Sipa in FMA/Silat. It doesn't matter what you call it though, and everyone does it. When I do this kick I continue through my forty-five degree forward angle. Aimed at the knee and done with kind of a thrusting/stomping energy, it's a nice shot to hurt him and destabilize his base. When I destabilize the right leg it takes a lot away from any power in his right hand, allowing me to let go of his right hand and use a left hand tool.



I'll now step straight across my right, away from his unmonitored right hand and his hip with my left elbow, keeping his left arm checked with my right. This is the roof of the female triangle.



Shifting back to my left and forward, again at forty-five degrees (left leg of female triangle right leg of male triangle). I hit him with a right upward palm strike trying to fracture his skull with door. I also monitor his right hand with my left.



Let's finish this with a right knee to the groin, because his chimes are down there feeling a little ignored.

Gon's Supplement



This is the vertical elbow shield from a front view. Notice that the tip of my elbow covers my center line and my arm is slightly angled in. My head is tucked but I can still see, chin in. My body angle can be adjusted as needed by pivoting my hips either to the left or the right.





If he throws an arcing attack then the elbow covers the head. You want to step in when you do this. This is a top view to try and show the angle.



If he throws a straight punch then the punching hand will deflect off of the elbow and through, kind of skidding off your arm. All you're doing then is cutting it off or redirecting it. But not passively, everything is aggressive and forward. This will also upset his center line as his momentum and upper body will usually cross over his lower body.

The point of all this is not to have to think about whether the punch is arced or straight in the moment of the attack. Just flinch and let the mechanics do their thing. No, it's not perfect but it works surprisingly well and it's one less thing that you have to think about.



Okay, on to your next question about him rolling his arm. Lets start from where you jerk it down.



If he follows my energy and just rolls his elbow over, he cracks me in the face like so.



The counter for this is again to cut the elbow off by jamming it. I'll do this by angling into this elbow at forty-five degrees and using my right forearm/elbow to jam it. If you don't put all your mass behind it, he'll crash through. That's why you have to stay aggressive and drive forward. Seek safety at the heart of danger.



From the other side. Those are the mechanics. From here we can launch into several counter attacks.



The first is to pass his elbow with my jamming hand (my right) and begin a mid-line attach with my left.



The shovel to the oblique works nicely; again, closest tool to closest target.



A second counter after you've jammed his elbow is to use your left to jam (trap) his elbow back into him and then hit with your right arm. This would be like a pak-sao/sat-sao in Wing Chun. I've broken them up independently for the pictures, but you would want to jam and hit simultaneously in real time. This is the jam (trap).



Here's the edge of forearm hit, still keeping him checked.



A third option is to dive in and hug him to you so he can't use his arms, simultaneous with accessing a weapon, in this case a folder in my right front pocket. This is the beginning of the dive/hug/clinch.



Hugging his tight, accessing a weapon.



Weapon is complete accessed. This is where knives come out in the real world. Don't ever let him see it; only feel it. It's also something that you have to constantly be aware of which is also another reason to constantly keep him rattled with striking *while* you are doing body manipulations (locking, grappling, etc.).



I'll complete this third option by shifting my grab/hug a little higher so I can pull him backwards while I stab him in the kidney. Since I'm edge in point down, once I stab him, I'll rip back and tear through, using my hips.