

ONE SMALL POWER STRIKE A THOUSAND OUNCE OF FORCE.

1st Degree Black Belt Thesis

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ONE SMALL POWER STRIKE A THOUSAND OUNCE OF FORCE.

I LEARN FROM MR. BRANDON BUCHHOLE.

IF WE ARE ENGAGE A FIGHT, IF HE IS BIGGER MASS AND PHYSICALLY STRONGER, HE WILL WIN THE FIGHT ALL THE TIME, BUT BY JUST A SLIGHT OFF LITTLE ANGLE LEFT OR RIGHT TO FIGHT HIM, WE CAN USE LESS FORCE TO STRIKE HIM ON HIS LEFT OR RIGHT SIDE, HE WILL BE OFF BALANCE, BECAUSE HE IS BIGGER AND STRONGER, HIS POWER FORCE COME STRAIGHT IN TO US, NO WAY WE HEAD ON HIS POWERFUL FORCE, BECAUSE HIS FORCE COME STRAIGHT IN TO US, NOT SIDE BY SIDE, BY SLIGHT OFF LITTLE ANGLE LEFT OR RIGHT, MOVE AWAY HIS DIRECT FORCE COME IN, AND WE CAN USE LESS POWER TO STRIKE HIM ON HIS LEFT OR RIGHT SIDE, BECAUSE WE WILL TAKE HIS HEIGHT, HIS WIDTH AND DEPTH, HE WILL BE OFF BALANCE.

THE HAND SHAKE TECHNIQUES I LEARN FOR MANY YEARS.

GIFT OF DESTRUCTION - IS AGGRESSIVE RIGHT HAND SHAKE.

HOP LEFT LEG FORWARD WITH A RIGHT KNEE TO HIS GROIN AS YOUR RIGHT HAND PULL TO YOUR RIGHT HIP, BUT IF HE IS TOO BIG, PULL YOUR SELF IN TO HIM AND LEFT INWARD, UPWARD PALM STRIKE DIAGONAL TO HIS RIGHT ELBOW, THEN ROLL YOUR LEFT PALM OVER ON TOP HIS RIGHT ARM AND BRING HIS ELBOW ARM DOWN, AS YOU PLANT YOUR RIGHT FOOT FORWARD TO A RIGHT NEUTRAL BOW CHECK INSIDE HIS RIGHT KNEE, RIGHT INWARD ELBOW TO HIS LEFT JAW, AND CROSS OUT.

IF THE TECHNIQUES DOES NOT WORK.

WE STEP LEFT FOOT FORWARD TO ABOUT 1:00, BRING RIGHT HAND BACK TO YOUR BODY, LEFT PALM ON TOP HIS RIGHT ARM, NOW ROLL YOUR LEFT ELBOW UP TO BRING HIM UP, THEN CONTINUE TURN CLOCKWISE SWEEP HIS RIGHT LEG AND RIGHT

BACK KNUCKLE TO HIS KIDNEY, HE FALL TO THE GROUND FACE UP, RIGHT SLIGHT KICK TO HIS HEAD CONTINUE RIGHT STOMP TO HIS LEFT COLLAR BONE, LEFT KNEE KNEEL DOWN TO HIS RIGHT CHEST, THEN LEFT LEG SCOOP UP AND LEFT STOMP DOWN TO HIS HEAD AND CROSS OUT.

GIFT IN RETURN - IS A CRUSHER RIGHT HAND SHAKE AND FORCE YOUR HAND DOWN.

LEFT STEP OUT SIDE HIS RIGHT LEG TO A LEFT WIDE KNEEL, AS YOUR LEFT PALM HEEL (LEFT TIGER'S MOUTH) STRIKE TO HIS RIGHT WRIST AND LEFT HAND PIN ON TOP HIS RIGHT HAND CONTINUE YOUR RIGHT HAND PUNCH DOWN UNDER BETWEEN HIS LEGS, HIS OWN RIGHT ARM STRIKE ON HIS GROIN, YOUR LEFT HAND GO AROUND BEHIND HIS RIGHT LEG, AND GRABS HIS RIGHT WRIST OR WE MAY GRAB ONLY ONE OR TWO FINGER, IF HIS HAND IS TOO BIG, THEN PULL UP WITH YOUR LEFT HAND AS YOU PIVOT (TURN) CLOCKWISE, RIGHT LEG STEP THROUGH REVERSE TO ABOUT 10:00 YOUR RIGHT HAND CHECK PUSH DOWN PIN ON HIS BACK RIGHT HIP DIRECTLY BEHIND HIM, SO WE PUT WEIGHT ON HIS RIGHT LEG, SO HE CAN NOT SCOOP US, THEN RIGHT SIDE KICK DOWN TO HIS BACK RIGHT KNEE, THEN LEFT KNEE UP TO HIS RIGHT WRIST OR HIS TAIL BONE AND PLANT LEFT LEG BACK AND CROSS OUT.

IF THE TECHNIQUES DOES NOT WORK, BECAUSE WE STEP RIGHT FOOT FORWARD

STEP RIGHT LEG FORWARD, AS YOUR LEFT PALM HEEL (LEFT TIGER'S MOUTH) STRIKE TO HIS RIGHT WRIST AND LEFT HAND PIN ON TOP HIS RIGHT HAND CONTINUE YOUR RIGHT HAND PUNCH DOWN UNDER BETWEEN HIS LEGS, HIS OWN RIGHT ARM STRIKE ON HIS GROIN, I REALIZE, I STEP THE WRONG FOOT, LEFT KNEE TO HIS GROIN, THEN LEFT INWARD ELBOW TO HIS HEAD, ADJUST YOUR RIGHT FOOT, THEN SHOOT LEFT LEG BACK TO HIS RIGHT LEG, LEFT BACK ELBOW AND HAMMER FIT TO HIS GROIN, THEN LEFT BACK KNUCKLE UP TO HIS FACE, NOW LEFT AND RIGHT HAND GRAB HIS HEAD PULL DOWN, CONTINUE LEFT KNEE UP TO

HIS FACE, AND BOTH HANDS HOLD ON HIS HEAD, THEN STEP RIGHT LEG BACK CLOCKWISE, NOW WE ROLL HIM DOWN ON THE GROUND, LEFT KNEE KNEEL TO HIS THROAT, THEN STAND UP AND LEFT STOMP TO HIS FACE, AND CROSS OUT.

GIFT OF DESTINY - IS A RIGHT HAD SHAKE OUR PALM FACE UP.

LEFT HAND TIGER'S MOUTH ON HIS RIGHT WRIST LOOSELY, STEP RIGHT LEG FORWARD TO ABOUT 11:00 CHECK HIS RIGHT FOOT, RIGHT INWARD ELBOW TO HIS LEFT FACE, THEN STEP RIGHT FOOT BACK AND TURN YOUR RIGHT HAND CLOCKWISE UNTIL YOU CAN PUT YOUR LEFT THUMB ON THE BACK SIDE OF HIS RIGHT HAND AND FLEX IN, THEN RIGHT PALM HEEL STRIKE TO HIS RIGHT FINGERS AND TO HIS RIGHT ELBOW ALL IN ONE SHOT, (IF HIS HAND IS TOO BIG WE ONLY GRAB ON HIS THUMB AND FLEX IN TO HIM), THEN PULL HIS RIGHT HAND BACK TO MY RIGHT HIP, THEN RIGHT FRONT KICK TO HIS LEFT KNEE AND CROSS OUT.

IF THE TECHNIQUES DOES NOT WORK, BECAUSE WE TURN RIGHT HAND IN TO COUNTER CLOCKWISE.

LEFT HAND TIGER'S MOUTH ON HIS RIGHT WRIST LOOSELY, STEP RIGHT LEG FORWARD TO ABOUT 11:00 CHECK HIS RIGHT FOOT, RIGHT INWARD ELBOW TO HIS LEFT FACE, THEN STEP RIGHT FOOT BACK AND TURN YOUR RIGHT HAND COUNTER CLOCKWISE UNTIL YOU CAN PUT YOUR LEFT THUMB ON THE BACK SIDE OF HIS RIGHT HAND AND FLEX IN, AND TURN COUNTER CLOCKWISE, STEP RIGHT FOOT FORWARD TO ABOUT 10:00 CHECK HIS RIGHT FOOT, YOUR RIGHT HAND PUSH ON HIS ELBOW UP, IF HE DID NOT LET GO HIS RIGHT HAND SHAKE, CONTINUE RIGHT INWARD/DOWNWARD ELBOW STRIKE TO HIS BODY CONTINUE TO HIS ARM COUNTER CLOCKWISE, THEN CROSS LEFT LEG BEHIND OUR RIGHT LEG, AND DROP RIGHT ELBOW TO HIS BODY AND SHOOT RIGHT LEG TO HIS LEFT LEG AND RIGHT HAMMER FIT STRIKE TO HIS GROIN, THEN STEP RIGHT LEG OUT CONTINUE SHOOT LEFT TO HIS RIGHT LEG OUT, RIGHT KNEE UP TO

HIS CHEST AND SANDWICH DOWN ARM BAR HAMMER STRIKE DOWN TO HIS BACK, THEN LEFT KNEE UP TO HIS HEAD AND LEFT HAMMER FIT TO HIS NECK, THEN LEFT PALM STRIKE DOWN TO HIS HEAD AND CROSS OUT.

BROKEN GIFT - IS A RIGHT HAND SHAKE YOUR PALM FACE DOWN.

STEP LEFT LEG FORWARD TO ABOUT 1:00, LEFT TIGER'S MOUTH TO HIS RIGHT WRIST, THEN PULL HIS RIGHT HAND DOWN TO MY BODY, THEN FLAPPING LEFT ELBOW UP TO HIS RIGHT ELBOW, SO HE MAY GO UP TO HIS TIP TOES TO LIGHT HIM UP, THEN LEFT HAND GRAB HIS RIGHT HAND, PULL INTO MY LEFT HIP, STEP LEFT LEG BACK TO ABOUT 6:00, THE RIGHT BACK KNUCKLE TO HIS RIGHT FACE, KEEP YOUR RIGHT HAND THERE, THEN STEP LEFT LEG BACK TO 4:00 AND COLLAPSE YOUR RIGHT HAND WITH A RIGHT FORCE ARM/ELBOW/PUNCH DOWN STRIKE TO HIS LEFT JAW AND CROSS OUT.

IF THE TECHNIQUES DOES NOT WORK.

STEP LEFT LEG FORWARD TO ABOUT 1:00, LEFT TIGER'S MOUTH TO HIS RIGHT WRIST, THEN PULL HIS RIGHT HAND DOWN TO MY BODY, THEN FLAPPING LEFT ELBOW UP TO HIS RIGHT ELBOW, SO HE MAY GO UP TO HIS TIP TOES TO LIGHT HIM UP, BUT IT DOES NOT WORK, CONTINUE SWING YOUR RIGHT LEG CLOCKWISE BACK TO HIS RIGHT LEG AND OUR RIGHT HAND GO OVER OUR HEAD, THEN WE DO A SHOULDER THROW HIM TO THE GROUND, RIGHT ROUND HOUSE KICK TO HIS GROIN, THEN RIGHT KNEE KNEEL DOWN TO HIS GROIN AND HIS HEAD POP UP RIGHT PUNCH TO HIS FACE, RIGHT SCOOP KICK TO HIS FACE AND CROSS OUT.

SHAOLIN GIFT - IS A RIGHT HAND SHAKE GRAB ON TIGHT AND PULL YOU FORWARD.

WE HAVE A SOLUTION, WE COUNTER GRAB HIS RIGHT HAND, AS HE PULL US FORWARD, WE GO WITH THE FORCE, STEP RIGHT FOOT FORWARD TO ABOUT 11:00, THEN STEP LEFT

FOOT IN REVERSE, AND PUT OUR SELF INTO A RIGHT HAMMER LOCK, CONTINUE TO TURN COUNTER CLOCKWISE, AND DROP OVERHEAD LEFT ELBOW TO HIS CHEST, THIS WILL FLEX HIS RIGHT HAND AND PUT HIM DOWN TO THE GROUND AND CROSS OUT

IF THE TECHNIQUES DOES NOT WORK, BECAUSE WE STEP LEFT FOOT FORWARD.

WE COUNTER GRAB HIS RIGHT HAND, AS HE PULL US FORWARD, WE GO WITH THE FORCE, STEP LEFT FOOT FORWARD TO ABOUT 11:00, (INSTEAD OF RIGHT FOOT) WE PUT LEFT TIGER'S MOUTH ON TOP HIS RIGHT WRIST, AND RIGHT PUNCH IN HIS BODY OR GROIN WITH HIS RIGHT HAND SHAKE. RIGHT KNEE TO HIS GROIN, OR RIGHT THIGH AND RIGHT INWARD ELBOW TO HIS LEFT FACE, THEN STEP RIGHT FOOT BACK WITH A RIGHT HOOKING BACK KNUCKLE TO HIS RIGHT FACE (HEAD) HOOK HIM DOWN, CONTINUE LEFT HAMMER FIT STRIKE DOWN TO THE BACK OF HIS NECK AND KEEP YOUR LEFT HAND THERE, THEN RIGHT KNEE UP TO HIS FACE AND CONTINUE RIGHT SIDE KICK TO HIS LEFT KNEE AND CROSS OUT.

CONCLUSION.

WE DO NOT WANT TO RELY ON STRENGTH, THE STRENGTH WITH US WHEN WE ARE YOUNG, AS WE GET OLDER, WE HAVE TO WORK WITH OUR MIND, WE HAVE TO WORK WITH THE PROPER TECHNIQUE, WE HAVE TO WORK IN ANY SITUATION, BY TAKE HIS HEIGHT, WIDTH AND DEPTH, HE WILL BE OFF BALANCE, OTHERWISE THE YOUNG AND STRONGER WILL WIN ALL THE TIME.