

Technique Breakdown

Name _____

Attack _____

Description _____

Power Principles: Marriage of Gravity _____ Summation of Force _____

 Torque _____

 Back up Mass _____

Stances: _____

Blocks / Parries: _____

Weapons: _____

Targets: _____

When are Height / Width / Depth cancelled? _____

What does this technique teach? _____

Extension: _____

