

Two Man Fighting Set Part 3 Transcript

Part 3.

45. White: **Roll Back Black's Left Arm.** White redirects Black's punch by warding off up with his left arm then plucking Black's left wrist and turns his body. Right hand controls Black's left elbow. Roll back.
46. Black: **Step Forward and Press to the Left.** Black's left leg steps forward to follow White's roll back. This protects the groin. Right leg steps in, and Black executes left press.
47. White: **Return with Press.** White turns his body while deflecting the press by circling his left arm to the right then upward and capturing Black's left wrist to execute roll back. He moves his left leg to rear. But instead of following through with the roll back, White executes right press on Black's left shoulder blade.
48. Black: **Turn the Body to Fly Diagonally.** Body turns to left, arms spread neutralizing White's press and controlling White's right arm with his shoulder. Black' left hand then lifts White's right arm, and his right hand leads White's left arm down before it can strike his face. Black grabs White behind the neck with his left arm while his right leg steps into the empty door and strikes White's chest with his right shoulder..
49. White: **Turn the Body and Fly Diagonally.** White sits back and uses his left hand to pull the root of Black's shoulder strike by executing An on his right shoulder. White then continues the spiraling movement of his left arm over Black's shoulder and executes diagonal flying left. White exchanges steps and his left leg seals Black's right leg. Left arm strikes Black's neck.
50. Black: **Right Elbow Strike:** Black sits back and uses his left hand to block White's left arm and push it down. Black then folds his right arm down and to his left to escape White's pluck. This prepares Black's right arm for an elbow strike to Black's spleen or takedown.
51. White: **Turn the Body for Rooster Standing on One Leg.** White neutralizes and redirects Black's elbow strike by bending his left elbow downward and turning his body toward his left, snagging Black's elbow. White then raises both arms, blocking Black's left arm out and locking Black's neck or shoulders with his hands. This grabbing locks Blacks (front) left knee. White then hops forward to knee Black in the liver area.
52. Black: **Downward Neutralization.** Black steps his right leg back and uses both arms pull White's arms down. This opens White's sky window.
53. White: **Heel Kick:** White's reaction to having his sky window opened is to sit back, drops his elbows and coils his arms up and out to neutralize Black's pull down. White cannot just lift up, he must coil. White then hops forward on his right foot and kicks Black in the Dan Tian or groin area with his left foot.
54. Black: **Turn the Body, Step Forward, and Strike.** (Black should be in left front stance.) Black blocks down and to the right with his left arm to block White's kick. Body twists to right. He then shuffle steps forward to execute diagonal flying left.

55. White: **Roll Back Left Arm.** White uses his left arm to stop Black's left arm attack and deflect his left arm downward. White then steps his right foot outside Black's left foot and steps his left leg back to roll back Black's left arm. (Watch the angle of the roll back)
56. Black: **Turn the Body and Right Kick** Black turns his body turns to left while right hand circles low Yang to White's right elbow and raise it up to seal White's right side. Black then kicks White's knee, ribs or kidney with his right leg. ///
57. White: **Double Dividing and Embrace the Knee:** White Left hand spreads to the left to free right hand. Right hand blocks kick.
58. Black: **Turn the Body and Left Kick.** Black Right leg steps down. Body twists to right. Left hand pushes away White's left hand. Left leg kick's White's waist.
59. White: **Double Dividing and Embrace the Knee:** Right hand pushes away Black's left hand while left hand block's Black's kick.
60. Black: **Change Hands and Right Shoulder-Stroke:** Left leg pulls back to ground. Right hand spreads White's right arm to right then circles down and to the left. Right leg steps in. Shoulder strikes White's chest.
61. White: **Return Right Elbow-Stroke:** White Neutralize Black's strike to left. Right arm circles up and down to lead Black's arm to side. Right shoulder strike's Black's chest.
62. Black: **Step Forward and Grasp the Sparrow's Tail (Left):** Black Body twists to right. Shoulder and upper arm neutralize. Right hand grabs White's right wrist. Left forearm strikes White's chest. Left leg steps behind White's right leg.
63. White: **Wave Hands in Clouds (Right):** White Body twists to right. Right hand controls Black's right wrist. Left hand controls Black's right elbow.
64. Black: **Step Forward and Grasp the Sparrow's Tail (Right):** Black Left hand grabs White's left wrist. Right leg steps forward. Right arm strikes White's body.
65. White: **Wave Hands in Clouds (Left).** White Body twists left. Left hand grabs Black's left wrist. Right hand controls Black's left elbow.
66. Black: **Divide Upward, Press, and Downward Heel Kick:** Black Right hand pushes White's left arm aside. Left hand opens White's right arm. Both hands push White's chest while left leg kicks White's right knee.