

## Hok Dong - The Distorting Hand

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'Hok Dong' or Crane Hand represents one of Southern Shaolin's most flexible and powerful of bridging tools.

Whenever our arms are held or locked by the actions of Chin Na (arm locks), structure or by muscular strength the combined actions of Hok Dong creates the distortion required to momentarily nullify or break the situation. Similarly in an offensive situation we can also apply the same action to open up various arm structures.

To be effective it is normally used in conjunction with spiral energy to increase the resulting power. The external shape or locking position of the Crane hand that we are all familiar with only represents the end result of the action which then becomes the starting point for another action.

From a neutral position power begins simultaneously from the wrist and elbow and as we apply the lateral/forward spiral motion the energy flows from the elbow to the wrist. We then end up with a simultaneous locking of the wrist and elbow position and any further forward or sideways motion is taken up by the rest of the body by linkage and footwork.

By Neutral position we refer to any hand position that allows for a clockwise rotation of the wrist. In a grasping hold we can also apply the same movement and principle to generate extra power and distortion through our arms.

The science behind the actions lies in the displacement of our opponent's elbow position, which in turn interferes with the muscle alignments resulting in a momentary drainage of power. Coincidentally the opposite happens when we execute Hok Dong as the same actions serve to align our own elbows and muscles to achieve maximum power.

Much like levering a nail out of a wooden board with a Claw Hammer this simple rolling of the hand and wrist can generate immense localised power and it is through this use of leverage that famously gives rise to the expression 'See Leung But Tin Gun' (Four Ounces of Force to move a Thousand Pounds of Force).