

Terrible Technique Of The Day

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- 1) Look at how bad the follow through and Forward Pressure is. Zero power generation or delivery.
- 2) A guy that size is going to absorb your weak shots like that as a joke - notice he is smirking while you are bringing your A Game?
- 3) Seriously. Bad. I guess he thinks that is a Muay Thai elbow?
- 4) ["See, now it is mumbo jumbo like that, and skinny little lizards like you thinkin' they the last dragon that gives kung-fu a bad name." — Sho'nuff](#)
- 5) This is the kind of stuff which happens when you never pressure test your techniques before you try to use them in a "fight".
- 6) Notice that the green genius pushes the guy BACK - into his striking range. Moron.
- 7) No, I have not idea what / who is in the background.

