

A HARPER'S INDEX

OF MO YEE DO

- English translation: Second martial way¹
- Order in which the form is taught: 1st²
- Number of focuses for the form: 3³
- Number of sections the form is broken down into for teaching purposes: 9⁴
- Total number of techniques in the form: 81⁵
- Total number of unique techniques in the form: 36⁶
- The most times a technique is ever used: 6⁷
- Total number of direction changes in the form: 17
- Maximum degrees of rotation for a single technique: 180
- Total number of weight shifts in the form: 106⁸
- Total number of striking surfaces employed: 11⁹
- Total number of times the first two knuckles are used as a striking surface: 22
- Total number of body parts targeted for techniques: 15¹⁰
- Number of techniques mirrored for both sides of the body: 34¹¹
- Number of combinations in the form: 4¹²
- Number of techniques performed while retreating: 7¹³
- Ratio of techniques executed on two legs to those executed on one: 31:8
- Number of off-balancing movements: 1¹⁴
- Ratio of offensive techniques¹⁵ to defensive techniques¹⁶: 3:1
- Number of techniques considered both defensive and offensive: 1¹⁷
- Total number of offensive techniques thrown: 60
- Types of offensive techniques thrown: 23
- Ratio of upper-body offensive techniques to lower-body offensive techniques: 11:4
- Types of offensive techniques thrown only twice: 16
- Total number of defensive techniques employed: 20
- Types of defensive techniques employed: 10¹⁸
- Types of defensive techniques employed that are categorized as soft: 6¹⁹
- Types of defensive techniques employed that are categorized as hard: 4²⁰
- The most a defensive technique is ever employed: 3²¹
- The fewest number of times a defensive technique is used: 1²²
- Total number of lower-body defensive techniques employed: 0
- Number of stances featured: 10²³
- Number of animals represented in those stances: 4²⁴
- Number of non-basic stances: 3²⁵
- Total number of steps taken the form: 42²⁶
- Number of basic techniques missing from the form: 1²⁷
- Number of techniques included in the form that are required *after* the form is required: 2²⁸
- Number of techniques used that can be considered advanced: 4²⁹
- Maximum number of theoretical opponents a student fights in the form: 18³⁰
- Minimum number of insanely driven and credibly durable opponents a student fights: 2³¹

¹ Mo (Martial) Yi (Second) Do (Way).

² *Mo Dut Do* is the first martial way. The last of the Do forms is *Mo Sam Do*, the third martial way.

³ Basics, power, and grounding.

⁴ Beginning; after the first turn; ridge hands and roundhouse kicks; retreating; elbows and knees; chops and returning back-fists; back kicks, uppercuts, and elbows; curl kicks, hammer-fists, and spinning elbows; and the end.

⁵ 1. Bow 2. Slip 3. Right hard upward-block 4. Right hard inward-block 5. Right hard downward-block 6. Left full-twisting punch 7. Left hard upward-block 8. Left hard inward-block 9. Left hard downward-block 10. Right full-twisting punch 11. Right front kick 12. Left half-twisting punch 13. Left front kick 14. Right half-twisting punch 15. Left soft inward-block 16. Right vertical punch 17. Right soft inward-block 18. Left vertical punch 19. Left-leg roundhouse kick 20. Left full back-fist 21. Right half-twisting punch 22. Left half-twisting punch 23. Right-leg roundhouse kick 24. Right full back-fist 25. Left half-twisting punch 26. Right half-twisting punch 27. Left ridge hand 28. Left-leg roundhouse kick 29. Right reverse punch 30. Right ridge hand 31. Right-leg roundhouse kick 32. Left reverse punch 33. Left soft outward-block 34. Left-leg front kick 35. Right soft outward-block 36. Right-leg front kick 37. Left soft upward-block 38. Left-leg side kick 39. Right soft upward-block 40. Right-leg side kick 41. Left soft downward block 42. Left leg capture 43. Right inward elbow 44. Right outward elbow 45. Right downward elbow 46. Left knee kick 47. Left upward elbow 48. Right soft downward block 49. Right leg capture 50. Left inward elbow 51. Left outward elbow 52. Left downward elbow 53. Right knee kick 54. Right upward elbow 55. Left palm-down chop 56. Right palm-up chop 57. Left returning back-fist 58. Right palm-down chop 59. Left palm-up chop 60. Right returning back-fist 61. Left-leg back kick 62. Right-leg back kick 63. Right uppercut 64. Left uppercut 65. Right inward elbow 66. Left inward elbow 67. Right-leg curl kick 68. Right back-fist 69. Right hammer-fist 70. Left spinning elbow 71. Left-leg curl kick 72. Left back-fist 73. Left hammer-fist 74. Right spinning elbow 75. Left hard downward-block 76. Right full-twisting punch 77. Left advancing punch 78. Right advancing punch 79. Left advancing punch 80. Clear tension 81. Salute

⁶ Bow, slip, hard upward-block, hard inward-block, hard downward-block, full-twisting punch, front kick, half-twisting punch, soft inward-block, vertical punch, roundhouse kick, full back-fist, ridge hand, reverse punch, soft outward-block, soft upward-block, side kick, soft downward block, leg capture, inward elbow, outward elbow, downward elbow, knee kick, upward elbow, palm-down chop, palm-up chop, returning back-fist, back kick, uppercut, curl kick, back-fist, hammer-fist, spinning elbow, advancing punch, clear tension, and salute.

⁷ Half-twisting punch.

⁸ All 81 techniques, plus the load-ups for the hard upward-blocks (x2), shuffle-ups for roundhouse, back, and curl kicks (x8), the step-downs after the front, roundhouse, and back kicks (x8), the returns on the returning back-fists (x2), the 180-degree turns after the back kicks (x2), and the additional weight-shifts for the salute (x3).

⁹ Outer forearm, first two knuckles, ball of foot, palm, inner ridge of hand, ridge of foot, elbow, knee, outer ridge of hand, heel of foot, and bottom of fist.

¹⁰ Knee, inner thigh, chin, top of thigh, liver, sternum, belly, nose, groin, side of the neck, temple, kidneys, cheekbone, ribs, and jaw.

¹¹ Hard upward-block, hard inward-block, hard downward-block, full-twisting punch, front kick, half-twisting punch, soft inward-block, vertical punch, roundhouse kick, full back-fist, half-twisting punch, half-twisting punch, ridge hand, reverse punch, soft outward-block, soft upward-block, side kick, soft downward block, leg capture, inward elbow, outward elbow, downward elbow, knee kick, upward elbow, palm-down chop, palm-up chop, returning back-fist, back kick, uppercut, inward elbow, curl kick, back-fist, hammer-fist, spinning elbow, and advancing punch.

¹² Two half-twisting punches (x2) and back-fist followed by a hammer-fist (x2).

¹³ Slip, soft outward-block (x2), soft upward-block (x2), and soft downward-block (x2).

¹⁴ Slip.

¹⁵ An offensive technique is any action whose primary purpose is to inflict damage on an opponent.

¹⁶ A defensive technique is any action whose primary purpose is to mitigate damage to oneself.

¹⁷ The returning back-fist is both a punch and a block.

¹⁸ Slip, hard upward-block, hard inward-block, hard downward-block, soft inward-block, soft outward-block, soft upward-block, soft downward-block, leg capture, and returning back-fist.

¹⁹ Slip, soft inward-block, soft outward-block, soft upward-block, soft downward-block, and leg capture.

²⁰ Hard upward-block, hard inward-block, hard downward-block, and returning back-fist.

²¹ Hard downward block.

²² Slip.

²³ Normal, three-point, forward, crane, joining, medium cat, horse, glass horse, tiger, and twisted horse.

²⁴ Cat, crane, horse, and tiger.

²⁵ Joining, three-point, and twisted-horse

²⁶ A step is the act of lifting one's foot and setting it down in another location.

²⁷ Hard outward-block.

²⁸ Palm-down chop and palm-up chop.

²⁹ Advancing punch, leg capture, returning back-fist, and spinning elbow.

³⁰ We take into consideration that nowhere in the form are we stepping over fallen bodies. We also assume our opponents are incapable of teleportation. The headlong charge of opponent #1 is slipped. She trips over the outstretched leg and is sent over a cliff, into traffic, tumbling down stairs, etc. Six strikes from opponent #2 are blocked. He is struck four times and kicked twice. He is finished by a half-twisting punch to sternum. Opponent #3 is blocked twice, struck five times, and kicked once. She is finished by two half-twisting punch to the face. Opponent #4 is kicked three times and struck five times. He is finished with a reverse-punch to the gut. Initial strikes from opponent #5 is blocked. He is taken out with a kick to his knee. Opponents #6-8 are taken out in a similar manner. The kick of opponent #9 is blocked and the leg captured. She is then struck four times and kneed. She is finished with an upper elbow-strike to the chin. Opponent #10 is dealt with in the same manner as #9. Opponent #11 is struck three times and blocked once. He is finished with a returning back-fist. Opponent #12 is dealt with in the same manner as #11. Opponent #13 is taken out with a back-kick to the groin. Opponent #14 is taken out in the same manner as #13. Opponent #15 is struck four times and finished with an elbow-smash to his jaw. Opponent #16 is kicked once and struck three times. She is finished with a spinning elbow to the kidneys. Opponent #17 is taken out in the same manner as #16. Opponent #18 is blocked once and struck four times. He is finished with the last of three advancing punches.

³¹ We take into consideration that nowhere in the form are we stepping over fallen bodies. We also assume our opponents are incapable of teleportation. The first opponent is evaded once, blocked 11 times, struck 23 times, kicked 9 times, kneed once, and temporarily incapacitated 8 times. The second opponent is blocked 6 times, struck 19 times, kicked 5 times, kneed once, and temporarily incapacitated 8 times.