
NORTHERN RAM

Punch | Right hand punch | 12:00

Name:

Northern: Moving forward

Ram: Right hand punch

Attack:

The Ideal attack requires that your opponent be to the front in a left Fighting Stance. He steps through with his right foot as he directs a right straight punch toward your head.

Movement:

1. **Left Step Forward** towards 12:00 into a **Left Neutral Bow Stance** while executing a **Left Inward Block** to the outside of your opponent's right arm. Have your left arm continue to slid up the opponent's right arm and end delivering a **Left Outward Palm Claw** to your opponent's face.
2. Pivot into a **Left Forward Bow Stance** and deliver a **Right Inward Horizontal Elbow** to your opponent's liver or lower right ribcage
3. Execute a **Right Outward Elbow** to your opponent's right kidney as you anchor your left arm and **Pull** your opponents head back and down.
4. Pivot clockwise into a **Right Wide Kneel Stance** as you deliver a **Right Outward Hooking Knife Hand** to the back of your opponent's neck followed immediately by a **Left Inward Knife Hand** to the back of your opponent's neck.
5. Pivot counterclockwise into a **Left Wide Kneel Stance** as your left hand slides down and past your opponent's right shoulder ending in a **Left Pinning Check** to his right arm. Deliver a **Right Upward Thrusting Heel Palm** (palm up and fingers pointing to the right) to your opponent's philtrum or throat.
6. Perform a **Left Front Crossover** and **Cover Out** toward 4:30.