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# DOMINATING PALMS

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Push | Two-handed push | 12:00

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## Name:

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Dominating: To gain control of the opponent

Palms: Two-handed push

## Attack:

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The Ideal attack requires your opponent start the attack from the front. He pushes toward your chest or shoulders with both of his hands as he steps forward. During you r block the opponent is resistant applying downward pressure to your arms.

## Movement:

1. **Right Step Forward** toward 12:00 (between your opponent's legs) into a **Right Neutral Bow Stance** while executing **Two Upward Forearm Strikes** using them as a wedge on the inside of your opponent's arms and ending with **Thrusting Claws** to your opponent's eyes.
2. Deliver **Twin Outward Downward Slicing Knife Hands** to the inside of your opponent's biceps. Conclude your downward arm motions with **Twin Underhand Heel Palm Claws** to your opponent's groin.
3. Deliver **Twin Hooking Back Knuckles** to the back of your opponent's kidneys, attempting a spinal compression. Execute a **Right Gauging Step** pulling into **Cat Stance**.
4. **Shuffle Forward** into a **Right Neutral Bow Stance** as you deliver **Twin Four Finger Eye Flicks** to your opponent's eyes followed by **Twin Thumb Thrusts** to his eyes.
5. Deliver **Twin Downward Knife Hands** to your opponent's collar bones.
6. Deliver **Twin Inverted Vertical Punches** to your opponent's temples or mastoid.
7. Deliver **Twin Inward Downward Forearms** to the opponent's neck then **Grab** the opponent's neck in a **Vice Like Grip**.
8. Deliver a **Right Knee** to the opponent's head.
9. **Plant Forward** into a **Right Neutral Bow Stance**.and deliver a **Right Thrusting Forearm** to the opponent's left collarbone.
10. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.