
WESTERN RAM

Punch | Right hand punch | 12:00

Name:

Western: Moving to left front quadrant

Ram: Right hand punch

Attack:

The Ideal attack requires your opponent be attacking you from the front. From a left fighting stance, he steps forward with his right foot as he delivers a right straight punch toward your face.

Movement:

1. **Left Step Forward** towards 10:30 into a **Left Neutral Bow Stance** with a **Left Inward Parry** to the outside of the opponent's right arm while delivering a **Right Vertical Middle Knuckle Fist** to your opponent's liver. Immediately chamber your right arm across your body under your left arm.
2. Transition into a **Left One-Legged Stance** and deliver a **Right Knife-Edge Side Kick** to the outside of your opponent's right knee.
3. **Plant Forward** towards 1:30 between your opponent's legs, while delivering a **Right Downward Outward Back Knuckle** to your opponent's left kidney.
4. Deliver a **Right Thrusting Forearm** to the back of your opponent's neck.
5. Perform a **Right Front Crossover** and **Cover Out** toward 9:00.