
CHOPPING PALMS

Push | Two-handed push | 12:00

Name:

Chopping: To use knife hand strikes

Palms: Two-handed push

Attack:

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.

Movement:

1. **Right Step Back** towards 6:00 into a **Left Neutral Bow Stance** as you execute **Two Upward Forearm Strikes** using them as a wedge on inside of the opponent's arms and ending with **Thrusting Claws** to the opponents eyes.
2. Circle your right arm clockwise from front to back on the right side of your body as you pivot into a **Left Forward Bow Stance** (facing 12:00) as you execute a **Right Thrusting Inward Knife Hand** to your opponent's left lower ribcage. **Left Positional Check** stays in your opponent's face.
3. Circle your right arm clockwise from front to back on the right side of your body as you pivot into a **Left Neutral Bow Stance** while delivering a **Left Outward Knife Hand** to your opponent's throat. **Right Positional Check** by your right hip.
4. Pivot into a **Left Forward Bow Stance** (facing 12:00) with a **Left Pressing Check** down your opponent's torso. Deliver a **Right Vertical Middle Knuckle Fist** to your opponent's solar plexus.
5. Perform a **Left Front Crossover** and **Cover Out** toward 6:00.