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# SHIELDING RAM

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Punch | Right hand punch | 12:00

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## Name:

Shielding: To use an outward block

Ram: Right hand punch

## Attack:

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

## Movement:

1. **Left Step Forward** toward 12:00 into a **Left Neutral Bow Stance**. Execute a **Right Vertical Outward Block** to the outside of your opponent's right arm and delivering a **Left Straight Punch** to your opponent's right lower ribcage.
2. Pivot into a **Left Closed Kneel Stance** as you deliver a **Right Hammer Fist** to the top of your opponent's right kidney. Execute a **Left Pressing Check** at your opponent's right shoulder.
3. Circle your left hand clockwise and execute a **Left Pinning Check** to your opponent's right arm, pressing the arm to his body. Circle your right hand counterclockwise and deliver a **Right Looping Horizontal Heel Palm Claw** to your opponent's face and eyes.
4. Continue to circle your right hand counterclockwise and contour down and along the back of your opponent's body and right leg. Deliver a **Right Knife Hand** to the back of your opponent's right knee. Execute a **Left Pressing Check** on your opponent's right back.
5. Deliver a **Right Knife-Edge Side Kick** to the back of your opponent's left knee.
6. **Plant Forward** to 1:30 into a **Left Neutral Bow Stance**. Circle your right hand counterclockwise and deliver a **Right Looping Horizontal Heel Palm Claw** to your opponent's face and eyes. Execute a **Left Hand Grab** and **Pull** to your opponent's right shoulder.
7. **Right Gauging Step** towards 6:00 then perform a **Left Front Crossover** and **Cover Out** toward 6:00.