
CLASHING RAM

Punch | Right hand punch | 12:00

Name:

Clashing: Meet force with force

Ram: Right hand punch

Attack:

The Ideal attack requires your opponent be in front of you in a left fighting stance. He then steps forward with his right foot as he executes a right uppercut punch toward your midsection.

Movement:

1. **Left Step Back** toward 6:00 into a **Right Neutral Bow Stance** and deliver a **Right Dropping Forearm Block** to your opponent's right forearm while using a **Left Positional Check** to protect your upper body.
2. Pivot into a **Right Forward Bow Stance** and deliver a **Left Overhead Palm Claw** to your opponent's face while maintaining a **Right Positional Check** close to your body.
3. Pivot to a **Right Neutral Bow Stance**, having your right fist circle clockwise, and deliver a **Right Outward Back Knuckle** to your opponent's temple while pulling you other hand down and into a **Left Positional Check** close to your body.
4. Perform a **Right Front Crossover** and **Cover Out** toward 7:30.