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# GROUNDING RAM

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Punch | Right hand punch | 12:00

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## Name:

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Grounded: Full takedown from the front

Ram: Right hand punch

## Attack:

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The Ideal attack requires that your opponent starts in front of you in a left fighting stance. Your opponent executes a right straight punch with his left leg forward.

## Movement:

1. **Left Step Forward** toward 12:00 into a **Left Neutral Bow Stance** and execute a **Left Inward Block** to the outside of your opponent's right arm.
2. Pivot into a **Left Forward Bow Stance** and deliver a **Right Ridge Hand** to your opponent's groin as you execute a **Left Hand Check** to your opponent's right arm.
3. **Right Step Forward** toward 1:30 into a **Right Neutral Bow Stance** (facing 12:00) and deliver a **Left Outward Palm Claw** to your opponent's face. As your left arm continues in a counterclockwise motion execute a **Left Hand Grab** the back of your opponent's right knee while delivering a **Right Horizontal Inward Elbow** to your opponent's lower abdomen knocking them to their back on the ground.
4. Maintain the left grab to the opponents right leg and deliver a **Right Downward Outward Back Knuckle** to the inside of your opponent's left knee and continue a figure eight path of travel ending with a **Right Downward Knife Hand** to your opponent's groin as you drop into a **Right Wide Kneel Stance**.
5. Release the leg and pivot to a **Left Transitional Neutral Bow Stance** then deliver a **Right Shin Kick** to the inside of your opponent's right thigh.
6. **Plant** to 7:30 while perform a **Right Front Crossover** and **Cover Out** toward 6:00.