
EASTERN HORN

Punch | Left hand punch | 12:00

Name:

Eastern: Moving to right front quadrant

Horn: Left hand punch

Attack:

The Ideal attack requires your opponent be in front of you. Starting from a right fighting stance, your opponent steps forward as he executes a left straight punch toward your face.

Movement:

1. **Left Front Crossover** toward 1:30 into a **Left Front Twist Stance** as you execute a **Right Inward Parry** then a **Left Upward Block** to your opponent's left arm.
2. **Right Step Forward** toward 12:00 into a **Right Transitional Neutral Bow Stance**. Pivot into a **Left Forward Bow Stance** (facing 7:30) as you deliver a **Right Inverted Back Knuckle** to your opponent's right mastoid. Maintain a **Left Pressing Check** to your opponents left arm.
3. Continue the looping action of your right hand and convert it into a **Right Pressing Check** at your opponent's left shoulder as you pivot into a **Left Reverse Close Kneel Stance** and deliver a **Left Inward Horizontal Elbow** to your opponent's left lower ribcage.
4. Convert your left elbow strike into a **Left Thrusting Outward Block** at the insertion of your opponent's left shoulder. Pivot into a **Left Close Kneel Stance** as you loop your right arm clockwise and deliver a **Right Inward Downward Diagonal Hammer Fist** to your opponent's right kidney.
5. **Shuffle** toward 7:30 into a **Left Closed Kneel Stance** as you execute a **Left Pressing Check** to your opponent's right shoulder bracing your forearm across their upper back. Execute a **Right Hand Grab** (palm down) to your opponents right wrist.
6. **Right Step Back** toward 4:30 into a **Left Neutral Bow Stance** and maintain the **Left Pressing Check** to your opponent's right shoulder bracing your forearm across their upper back. Execute a **Right Hand Pull** to the opponent's right wrist upward and behind them.
7. Circle your left arm counterclockwise to the left of your opponent's face and execute a **Left Hand Grab**. At the same time deliver a **Left Inward Stomp** to the back of your opponent's right leg and a **Right Vertical Punch** to your opponent's right jaw.
8. **Plant** toward 10:30 into a **Left Transitional Neutral Bow Stance**.

9. **Left Step Back** toward 6:00 into a **Right Neutral Bow Stance** as you execute a **Left Outward Downward Crane Hand** to the opponents neck and head as you deliver a **Right Uppercut Punch** to your opponent's face.

10. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.