
SOUTHERN LIGHTNING

Kick | Linear kick | 12:00

Name:

Southern: Moving directly backward

Lightning: Linear kick

Attack:

The Ideal attack requires your opponent be in front of you. The attack is a right cross behind side kick to your groin or midsection. Your opponent's intent is to kick through you while forcefully exerting all of his weight into his kick.

Movement:

1. Point of origin: **Right Interview Stance** with your arms up.
2. **Left Step Back** followed by a **Right Step Back** toward 6:00 into a **Left Front Twist Stance** as you execute a **Right Downward Diagonal Block** against your opponent's right leg. **Left Positional Check** to your opponent's right shoulder.
3. Deliver a **Right Front Snap Ball Kick** to the inside of your opponent's left knee.
4. **Plant Forward** into a **Right Neutral Bow Stance** as you deliver an over head **Right Inward Downward Hammer Fist** across the back of your opponent's neck.
5. **Left Gauging Step** towards your right leg then deliver a **Right Back Scoop Kick** to your opponent's groin.
6. **Plant** your right foot towards 3:00 into a **Right Reverse Bow Stance** between your opponent's legs buckling the inside of your opponent's right leg. Simultaneously, deliver a **Right Back Elbow** to your opponent's left mastoid while employing a **Left Positional Check** by your right shoulder.
7. Perform a **Right Front Crossover** and **Cover Out** toward 9:00.