
LEVERAGED RAM

Punch | Right hand punch | 12:00

Name:

Leveraged: To use a fulcrum

Ram: Right hand punch

Attack:

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

Movement:

1. **Right Step Back** toward 6:00 into a **Left Transitional Neutral Bow Stance**. As you step back, execute a **Right Outward Parry** to the outside of your opponent's right punch.
2. Continue to ride the force of your opponent's punch by pivoting into a **Left Reverse Close Kneel Stance** (facing 12:00). While you pivot, have your **Right Hand Grab** your opponent's right wrist while delivering a **Left Inward Horizontal Heel Palm** or a **Left Lifting Forearm** under and to the outside of your opponent's right elbow.
2. **Left Gauging Step** and pivot counterclockwise into a **Left Close Kneel Stance** (facing 12:00) as you deliver a **Left Outward Back Knuckle** to your opponent's liver or right lower ribcage. At the same time deliver a **Right Inward Heel Palm Claw** to your opponent's face (anchor your right elbow down) and a **Right Knee** onto your opponent's right ankle to possibly sprain or fracture it.
3. **Right Gauging Step** and pivot clockwise into a **Right Close Kneel Stance** (toward 4:30) as you pull your right claw through your opponent's face then deliver a **Right Outward Back Knuckle** to your opponent's lower spine and a **Left Vertical Punch** to his upper spine (left hand over right). At the same time drop your **Left Knee** on to your opponent's right ankle to possibly sprain or fracture it.
4. Reach over your opponents right shoulder as you deliver a **Left Thrusting Outward Knife Hand** to the right side of your opponent's neck then **Grab** their face with a **Left Outward Claw** (anchor your left elbow down).
5. **Left Step Back** toward 6:00 into a **Left Neutral Bow Stance** and deliver a **Right Inward Downward Hammer Fist** as you **Pull** your opponent to the ground.
6. Pivot counterclockwise and deliver a **Right Downward Looping Roundhouse Ball Kick** to your opponent's face or sternum.

7. Perform a **Right Front Crossover** and **Cover Out** toward 10:30.