
CRUSHING RAM

Punch | Right hand punch | 12:00

Name:

Crushing: To grab or impact with tremendous force and intention

Ram: Right hand punch

Attack:

The Ideal attack requires your opponent be in front of you in a left Fighting Stance. Your opponent steps forward with his right foot and attempts to punch you with his right hand.

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 Bow Stance** (facing 12:00). Execute a **Right Hand Grab** your opponent's right wrist while delivering a **Left Inward Horizontal Heel Palm** or a **Left Lifting Forearm** to your opponent's right elbow.
3. Pivot counterclockwise into a **Left Forward Bow Stance** (facing 12:00). Deliver a **Left Outward Back Knuckle** to your opponent's liver or right lower ribcage.
4. Pivot clockwise into a **Left Reverse Bow Stance** (facing 12:00). Deliver a **Left Inward Heel Palm** to the back of your opponent's right elbow throwing your opponent face down onto the ground.
5. **Jump** into the air toward your opponent landing in a **Convex Stance** (toes pointing out) on your opponent so that the heels of both feet strike to your opponent's kidneys. Immediately execute simultaneous **Heel Palm** strikes to the back of your opponent's mastoids.
6. Slip both of your hands along your opponent's face and under his chin. Switch into a **Concave Stance** as you **Pull** up and toward you with both of your hands using your knees to brace down and against your opponent's shoulder blades. **Neck Snap** twisting his head and neck counterclockwise. This is accomplished by pulling up and against your opponent's chin with your right hand and pushing down on the back of your opponent's head with your left hand.
7. Deliver a **Right Inward Knife Hand** to the bridge of your opponent's nose.
8. Pivot clockwise into a **Right Close Kneel Stance** as you drop your **Left Knee** onto your opponent's upper spine. Execute a **Left Pressing Check** to the back of your opponent's head.

9. **Left Front Crossover** towards 9:00 then pivot counterclockwise and deliver a **Right Downward Looping Roundhouse Ball Kick** to your opponent's head.

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