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# ECHOED LIGHTNING & THUNDER

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Kick | Linear kick/Rotational kick | 12:00

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## Name:

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Echoed: Retaliate with a similar attack

Lightning: Linear kick

Thunder: Rotational kick

## Attack:

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The Ideal attack requires your opponent be to the front in a left fighting stance. He then steps forward with a right front kick aimed toward your head. followed by a left spinning back heel kick.

## Movement:

1. Point of origin: **Right Interview Stance** with your right arm down.
2. **Left Step Back** into a **Right Reverse Bow Stance** (facing 12:00) as you deliver a **Right Inside Downward Block** (palm down) in and then up turning it into a **Right Outward Parry** against your opponent's right kicking leg, just below the back of his right calf, forcing your opponent's right leg into a counterclockwise looping arc. **Left Positional Check** by your solar plexus during the blocking action.
3. As your opponent follows up with a left spinning back kick, **Right Step Back** into a **Left Front Twist Stance** (facing 12:00) while delivering a **Right Downward Diagonal Block** to the outside of your opponent's left leg. **Left Positional Check** at solar plexus level.
4. Pivot clockwise as you deliver a **Left Roundhouse Kick** to your opponent's head or other available target.
5. Plant with a **Left Gauging Step** then deliver a **Right Spinning Heel Kick** to your opponent's groin, or other available target.
6. Perform a **Right Front Crossover** and **Cover Out** toward 7:30.