
CIRCLING HORN & RAM

Punch | Left hand punch/Right hand punch | 12:00

Name:

Circling: To maneuver over or on top of

Horn: Left hand punch

Ram: Right hand punch

Attack:

The Ideal attack requires that your opponent starts in front of you in a left fighting stance. He jabs with his left hand toward your face, and follows with a right step through straight punch toward your face.

Movement:

1. **Left Step Back** towards 6:00 into a **Right Neutral Bow Stance** and execute a **Right Inward Downward Parry** to the outside of your opponent's left arm.
2. **Right Step** into a **Right Cat Stance** and execute a **Left Inward Downward Parry** to the outside of your opponent's right arm.
3. Deliver a **Right Front Snap Ball Kick** to your opponent's groin.
4. **Plant Forward** towards 12:00 into a **Right Neutral Bow Stance** and deliver a **Right Uppercut Punch** to your opponent's face as you execute a **Left Positional Forearm Check** under your right arm.
5. **Left Front Crossover** towards 12:00 into a **Left Front Twist Stance** as you execute a **Right Positional Forearm Check** down your opponents chest and deliver a **Left Vertical Punch** to your opponent's sternum.
6. Deliver a **Right Knee** to the inside of your opponent's right thigh.
7. **Plant Forward** into a **Right Neutral Bow Stance** and deliver a **Right Lifting Forearm** under your opponent's chin. **Left Positional Check** by your right rib cage.
8. Execute a **Right Front Crossover** followed by a **Left Step** towards 6:00 into a **Right Neutral Bow Stance**.
9. Execute a **Left Cross Behind** towards 12:00 followed by a **Right Thrusting Back Heel Kick** to your opponent's body.
10. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.