
ASCENDING PALM

Push | One-handed push | 12:00

Name:

Ascending: Upward maneuver

Palm: One-handed push

Attack:

The Ideal attack requires that your opponent be attacking from the front. He steps forward with his right foot as he pushes with his right hand directly to your left shoulder.

Movement:

1. **Right Step Forward** towards 1:30 into a **Right Neutral Bow Stance** and execute a **Left Pinning Check** to your opponent's right hand while delivering a **Right Upward Thrusting Heel Palm** to your opponent's left jaw or mastoid.
2. Pivot into a **Right Closed Kneel Stance** while frictionally pulling with a **Right Outward Downward Crane Hand** over the top of your opponent's right arm.
3. Pivot into a **Right Neutral Bow Stance** as you deliver a **Right Inward Horizontal Elbow** to your opponent's right ribs or solar plexus.
4. Pivot into **Right Closed Kneel Stance** while delivering a **Right Outward Horizontal Back Knuckle** to your opponent's right kidney or right floating ribs.
5. Pivot into a **Right Neutral Bow Stance** as you deliver a **Right Uppercut Punch** to your opponent's throat.
6. Perform a **Right Front Crossover** and **Cover Out** toward 7:30.