
COUNTERING RAM

Punch | Left hand punch | 12:00

Name:

Countering: Retaliate, a series of rapid strikes

Ram: Right hand punch

Attack:

The Ideal attack requires that your opponent starts in front of you. He steps forward with his right foot as he delivers a right roundhouse punch toward your face.

Movement:

1. **Right Step Forward** towards 12:00 into a **Right Neutral Bow Stance** and check the inside of your opponent's right knee with a **Right Knee Positional Check**. Execute a **Right Inward Block** to the inside of your opponent's right bicep and a **Left Outward Block** to the inside of your opponent's right forearm.
2. Deliver a **Right Outward Knife Hand** to your opponent's throat while maintaining a **Left Positional Check** at chest level.
3. Pivot into a **Right Forward Bow Stance** and deliver a **Left Horizontal Finger Thrust** to your opponent's eyes. **Right Positional Check** at your right hip.
4. Pivot into a **Right Neutral Bow Stance** and deliver a **Right Uppercut Punch** to your opponent's stomach. **Left Positional Check** at chest level.
5. **Left Cross Behind** towards 4:30 and pivot into a **Right Neutral Bow Stance** (facing 10:30). Deliver a **Left Outward Hooking Knife Hand** to the left side of your opponent's neck followed by a **Right Inward Downward Knife Hand** to the back of your opponent's neck.
6. Perform a **Right Front Crossover** and **Cover Out** toward 4:30.