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# EASTERN THUNDER

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Kick | Rotational kick | 12:00

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## Name:

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Eastern: Moving to the right front quadrant

Thunder: Rotational kick

## Attack:

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The Ideal attack requires your opponent starts in front of you, standing in a left fighting stance. He then executes a full-power right roundhouse kick toward your torso.

## Movement:

1. Point of origin: **Right Interview Stance** with your arms up.
2. **Left Cross Behind** toward 1:30 into a **Right Neutral Bow Stance** (facing 7:30). During your transition, as your opponent is kicking, circle your left arm counterclockwise and execute a **Left Hand Grab** to your opponent's right leg. Deliver a **Right Heel Palm Thrust** to your opponent's face.
3. Deliver a **Right Knee** to your opponent's right thigh while executing a **Right Pressing Check** to your opponent's chest.
4. **Plant Forward** with a **Right Gauging Step** into a **Right Front Twist Stance** (facing 7:30) then deliver a **Left Roundhouse Shin Kick** to the inside of your opponent's left leg.
5. **Plant Forward** then perform a **Left Front Crossover** and **Cover Out** toward 1:30.