
RAKING RAM

Punch | Right hand punch | 12:00

Name:

Raking: To chamber or strike past our centerline

Ram: Right hand punch

Attack:

The Ideal attack requires your opponent be in front of you in a left fighting stance. He shuffles forward as he delivers a right straight punch toward your face.

Movement:

1. **Left Step Forward** toward 10:30 into a **Left Neutral Bow Stance**, as you execute a **Left Inward Parry** to the outside of your opponent's right arm. At the same time deliver a **Right Vertical Middle Knuckle Fist** to your opponent's liver. Immediately chamber your right arm across your body under your left arm.
2. Reverse the motion of your right hand and deliver a **Right Outward Knife Hand** to the liver of right lower ribcage of your opponent.
3. Pivot into a **Left Forward Bow Stance** as you execute a **Right Pressing Check** to the opponent's right hip.
4. **Right Step Forward** toward 1:30 into a **Right Neutral Bow Stance**, planting your right foot to the inside of your opponent's right foot, and buckling his right knee with your right knee. As you settle into your stance deliver a **Right Inward Horizontal Elbow** to the front of your opponent's right lower ribcage. **Left Pressing Check** to your opponent's right elbow.
5. **Left Hand Press** to your opponent's right arm moving it down and against his body. Deliver a **Right Front Scoop Kick** to your opponent's groin and a counterclockwise **Right Two-Finger Hook** to your opponent's left eye.
6. **Plant Back** toward 7:30 into a **Left Neutral Bow Stance**.
7. Perform a **Left Front Crossover** and **Cover Out** toward 7:30.