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# DOMINATING RAM

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Punch | Right hand punch | 12:00

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## Name:

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Dominating: To gain control of your opponent

Ram: Right hand punch

## Attack:

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The Ideal attack requires your opponent be in front of you with your back to a wall. He then steps forward with his right foot as he executes a right straight punch toward your face.

## Movement:

1. **Left Step Forward** toward 12:00 into a **Left Neutral Bow Stance** as you execute a **Left Inward Parry** on the outside of your opponent's right punch and a **Right Inward Block** to the inside of your opponent's right arm.
2. Execute a **Left Pinning Check** and **Grab** your opponent's right hand at the wrist followed by a **Right Outward Back Knuckle** to your opponent's right mastoid.
3. Execute a **Right Crossbody Grab** to your opponent's collar reaching over their right shoulder. Execute a **Left Crossbody Grab** to your opponent's left shoulder and **Pull** ending in a **Vice Like Grip** choking your opponent.
4. **Left Step Back** toward 4:30 into a **Right Transitional Neutral Bow Stance** then pivot counterclockwise into a **Left Neutral Bow Stance** (facing 6:00) slamming your opponent against the wall.
5. Deliver a **Right Knee** to your opponent's groin and a **Right Inward Horizontal Elbow** to your opponent's face, sandwiching your opponent against the wall.
6. **Plant Back** toward 12:00 into a **Left Neutral Bow Stance** and deliver a **Left Outward Knife Hand** to your opponent's throat.
7. Perform a **Left Front Crossover** and **Cover Out** toward 12:00.