
CIRCLING PALMS

Push | Two-handed push | 12:00

Name:

Circling: To maneuver over or on top of

Palms: Two-handed push

Attack:

The Ideal attack requires your opponent to be in front of you. He steps forward with his right foot as he pushes with both of his hands toward your chest.

Movement:

1. **Left Step Back** toward 6:00 into a **Right Neutral Bow Stance** as your right hand and arm loops a figure eight. Begin with a **Right Inward Downward Parry** on the outside and top of your opponent's left arm. Execute a **Right Extended Outward Perry** on the outside of your opponent's right arm. Execute a **Left Hand Check** at your solar plexus.
2. **Right Hand Grab** to your opponent's right wrist while moving your right leg into a **Right Cat Stance**.
3. **Pull** your opponent's right arm toward you (down and to your right) and deliver a **Right Front Snapping Ball Kick** to your opponent's groin.
4. Execute a **Right Front Crossover** toward 7:30 into a **Left Rear Twist Stance** (facing 1:30).
5. **Left Gauging Step** toward 1:30 and deliver a **Right Back Heel Stomp** to your opponent's liver or right floating ribs.
6. Perform a **Right Front Crossover** and **Cover Out** toward 7:30.