
ROTATING RAM

Punch | Right hand punch | 12:00

Name:

Rotating: A turning maneuver

Ram: Right hand punch

Attack:

The Ideal attack requires your opponent be to the front in a left Fighting Stance. He then steps through with a right straight punch toward your head.

Movement:

1. **Left Step Forward** toward 12:00 (on the outside of your opponent's leg) into a **Left Transitional Neutral Bow Stance** while executing a **Right Outward Block** to the inside of your opponent's right arm and a **Left Inward Block** to the outside of your opponent's right elbow. Continue to pivot into a **Left Reverse Wide Kneel Stance** (facing 12:00).
2. **Right Step Forward** toward 10:30 into a **Right Transitional Neutral Bow Stance** as you deliver a **Right Thrusting Back Knuckle** to your opponent's right mastoid or temple. Execute a **Left Pressing Check** to the back of your opponent's right shoulder.
3. Pivot counterclockwise in to a **Left Neutral Bow Stance** and deliver a **Left Outward Horizontal Back Knuckle** to your opponent's right lower ribcage
4. **Right Gauging Step** towards 7:30 into a **Left Neutral Bow Stance** (facing 1:30). Circle your left arm counterclockwise and execute a **Left Pressing Check** (using the back of your hand) to your opponent's right forearm and deliver a **Right Inward Hammer Fist** to your opponent's lower abdomen.
5. Deliver a **Right Lifting Forearm** to your opponent's chin or face.
6. Perform a **Left Front Crossover** and **Cover Out** toward 7:30.