RAKING LIGHTNING

Kick | Linear kick | 12:00

Name:

Raking: To chamber or strike past your centerline

Lightning: Linear kick

Attack:

The Ideal attack requires your opponent be in front of you. The attack is a right snapping side kick or right snapping ball kick to your groin or midsection.

Movement:

1. Point of origin: **Right Interview Stance** with your arms up.

2. **Left Step Back** toward 7:30 into a **Right Neutral Bow Stance** as you execute a **Right Downward Diagonal Block** against the outside of your opponent's right leg. **Left Positional Check** at your solar plexus during your block.

3. **Left Front Crossover** toward 12:00 into a **Left Front Twist Stance** with a **Left Pressing Check** to your opponent's right arm while delivering a **Right Thrusting Back Knuckle** to your opponent's right arm. Immediately chamber your right arm across your body above your left arm.

4. Deliver a **Right Knife-Edge Side Kick** to the back of your opponent's left knee.

5. **Plant Forward** into **Right Neutral Bow Stance** (facing 1:30) and deliver an arcing **Right Outward Back Knuckle** to your opponent's right mastoid or right temple.

6. Deliver a **Right Inward Heel Palm Claw** to your opponent's face.

7. Perform a **Right Front Crossover** and **Cover Out** toward 7:30.