
ECHOED PALMS

Push | Two-handed push | 12:00

Name:

Echoed: Retaliate with a similar attack

Palms: Two-handed push

Attack:

The Ideal attack requires your opponent start the attack from the front. He pushes toward your chest or shoulders with both of his hands as he steps forward.

Movement:

1. **Right Step Forward** towards 12:00 between your opponent's legs into a **Right Forward Bow Stance** while executing **Two Upward Forearm Strikes** using them as a wedge on inside of the opponent's arms and ending with **Thrusting Claws** to the opponents eyes.
2. Pivot into a **Right Neutral Bow Stance** as your execute a **Left Hand Grab** to your opponent's right arm or wrist. Immediately jerk and **Pull** your opponent's right arm down and past your left hip and deliver a **Right Upward Elbow** under the chin on the right side of your opponent head.
3. Deliver a **Right Downward Heel Palm Claw** to the bridge of your opponent's nose and to his eyes.
4. **Left Step Back** toward 3:00 then perform a **Right Front Crossover** and **Cover Out** toward 3:00.