
SOUTHERN PALMS

Push | Two-handed push | 12:00

Name:

Southern: Moving back

Palms: Two-handed push

Attack:

The Ideal attack requires that your opponent begins his attack from the front. He steps forward with his right foot as he executes a two-handed push.

Movement:

1. **Left Step Back** toward 6:00 into a **Right Neutral Bow Stance**. Execute **Double Hooking Downward Diagonal Crane Hand Blocks** to the inside of your opponent's wrists.
2. Execute a **Left Hand Grab** to your opponent's right wrist.
3. Execute a **Right Cat Stance** and deliver a **Right Front Snapping Ball Kick** to your opponent's groin.
4. **Plant Forward** into a **Right Neutral Bow Stance** (facing 12:00) and deliver a **Right Inward Downward Diagonal Hammer Fist** to the left side of your opponent's face. Continuing with a figure 8 pattern and deliver a **Right Outward Back Knuckle** to your opponent's right temple.
5. Deliver a **Right Upward Elbow** to your opponent's chin as you execute a **Left Hand Pull** to your opponents right wrist (towards your left hip).
6. Deliver a **Right Downward Heel Palm Claw** to your opponent's face and eyes.
7. **Left Gauging Step** towards 3:00 then perform a **Right Front Crossover** and **Cover Out** toward 3:00.