
EASTERN OAK

Weapon | Club | 12:00

Name:

Eastern: Moving to right front quadrant

Oak: Club

Attack:

The Ideal attack requires your opponent be attacking from the front. Your opponent is in a left fighting stance. Your opponent steps forward and executes a right overhead club attack toward your head.

Movement:

1. **Right Step Forward** towards 1:30 into a **Right Forward Bow Stance** while executing a **Right Inward Parry** to the side of your opponent's weapon or right wrist. **Left Step** into a **Right Cat Stance** (facing 10:30) while executing a **Left Outward Extended Block** to your opponent's right wrist.
2. Deliver a **Left Front Snap Ball Kick** to your opponent's groin.
3. **Plant** towards 9:00 into a **Left Front Twist Stance** then deliver a **Right Knife-Edge Side Kick** to the inside of your opponent's left knee.
4. **Plant** Forward into a **Right Neutral Bow Stance** (facing 10:30) and deliver a **Right Outward Back Knuckle** to your opponent's left temple with a **Left Positional Check** at your solar plexus.
5. Perform a **Right Front Crossover** and **Cover Out** toward 4:30.