

---

# REDIRECTED PALMS

---

Push | Two-handed push | 12:00

---

## Name:

.....  
Redirected: To guide off center

Palms: Two-handed push

## Attack:

.....  
The Ideal attack requires that your opponent pushes you from the front. He attempts this by stepping through with a two-hand push to the chest.

## Movement:

1. **Left Step Back** to 6:00 into a **Right Neutral Bow Stance** as you execute a **Right Inward Block** to the outside of your opponent's left arm.
2. Deliver a **Right Knife-Edge Side Kick** to your opponent's front knee then land in a **Right Neutral Bow Stance**.
3. Deliver a **Left Front Thrusting Ball Kick** to your opponent's solar plexus or sternum then land in a **Transitional Inverted Left Neutral Bow** (facing 1:30).
4. Pivot and deliver a **Right Spinning Back Heel Kick** to your opponent's groin.
5. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.