
HAMMERING RAM

Punch | Right hand punch | 12:00

Name:

Hammering: To strike with a hammer fist

Ram: Right hand punch

Attack:

The Ideal attack requires that your opponent starts in front of you in a left fighting stance. He then steps forward with his right foot as he delivers a right straight punch toward your face.

Movement:

1. **Left Step Forward** toward 12:00 into a **Left Neutral Bow Stance** and execute a **Left Inward Block** to the outside of your opponent's right arm.
2. **Shuffle** toward 10:30 into a **Left Closed Kneel Stance** and deliver a **Right Inward Hammer Fist** (striking on with the thumb side of the fist) to your opponent's stomach as your **Left Hand Checks** your opponent's right arm.
3. Circle your right arm clockwise and execute a **Right Pressing Check** to the back of your opponent's right shoulder. Pivot clockwise with a **Right Gauging Step** into a **Right Closed Close Kneel Stance** as you deliver a **Left Inward Downward Hammer Fist** to your opponent's left kidney.
4. Circle your left arm clockwise and execute a **Left Pressing Check** to the back of your opponent's right shoulder. Pivot counterclockwise with a **Left Gauging Step** into a **Left Closed Kneel Stance** as you deliver a **Right Hammering Forearm** to back of your opponent's neck.
5. **Left Step Back** towards 6:00 into a **Right Neutral Bow Stance** as you deliver a **Right Outward Back Knuckle** to the opponent's right temple followed immediately by a **Right Inward Claw** to your opponent's face.
6. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.