
NORTHERN PALM

Push | One-handed push | 12:00

Name:

Northern: Moving forward

Palm: One-handed push

Attack:

The Ideal attack requires that your opponent starts in front of you. Your opponent delivers a cross push with their right hand to your right shoulder as they step forward with their right foot.

Movement:

1. **Left Step Forward** toward 12:00 into a **Left Transitional Neutral Bow Stance** while executing a **Right Outward Block** to the inside of your opponent's right arm and a **Left Inward Block** to the outside of your opponent's right elbow. Continue to pivot into a **Left Reverse Wide Kneel Stance** (facing 12:00)
2. **Left Pinning Check** to your opponent's right elbow pressing their arm to your body as you pivot into a **Left Forward Bow Stance** and deliver a **Right Heel Palm Thrust** to your opponent's left jaw.
3. Execute a **Right Inward Raking Claw** across your opponent's face (traveling from the left side to the right side of their face) ending with a **Right Outward Downward Crane Hand** to the back of your opponent's neck.
4. Deliver a **Right Knee** to your opponent's stomach.
5. **Plant Forward** toward 12:00 into a **Right Neutral Bow Stance** buckling the inside of your opponent's right knee and delivering a **Right Inward Horizontal Elbow** to your opponent's face.
6. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.