
BRACING THUNDER

Kick | Rotational kick | 12:00

Name:

Bracing: To use an X-block

Thunder: Rotational kick

Attack:

The Ideal attack requires your opponent be in front of you, standing in a left fighting stance. He then executes a full-power right roundhouse kick toward your torso.

Movement:

1. Point of origin: **Right Interview Stance** with your arms up.
2. **Left Gauging Step** toward 3:00 into a **Right Neutral Bow Stance** (facing 9:00) as you execute a **Right X-Block** (right hand high) against the inside of your opponent's right kicking leg.
3. **Left Gauging Step** toward 10:30 then deliver a **Right Knife-Edge Side Kick** to the inside of your opponent's left leg.
4. **Plant Forward** towards 12:00 into a **Right Transitional Neutral Bow Stance** as you deliver a **Right Downward Outward Back Knuckle** to to your opponent's right mastoid.
5. Pivot clockwise into a **Right Front Twist Stance** and deliver a **Left Downward Hammer Fist** to your opponent's neck.
6. Pivot counterclockwise into a **Right Transitional Neutral Bow Stance** and deliver a **Right Lifting Forearm** to to your opponent's face as you execute a **Left Pressing Check** to the back of your opponent's neck.
7. Continue to pivot counterclockwise and deliver **Right Thrusting Back Heel Kick** to your opponent's groin or body.
8. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.