
AVOIDING LIGHTNING

Kick | Linear kick | 12:00

Name:

Avoiding: Moving back to left rear quadrant

Lightning: Linear kick

Attack:

The Ideal attack requires your opponent be in front of you. The attack is a right step-through thrusting ball kick to your groin or midsection. Your opponent's intent is to kick through you while forcefully exerting all of his weight into his kick.

Movement:

1. Point of origin: **Right Interview Stance** with your arms up.
2. **Left Step Back** toward 7:30 into a **Right Neutral Bow Stance** as you execute a **Right Downward Diagonal Block** against the outside of your opponent's right leg. **Left Positional Check** at your solar plexus during your block.
3. Execute a **Left Pressing Check** to your opponent's right shoulder. Your right arm continues to circle then delivers a **Right Horizontal Inward Elbow** to your opponent's face.
4. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.