
BROKEN PALM

Push | One-handed push | 12:00

Name:

Broken: To break or hyperextend a limb

Palm: One-handed push

Attack:

The Ideal attack requires that your opponent be directly in front of you. He steps forward with his left foot, as he pushes directly to your right shoulder with his left hand.

Movement:

1. **Left Step Back** towards 6:00 into a **Right Neutral Bow Stance** and executing a **Left Inward Parry** to the inside of your opponent's left wrist while delivering a **Right Inward Upward Heel Palm** to the outside of your opponent's left elbow.
2. Pivot into **Right Forward Bow Stance** while frictionally pulling with a **Right Outward Downward Crane Hand** over the top of your opponent's left arm and delivering a **Left Thrusting Outward Knife Hand** to your opponent's throat.
3. Pivot into a **Right Neutral Bow Stance** as you deliver a **Right Inward Downward Diagonal Hammer Fist** to your opponent's left mastoid. Simultaneously, execute a **Left Positional Check** to your opponent's left arm.
4. **Shuffle Forward** as you continue the counterclockwise motion of your right arm and deliver a **Right Inward Elbow** to the left side of your opponent's jaw and a **Left Inward Horizontal Heel Palm** to the right side of your opponent's jaw.
5. Perform a **Right Front Crossover** and **Cover Out** toward 6:00.