CHOPPING PALMS

Push | Two-handed push | 12:00

Name:

Chopping: To use knife hand strikes

Palms: Two-handed push

Attack:

The Ideal attack requires your opponent be attacking from the front. He steps forward with his left foot, as he pushes with both hands toward your chest.

Movement:

1. **Right Step Back** towards 6:00 into a **Left Neutral Bow Stance** as you deliver **Double Outward Blocks** to the inside of your opponent's arms.

2. Pivot into a **Left Forward Bow Stance** (facing 12:00), as you execute a **Right Thrusting Inward Knife Hand** to your opponent's left lower ribcage. **Left Positional Check** at your right ear.

3. Pivot into a **Left Neutral Bow Stance** while delivering a **Left Outward Knife Hand** to your opponent's throat. **Right Positional Check** by your right hip.

4. Pivot into a **Left Forward Bow Stance** (facing 12:00), with a **Left Pressing Check** down your opponent's torso. Deliver a **Right Vertical Middle Knuckle Fist** to your opponent's solar plexus.

5. Perform a **Left Front Crossover** and **Cover Out** toward 6:00