
RAKING LIGHTNING

Kick | Linear kick | 12:00

Name:

Raking: To chamber or strike past your centerline

Lightning: Linear kick

Attack:

The Ideal attack requires your opponent be in front of you. The attack is a right step-through snapping side kick to your groin or midsection.

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. **Left Front Crossover** toward 12:00 into a **Left Front Twist Stance** with a **Left Pressing Check** to your opponent's right arm while delivering a **Right Raking Hammer Fist** to your opponent's right arm.
4. Deliver a **Right Knife-Edge Side Kick** to the back of your opponent's left knee.
5. **Plant Forward** into **Right Neutral Bow Stance** (facing 1:30) and deliver an arcing **Right Outward Back Knuckle** to your opponent's right mastoid, or right temple.
6. Deliver a **Right Inward Heel Palm Claw** to your opponent's face.
7. **Right Gauging Step** toward 3:00 then perform a **Left Front Crossover** and **Cover Out** toward 3:00.