

# TRIPPING RAM

Punch | Right hand punch | 3:00

## Name:

Tripping: Full takedown from the back

Ram: Right hand punch

## Attack:

The Ideal attack requires that your opponent starts at your right flank, positioned in a left fighting stance. They step forward with their right leg and execute a right straight punch.

## Movement:

1. **Right Step Sideways** toward 3:00 into a **Right Neutral Bow Stance** and execute a **Left Inward Parry** to the outside of your opponent's right wrist followed by a **Right Outward Parry** to the outside of your opponent's right elbow.
2. **Left Step Forward** toward 1:30 into a **Left Transitional Neutral Bow Stance** (facing 3:00) and pivot into a **Right Neutral Bow Stance** (facing 7:30 ). **Right Hand Grab** to the back of your opponent's right shoulder then **Left Hand Grab** the back of your opponent's left shoulder.
3. **Right Step Back** toward 1:30 into a **Left Neutral Bow Stance** and deliver a **Right Knee** to your opponent's lower back.
4. **Plant Back** into a **Left Neutral Bow Stance** continuing to **Pull** your opponent's shoulders forcing them back and down onto your left thigh.
5. **Right Hand Grab** to your opponent's chin and **Left Hand Grab** to the right side of your opponent's head. **Twist** your opponent's head clockwise.
6. Deliver a **Right Inward Downward Knife Hand** to the bridge of your opponent's nose.
7. Deliver **Two Downward Back Knuckles** to your opponent's left and right humerus, up near their shoulders.
8. **Left Step Back** toward 1:30 into a **Right Closed Kneel Stance** as you deliver a **Left Downward Heel Palm Claw** to your opponent's face.
9. Pivot into a **Right Reverse Close Kneel Stance** (facing 7:30 ) as you deliver a **Right Downward Heel Palm Claw** to your opponent's face.
10. Deliver a **Right Heel Stomp** to your opponent's right jaw hinge or collar bone.
11. Perform a **Right Front Crossover** and **Cover Out** toward 1:30.