
CHARGING RAM

FRONT | TACKLE

Name:

"Ram" is a synonym for a tackle. Your opponent is charging you and attempting to tackle (ram) you.

Attack:

In the IDEAL PHASE of this attack your opponent is charging from the front, with his head low, and arms spread as if to engulf you. His tackle is directed below your waistline

Theme:

This technique is an introduction to countering a tackle. Tackles are "grabs in motion". They can pose a problem or be easily handled depending upon your reaction. In this technique environment allows you to get out of the Line of Attack, but you must also check your opponent's arm and head. Visualize looking down on the available targets you are to strike. With your opponent's upper body basically on a horizontal plane take note of how he has limited the use of his own height zones. After striking with your right handsword imagine switching your eyes to your feet. From this point of view have your feet zero in on the available targets.

Movement:

1. While remaining in a right neutral bow slide your left foot counterclockwise toward 3:00 (facing 9:00). Simultaneously redirect your opponent's left arm down and out with a right outside downward parry, and execute a left outward heel palm parry to the left side of your opponent's head. As you settle into your stance, execute a **right inward overhead handsword to the back of your opponent's neck**, while sliding your left hand to your opponent's left shoulder as a check. (This should stun or stagger your opponent.)
2. With your opponent descending, but still moving slightly forward, slide your right foot into a cat stance (facing 7:30), and immediately snap a **right front ball kick to your opponent's left ribcage**. (This kick should inflict pain that will momentarily immobilize your opponent.)
3. Plant your right foot forward (GAUGING LEG), and deliver a **left step through roundhouse kick to your opponent's face**. (This should drive your opponent's head back.)
4. Without planting, execute a right front crossover, and **cover out toward 1:30**.

What If:

- Your opponent's head is up.
- Your opponent's back is more vertical than horizontal.
- Your opponent's arms are directly in front and extended toward you.
- You are in a narrow corridor.

Technique Notes:

As you progress in the art, learn to accurately FIT your right handword into the back of your opponent's neck.

Make note of the similarity of this attack to: a grab, a push, and a bear hug.

Be sure to settle into your stance on your first strike. Do not move so far away that you cannot effectively reach your targets.

Study your ANGLE OF DEVIATION on the first move. If you move your left foot too far up the circle toward 1:30, you will not have easy access to the back of your opponent's neck.

See how you might add this technique onto the end of FIVE SWORDS.

There are a wide variety of uses for your hands on your initial move. Study some of these possibilities:

- a. Your right hand is low and left hand is high.
- b. Your left hand is low and your right hand is high.
- c. Use hammering blocks vs parries.
- d. Use Double and Triple Factors to control your opponent.