

CHARGING RAM

NAME—*Ram* is a term used symbolically to represent a tackle. In this technique, the opponent charges at you in an attempt to tackle you to the ground.

BASICS

Base

Front Twist Stance
Outward Downward Parry
Neutral Bow Stance
Inward Overhead Handword Strike
Front Snapping Ball Kick

Extension

Front Crossover Maneuver
Front Rotating Twist Maneuver
Inward Downward Diagonal Roundhouse Kick
Knife Edge Kick
Front Scoop Kick

IMPORTANT PRINCIPLES

Torque
Gravitational Marriage
Control Manipulation

IMPORTANT CONCEPTS

Line of Attack
Angle of Deviation
Gauging (distance)

RELATED TECHNIQUES

Five Swords
Bow of Compulsion

ATTACK

FRONT
Tackle

WEB OF KNOWLEDGE

Grabs and Tackles

DEFENSIVE LOCATION

Outside Left

POSITIONAL RELATIONSHIP

Right to Either

ATTACK DIRECTION

12:00

CURRICULUM PLACEMENT

16 System

Blue #13

Orthodox 24 System

Purple #8

32 System

Purple #1

FORM LOCATION

None



BASE TECHNIQUE

•Some instructors teach a variation of this technique inside of the left arm; however, unless the opponent has stopped his attack, it may be difficult to check the opponent's forward body momentum simply with the kicks. Remember, if you find yourself on the inside of the opponent's arm simply flow into BROKEN RAM.

•The 1987 IKKA Studio Manual taught this technique beginning from a right neutral bow stance rather than a natural, unprepared position. It indicated that you simply slide your left foot toward 3:00 to adjust the angle. Though this method is quicker to move off the line of attack, you will lose torque for the handword.

•The 1987 IKKA Studio Manual indicated that this was a defense for a tackle with the opponent's arms wide and placed the defender on the **inside** of the left arm. The defender is instructed to: defend with a right outward downward parry to the inside of the opponent's left arm simultaneous with a left outward horizontal heel palm strike to the left side of the opponent's head. The right inward overhead handword strike to the neck followed and the rest remained the same ending with a right front snapping ball kick followed by a left roundhouse kick and cover toward 1:30.

1. Slide your left foot toward 3:00 to form a **right front twist stance** as you deflect the opponent's arm with a **left outward downward parry** (Your right arm is in a preparatory cock by your right ear). Pivot counterclockwise and form a **right neutral bow stance** as you deliver a **right inward overhead handword strike** to the back of his neck.
 - Your hands should move from point of origin and should not make any unnecessary cocking or winding motions. Do not telegraph your evasive foot maneuver as he may adjust and re-angle his attack.
 - Your left arm should clear the opponent's left arm and redirect his momentum toward 8:00.
 - The standard angle in which to move off the line of attack is 3:00, but you will find that you will need to gauge this according to your opponent's angle and speed in order to create the proper Angle of Deflection and Angle of Incidence for the handword.
 - By utilizing a right front twist stance, you will be positioning yourself off the line of attack, and you will be utilizing preparatory torque for the right inward overhead handword strike.
 - Positioning your right hand by your right ear utilizes a Preparatory Cock and gives you a longer path of travel.
2. Deliver a **right front snapping ball kick** to his rib cage or an instep kick to his solar plexus (depending upon target availability) immediately follow with a **left front snapping ball kick** to the left side of his jaw. These kicks are executed in a chicken kick fashion.
 - Depending upon the position of your opponent, you may substitute the left front snapping ball kick for a left roundhouse kick.
 - The first kick may be directed toward the solar plexus or ribs depending upon the available target.
 - The first kick to the solar plexus will move his hands and give you the target for the second strike.
 - Depending upon the location of the opponent's arms, you may have to reverse the order of your kicks in order to give you a proper line of entry.
 - Various targets will be presented depending upon his degree of commitment. He may be upright or bent over, moving fast, slow or even stopping. His left or his right leg may be forward. His arms may be blocking certain target zones. All of these factors must be considered instantaneously as you follow-up with your initial counter strikes.
3. With your left leg in the air, execute a **left front crossover** and **double cover out** toward 1:30.

EXTENSION

•Another version of this extension reverses the defender's position as well. This version is as follows:

Step 3

With your left leg in the air, execute a left front crossover and single cover out toward 1:30.

Step 4

Immediately pivot counterclockwise and form a left front rotating twist stance to generate torque for a right inward downward diagonal roundhouse kick to the back of the opponent's left knee.

Step 5

Plant your right leg (gauging leg) and execute a left spinning knife edge kick to the back of the opponent's right knee.

Step 6

Plant your left leg (gauging leg) and deliver a right rear scoop kick to the opponent's groin.

Step 7

Plant your right foot back toward 12:00 and execute a left front crossover and double coverout.

Note: This version is acceptable, but you do place yourself in a tactical disadvantage by turning your back to the opponent.

3. With your left leg in the air, execute a **left front crossover** and **single cover out** toward 1:30. Immediately pivot counterclockwise and form a **left front rotating twist** stance to generate torque for a **right inward downward diagonal roundhouse kick** to the back of the opponent's left knee.
4. Hop onto your right leg (gauging leg) and deliver a **left knife edge kick** to the back of the opponent's right knee.
5. Hop onto your left leg (gauging leg) and deliver a **right front scoop kick** to the opponent's groin.
6. Plant your right foot back toward 12:00 and execute a **left front crossover** and **double cover out** toward 12:00.

•The purpose of this extension is to:

- (1) Demonstrate to the student the reverse application of a self defense technique designed for the hands now applied to the legs.
- (2) Demonstrate a method of preventing the opponent from turning toward you by controlling his width and height zones through the use of leg strikes.

•The extension of this technique is the reverse sequence of BOW OF COMPULSION applied to the legs. In BOW OF COMPULSION, after you release your right hand, you execute a reverse handword strike to the opponent's groin followed by a right back knuckle strike to his left knee and finish with a right inward hooking punch to his right knee. The extension reverses the order of these strikes. Rather than ending with an inward strike to his knee, we now begin with a strike to the same quadrant followed by an outward kick to the opposite knee and finish with a strike to the groin. In addition, the opponent is now turned away from you (so the right and left of his legs are now reversed) and your strikes are now alternating rather than consecutive.

•Some practitioners alter the angle of the inward downward diagonal roundhouse kick to a horizontal roundhouse kick or an inward upward diagonal roundhouse kick. This is done decrease the time between the first and second kicks caused by an over-commitment of the hips for the roundhouse kick. This is acceptable as long as you accomplish the intended action of buckling the opponent's left leg.