

Does a Broken Board Equal a Broken Nose?

Training to Achieve the Striking Force Proven to Stop an Attacker

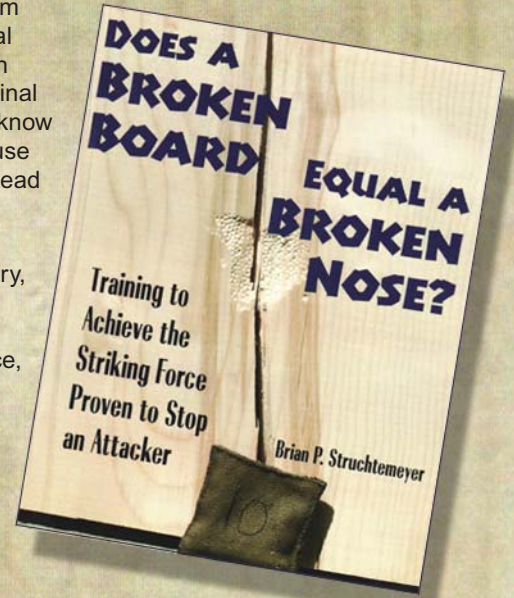
Precisely how hard do you have to hit to stop an attacker? And how do you train to develop that level of force?

This groundbreaking training guide tackles a vital but overlooked aspect of practicing the martial arts: How do you know your strikes are powerful enough and accurate enough to stop an attacker? How do you measure the strength of your strikes? Has your training accurately simulated a hostile encounter?

Author Brian Struchtemeyer details the exact level of impact force found in modern "less-than-lethal" weapons used by law enforcement to physically subdue criminal suspects and shows you how to attain this level of force with your punches. When officers use LTL tools, they are able to reliably stop more than 90 percent of criminal suspects—and that's when they are only aiming at the thighs or abdomen. They know they must be careful because the impact force delivered by these tools could cause severe injury or even death if aimed at more vulnerable body parts such as the head and neck.

Struchtemeyer integrates the long sought-after answer to "How hard is hard enough?" with an engaging and often humorous cross-cultural study on the history, nature, and practical use of surrogate targets, including the heavy bag and Okinawan makiwara. Along the way he connects a diverse range of topics, including psychology, early American football, and the statistics of random chance, to the simple goal of effective stopping power in unarmed strikes.

Finally, these varied topics are synthesized into a set of training drills using surrogate targets that allow you to measure the force of your blows so you know when you are hitting with the same level of impact force proven by law enforcement officers to stop a violent opponent in his tracks.



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Are Turns Really Turns?

by Matthew Sylvester

In this article I want to look further at how patterns can be studied and interpreted in new ways, and in ways that don't necessarily follow the set course of the pattern. Most people look at you strangely when you ask if a turn in a pattern is really a turn. Visually, of course it is. Take the ITF TKD pattern called Dan Gun for example. We shall look at the very opening of the pattern. As with any pattern, the technique starts in Chunbi. You then turn 90 degrees to the left and go into L-stance, knife hand guarding block. The next move is then a stepping forward obverse punch.



Judging a book by its cover, this looks very simple. But are you really turning 90 to the left, or is this indicating that you should be 90 to the left of your opponent? The latter makes sense, especially if you consider that by moving to this position you're not only on their outside, you've trapped their left hand and neutralised their right hand (because they can't punch you easily).

If you have a punch bag or (even better) a BOB-XL try this from the fence. In this situation, you're initiating the fight, not being passive and letting them attack you. When your right hand is coming back to your hip, go through the motions of 'trapping their arm' and returning it to your hip. It makes much more sense to do this.



As you can see in the sequence above, I'm facing BOB with my fence up. As I start to move, I chamber the knife hand guarding block the 'karate' or WTF/Kukkiwon way, i.e., my right hand goes out low whilst your left hand is chambered palm up on your right shoulder. As you can see, I make sure that the right hand actually strikes the target around the diaphragm. As I'm doing this, I step my right leg out to the right. You're now 90 degrees to their left (or should be), and their neck is nice and open for the left knife hand to strike into. This does not actually have to be a knife hand however, as a forearm will suffice just as well and will still reflect the form of the pattern.

As soon as my left hand has struck, I blitz forward with my right leg and hand, striking to the jaw area. You can punch, palm, or elbow depending on the circumstances and the environment. Either way you will get a lot of force behind your strike and you are on your way to leaving the scene.

