

## Hand-to-hand Combat Basic Techniques - The Palm Strike

The palm strike can be a very devastating strike when properly applied. The palm strike is always performed with an open hand fingers extended. Contact is made to the target with the heel of the hand. It is a very simple technique that can be devastating. Even when been applied by people small in stature. Palm strikes can be applied in an upward vertical motion, a horizontal motion, or a downward vertical motion. Palm strikes can be used in combination with lock holds to break joints or bones. A horizontal strike to the sternum, kidney, groin, nose or ear can be very effective. However, the most popular type of palm strike is an upward thrust to the chin. This strike is very easy, because you transfer all of the energy directly from the ground, straight up through your body into the palm of your hand. It is a direct upward thrust where the palm of the hand makes contact directly with the chin. its effects are felt instantly by the attacker. This strike will force the jaw closed and force they headed back. When the head is forced back it will move the body out of position creating an imbalance in the person's posture. It will also allow you to get a second strike in as the individual will not be able to see your next strike. This is the perfect time for a knee or fist to the groin or a second palm strike to the sternum. You may also have time to drive heel of your foot into the knee of your attacker. If you practice these defensive attacks it is possible to get all three strikes in under a second.

Another good way to apply this technique is to step on the foot of the attacker and simultaneously use a Palm strike to the inside or outside part of the knee. It is very important to remember, you want to drive through the target. Think of your hand as a rock. If you drop a rock into the water, the rock will not stop or bounce back. It will fall to the bottom. Don't hold back use all your energy and drive through the target area.

If an attacker has you by the neck with arms outstretched. There is another effective technique, you can use. In an almost simultaneous attack, you want to raise your knee into the groin or leg of the attacker and then without hesitation, use a double palm strike to the elbows of the attackers extended arms. Your chin, will act as a lock to the attacker's hands. When you strike, keep your elbows tight to your body and push straight up on the elbows of the attacker. This will hyperextend the elbow, forcing them to release their grip.