

Karate vs. Boxing: A Comparative Analysis



INSIDE

October 1998 • K48667  
U.S. \$2.95 / £1.95 UK  
\$3.25 IN CANADA

KARATE

# KARATE

Rigan Machado and Jean-Jacques Machado

Machado Brothers  
Demonstrate

**Unbeatable  
Street  
Defense  
Moves!**

**Dance of  
Death!**

*The Secret of the  
Okinawan Odori*



**How Junki Yoshida  
Used Karate  
Principles to Create  
a Multimillion Dollar  
Business**

*Of all the striking techniques used by the martial artist, none comes more naturally than using the fist..... The fist is a natural extension of ones frustrations which most people will resort to automatically when confronted by bodily harm. Because of its expediency and ability to work independent of body commitment, it has effected more knockouts than any other blow including foot strikes which encompass 3 times the power of the hands! Because of this fact, most combat oriented systems concentrate more on developing effective hand strikes than foot techniques.*

*The problem arises however, when these techniques are done incorrectly. Despite the variety of ways in which the fist can be thrown and the preference of each individual style in using different striking surfaces, there are still certain key elements which must be adhered to in order to effectively deliver the blow and affect as little damage to the hand as possible. Unlike the foot which really requires little conditioning because it is encased in a protective shoe on the street. The hands, unless they are protected by gloves or are gripping an object such as a "hand sap" (palm weapon) where the hand is "braced" from within, are prone to knuckle breaks, wrist sprains, etc. In order to combat this, the practitioner should perform push-ups with the knuckles in the exact position in which he intends to use his fists to strengthen the wrists and hand conditioning to appropriate the proper strength to the knuckles for impact. Hand conditioning also has the added side benefit of producing accuracy in using the proper areas of the hand for striking which also helps lessen the chance of injury to the knuckles.*

*Now that we know how to strengthen the hands for their intended use, we will now discuss the various aspects of closed hand striking which can help improve your punching ability.*

# FROM THE GROUND UP



## CLOSED HAND STRIKING

**By Professor Frank E. Sanchez**

### **Punching From the Floor**

Despite the insistence of some instructors on proper hip rotation to affect a powerful punch, there is one facet of punching which still remains relatively unaddressed....and that is in order to have an effective punch, you must punch from the floor!....What do we mean by punch from the floor? Simply stated, whether you are doing a

"snap" type punch or one in traditional style with the feet flat on the ground, the hand at its fullest extension must be counteracted by the push of the rear foot on the ground. To test whether you are in affect punching from the ground", you can have your practice partner try to push your fist back at its fullest extension. If you maintain a strong body position with hand extended than you are

doing it correctly. Add proper hip rotation to this and you have a devastating punch traveling up the floor to your hips where extra power is generated to your shoulders and than up the arm to the fist itself.

### **Speed Impact Punching**

Another type of punch which is used in styles such as Wing Chun and some



**THE PRINCIPLE OF PUNCHING FROM THE FLOOR**

*Grandmaster Sanchez (right) delivers a properly executed punch braced from the ground to the phalanges of the opponent's incoming fist (above). By pushing against the ground with the rear foot and twisting the hips the opponent's balance is broken backward with simple fist contact (below).*



of the other "fast hand" styles which use the verticle fist in preference over the horizontal fist is "bicycle" punching....

In this particular form of punching more emphasis is placed on hand speed and independent shoulder action to attain results then on the mechanics of foot placement and hip rotation. Since the hands are cycling past each other, there is a continuous bombardment of blows directed at the opponent. The fact that the fists are being "bicycled" forward also allows the chest and other inter-related muscles of punching a time to relax between blows. To generate more

power to the blows, the body must be brought quickly into the proper "striking range" where the fists can penetrate the target area.

### Synergetic Punching

In this particular manner of punching, there can be no quick follow-up as the body shifts forward along with the punch in one committed effort. Often times then not, because of the total body commitment at the moment of impact, the resulting punch turns into a powerful "push" which knocks the opponent back. A good example of this technique would be Bruce Lee's famous 1 inch punch.

### Striking Surfaces and Their Pros and Cons

The foreknuckle - middle knuckle punch - This is probably the most popular way of striking since it allows you to exert tremendous power behind these two large boney areas of the hand. In order to use this hand weapon effectively you must angle the arm so that the knuckles make contact fully upon their surfaces and not on the phalanges of the fingers. The wrist must also be properly aligned with the hand to prevent it from bucking inward upon impact. Without correct hand wrist alignment and proper angling a broken or sprained wrist may result.

Grandmaster Sanchez demonstrates bicycle punch from a straddle stance (1).



Right verticle fist is thrown (2).

Sanchez shifts other hand into chambered position in front of chest with pedaling motion (3).



Left verticle fist is thrown (4).





Sanchez (left) prepares to deliver little knuckle punch while securing opponent's head with pressure point technique (1).



Sanchez drives the little knuckle into the pressure point behind the ear to cause a knock out (2).

The middle knuckle – ring finger knuckle punch – Though not as popular as the aforementioned style of punching, this style of punching is used in some styles of karate and offers perfect wrist – knuckle alignment, therefore offering less chance of spraining or breaking the wrist. Used in straight punching as well as close in hooking movements the only weakness is in the ring finger knuckle which because of its smaller size offers less resistance to

**The fist has effected more knockouts than any other blow, including foot strikes which encompasses three times the power of the hands!**

impact. Without proper conditioning of the knuckles used in this particular instance, a broken ring finger knuckle may result.

The little knuckle punch – Though not a strong punch by any means, this particular punch is used for fine pressure point work where the target area is small. It allows for good penetration of these areas where a larger knuckle might fail to penetrate because of its size. The little knuckle is also used in



The hands are faster to use than the feet in combat. Sanchez simultaneously blocks the opponent's side thrust kick while delivering a punch to the opponent's groin (1).



Sanchez stands over his fallen opponent ready to deal another fist strike if necessary (2).

Synergetic punches to off balance the opponent upward onto his toes before he is punched (actually "pushed") backward with the larger knuckles. The weakness of course is the small size of the knuckle which makes it easier to break than its larger counterparts. In defense of this technique however, since it is used primarily for the above purposes and not for "smashing", there is little chance of the knuckle breaking under impact since its application is restricted to "pin point" striking.

### To Twist or Not To Twist the Wrist

In the case of the aforementioned little knuckle punch and vertical fist, as well as inverted (up side down) strikes no wrist twist is necessary as penetration relies heavily on the body moving forward rather than "shifting" into the target. To increase the effectiveness of these types of "speed impact" punches the knuckles should be hardened through intensive hand conditioning practice.

The full twisting punch - Found in most of the martial arts styles, its strength lies in the velocity and power which is created by the twisting movement which is akin to a bullet leaving the spiraled chamber of a gun. Its greatest weakness is in the wrist which may buckle under impact due to improper distancing, angling or wrist alignment.

**Velocity and power is created by the twisting movement which is akin to a bullet leaving the spiraled chamber of a gun.**

The Quarter twisting punch - Offers probably the strongest alignment of all the bones in the forearm, wrist and hand. For this reason, it is considered the strongest "smashing" type punch offering the least damage to the wrist. Its weakness lies in the fixed trajectory of the hand which allows for less penetration than that of the full twist punch.

The "Chi" or directional twist punch - A "slight of hand" trick used for martial artists to direct punching power in a certain specified direction. It is performed by delivering a verticle punch and twisting the wrist in the direction you want penetration to be felt, i.e. up, down, right, left, etc. The basic weakness of this punch is in the wrist, since the punch becomes a push once initial contact is made and if the wrist is not strong enough it will buckle.

Although we may draw some valid conclusions from the above breakdown of punching techniques, we must also take into account the unknown variables of body structure, timing and the opponent's own movements to understand which punch might be effective at a certain point in time. In any case, whatever your choice of fist style, make sure you understand the weaknesses of your particular punching style, as by understanding its weaknesses you will be better able to understand and use its strengths.

Professor Frank E. Sanchez comes from Guam and is a free lance writer and martial artist with over 30 years experience in the martial arts. He currently resides and teaches in Jacksonville, Florida where his dojo is the Headquarters for the World Head of Family Sokeship Council and American Martial Arts Alliance International.

# SHAOLIN

**Shaolin Kung Fu: Treasure of the Chinese Nation by King Yan (8.5" x 11", 120pp.)**

The most spectacular and inspirational martial arts book ever! Stunning full color photographs of China's original Shaolin Temple and its warrior-monks, plus its authentic history. Our bestselling book!

**B009: \$24.95**

**Direct Importers from the REAL Shaolin Temple of China!**



**Shaolin Secret Iron Palm Training Kit by Sifu Wing Lam** Increase your striking power! This is the traditional method of training Iron Palm, passed down through generations of masters. Includes instructional videotape, special *dit da jow* liniment, and two training bags (beginning and intermediate). Everything you need to begin today!

**VSL37C: \$89.95**

**Please add \$5.00 (S&H) per item. CA res. add 7.75%**

Wing Lam Enterprises, Inc. Dept. WK

1155 Reed Ave. Suite#5

Sunnyvale CA 94086

**Order Toll Free: 1-800-700-3698**

<http://www.wle.com>

**To receive our catalog/newsletter, send \$1.00**

# IRON PALM



**How To Trigger G-Jo Point #13**

**Send For Your FREE Report Today! With G-Jo, First Aid of the Samurai!**

**Fear No Pain Or Injury!**

It's true! As a Master of G-Jo Acupuncture, you can "erase" pain (and most other common ailments) in seconds ... using nothing but the touch of your finger! G-Jo is based on a network of secret pressure points (many of them used in the martial arts). When an injury occurs, reach for the right G-Jo point ... "trigger" it in the special way ... and sigh in relief! Be up and ready for action in moments - or help loved ones, friends, clients, patients or students - using this remarkable technique. G-Jo is so foolproof it works for skeptics as well as "believers." This life-saving skill is vital for those in the healing arts ... alternative medicine ... martial arts ... or anyone who ever finds him/herself far from doctors, medical help or hospitals.

G-Jo is safe for all ages ... natural ... effective in healing hundreds of injuries and ailments ... and it works instantly! Not only for the relief of serious injuries, G-Jo relieves headaches ... back pain ... indigestion and other common ailments in seconds. Proven to millions on major talk shows. G-Jo is so effective it can even become your total health-care program! Yet this time-proven technique is so easy, you can actually become a certified Master of G-Jo Acupuncture in as little as one weekend of study! We offer the only home-study acupuncture certification program available. **Send for your FREE report today!** The G-Jo Institute, Dept. 191, PO Box 848060, Hollywood, FL 33084. Or phone (954) 791-1562 now for faster service. [www.g-jo.com](http://www.g-jo.com)

**"Teaching G-Jo Acupuncture Since 1976"**