

## **FSSD ELBOW STRIKE.**

There are 5 basic elbow strikes; downward, upwards, sideways, round or roundhouse and backwards

There are two methods by which the elbow strike can be delivered, either assisted or unassisted.

The backwards, sideways, downwards and round elbow strikes use the other hand to assist with the thrust directly or as a pivot point in the case of the round strike.

Care needs to be taken when using both hands in these techniques that you do not leave yourself open to a blow that you could not block.

Basic target areas are the ribs, head, stomach, and groin.

Lethal or possibly lethal target areas are

The back of the spine or neck (these can cause lifetime crippling injuries or death and should be used only if you feel your life is in mortal danger.

The kidney can be targeted, but serious injury may occur from internal bleeding resulting in death

### **Elbow strike techniques**

#### **Upwards (a vertical strike)**

- Prepare the strike by starting the fist at your waist height
- Keeping the arm bent raise your fist so that it passes over the shoulder (on the same side)
- On the upwards elbow strike the hit is made by the front of the elbow on the way up ( the greater the speed in execution of the is strike the greater the power imparted into the blow)
- Return to the ready position on completion of the strike

#### **Downwards (a vertical strike)**

- Prepare the strike by starting the fist at your waist height
- Keeping the arm bent raise your fist to the shoulder (on the same side)
- On the downwards elbow strike the hit is made with the rear of the elbow on the way back down ( the greater the speed in execution of the is strike the greater the power imparted into the blow)
- Additional power can be imparted to the blow by placing the opposite hand over the fist of the striking arm and using both arms to power the downwards motion

- Return to the ready position on completion of the strike

#### **Round elbow (a horizontal strike)**

- Prepare the strike by starting the fist at your waist height
- At the same time as raising the fist of the striking arm up towards the opposite shoulder the elbow is raised to be in-line with the intended target area
- On the round elbow strike the hit is made by the front of the elbow on the way around towards the opposite shoulder ( the greater the speed in execution of the is strike the greater the power imparted into the blow)
- Additional power can be imparted to the blow by placing the opposite hand up at shoulder height and punching the fist of the strike arm into the open palm, this causes the blow to have additional power imparted into it by using the other hand as a pivot.
- Return to the ready position on completion of the strike

#### **Sideways (a horizontal strike)**

- Prepare the strike by starting the fist at your waist height
- At the same time as raising the fist of the striking arm up towards the opposite shoulder the elbow is raised to be in-line with the intended target area
- On the sideways elbow strike the hit is made with the rear of the elbow on the way back towards your rear ( the greater the speed in execution of the is strike the greater the power imparted into the blow)
- Additional power can be imparted to the blow by placing the opposite hand over the fist of the striking arm and using both arms to power the motion

#### **Rear (a vertical strike)**

- Prepare the strike by starting the fist at your waist height
- Keeping the arm bent raise your fist to the shoulder (on the same side)
- The backwards elbow strike the hit is made with the rear of the elbow ( the greater the speed in execution of the is strike the greater the power imparted into the blow)
- Return to the ready position on completion of the strike