

FSSD HANDSTRIKES

Open Hand Strikes

The open hand strike utilizes the padded edge of the palm on the little finger side.

It is generally referred to as a sword or knife hand as the action of the strike is similar to the chopping action of a sword or knife.

Form the weapon by completely extending the four fingers held together and tucking the thumb at the first joint towards the palm.

The strike can be delivered in a variety of ways:

Vertical - Cock the arm up and swing the strike down as if chopping wood.

Horizontal (palm up) - The starting position is similar to the inside block. Swing the strike horizontally keeping the palm up. The end position should see the fingers pointing straightforward.

Horizontal (palm down) - The starting position is similar to the reverse outside block. Swing the strike horizontally twisting the palm down.

Targets: various points on head, neck, ribs, etc.

Hammer Fist

The hammer fist strikes are similar to the open hand strikes.

Start with the open hand position and curl the fingers one joint at a time towards the palm.

Tuck the thumb along the second row of finger joints.

The striking surface is the same as the open hand (the edge of the palm-only now it is more massive). The strike is delivered in the same ways as the open hand.

Targets: various points on head, neck, ribs, etc.

Spear Hand

Start with the open hand position keep the fingers rigid with the thumb along side the hand and bent towards the palm at the first joint. (Do not try to curl the fingers so that the tips are all even)

The striking surface is the tip of the fingers. Deliver the strike with a jabbing action.

The palm may face up, down or to the side depending on the target area.

Targets: trachea, solar plexus, rib cage and various nerve plexus.

Half Fist

Uses the second joints of all four fingers.

The fingertips are curled toward the palm until they reach the base of the fingers.

The thumb is curled across the base of the index and second fingers.

Keep the back of the hand in line with the wrist.

Targets: Base of nose, cheekbones, chin, temple, throat, ribs, and kidneys

Quarter Fist

Uses the second joints of the index and second fingers.

The index and second fingers fingertips are curled toward the palm until they reach the base of the fingers the other two fingers are curled into the palm.

The thumb is curled across the base of the index and second fingers

Keep the back of the hand in line with the wrist.

Targets: Base of nose, cheekbones, chin, temple, throat, ribs, and kidneys.

'V' Strike

Uses the area between the base of the thumb and the base of the index finger as the striking surface

Spread the thumb and fingers (keep the thumb and fingers straight). Deliver the strike with the palm down and horizontal.

Targets: primary target is the throat.

Ridge Hand Strike

Start with an open hand strike and tuck the thumb in until it almost touches the base of the little finger.

This strike utilizes that part of the palm between the base of the forefinger and the base of the thumb.

To strike at the temple: extend the strike out palm up until almost extended, then rotate the palm down sharply, whipping the strike at the target. Targets: side of head, groin, throat, neck and chin

Back Fist

The fingers are tightly clenched like that of the normal fist, only the back knuckles are used for striking.

The strike is delivered in a whipping action, snapping at the wrist upon completion of the strike. Targets: Temple, nose solar plexus, etc.

The strike can be delivered in both a vertical or horizontal direction.

Extended Front Punch

Curl the fingers towards the palm; curl the thumb across the curled fingers.

The punch is delivered either with the base (closest to the hand) of the index and second finger knuckles or with all of the knuckles.

The punch is forcefully pushed out and just before delivered to the target the fist is rotated so that the palm of the hand points to the ground.

Targets: all areas

Short Front Punch

Curl the fingers towards the palm; curl the thumb across the curled fingers.

The punch is delivered either with the base (closest to the hand) of the index and second finger knuckles or with all of the knuckles.

The punch is forcefully pushed out until the elbow is adjacent to the waist.

Targets: all areas, for close work.

Hook

Curl the fingers towards the palm; curl the thumb across the curled fingers.

The punch is delivered either with the base (closest to the hand) of the index and second finger knuckles or with all of the knuckles.

The punch is generally delivered parallel to the floor and is forcefully pushed out.

Targets: all areas, for close work.

Upper Cut

Curl the fingers towards the palm; curl the thumb across the curled fingers.

The punch is delivered either with the base (closest to the hand) of the index and second finger knuckles or with all of the knuckles.

The punch is forcefully pushed out with the palm of the hand towards your chest.

Targets: all areas, for close work, particularly effective when delivered under the chin, to the face or under the base of the ribs.