



Hand Weapons and Techniques

Fist

To make a fist, roll your fingers into your palm, starting with your little finger. Lock them in place with your thumb across the middle joint of the first two fingers. Keep your wrist flat. Visualize the fist starting at the elbow and extending to the first two knuckles of the fist. This visualization will help keep your wrist flat and allow you to strike with more power and less risk of injury to yourself than if your wrist is bent.



There are several ways to attack with a fist. Three ways are described below: punch, back fist and hammer fist.

Punch

A punch is a medium range weapon. From the chamber position, push your fist out $\frac{3}{4}$ of the way to full extension and then rapidly twist your fist over to palm down as you finish extending your arm. Keep your elbow close to your body as you execute the punch. Strike with the front of the first two knuckles. Chamber position for a punch is with the fist at the waist, palm up, with the leading edge of the fist behind the middle-line of the side of your body. There are several ways to execute a punch. Three ways are described below: front punch, reverse punch and side punch.

Front Punch - Front Stance

Start in ready stance. Step into front stance and down block. Chamber the opposite hand to the waist with the palm up. Step forward with your back leg into front stance and punch with the chambered fist as you chamber the blocking fist to the waist with the palm up. A front punch directed at the solar plexus is called a middle punch, while one directed at the nose is called a high punch.

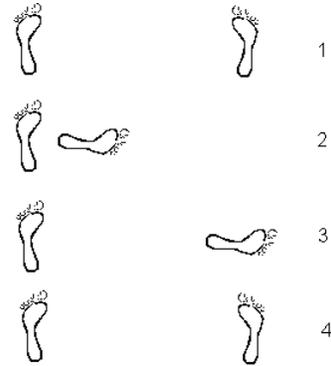
Reverse Punch – Back Stance

A reverse punch is a front punch using the fist on the same side as your back leg.



Side Punch - Straddle Stance

1) Look over your right shoulder. Chamber your right hand at your hip and raise your left arm in a guard position as for an inside block. 2) Pull your right foot into a cat stance and rotate your upper body to face right. Keep your knees bent so your head stays level. 3) Step out with your right foot. 4) As you pivot your right foot and torso into position, push your right fist out palm up until almost fully extended. Rapidly twist the fist over to complete the punch just as your hips lock. Chamber your other fist.



Back Fist

Close your hand into a fist and strike with the back of the first two knuckles. A back fist could be used to strike the nose.

Hammer Fist

Close your hand into a fist and strike with outside of the fist (little finger side of fist). The striking surface is the pad of your hand, not your fingers. It can be used to strike down or to the side.

Knife-Hand

A knife-hand is a medium range weapon usually used in a chopping attack. Fingers are slightly curved and tightly together. Fold the thumb so it doesn't stick out from the hand. Strike with the outside edge of the hand between the base of little finger and wrist.



Vertical Chop

Fold with your hand at your ear; palm forward, wrist straight and elbow back. Strike forward and down with your palm vertical. This could be used to strike the collarbone.



Horizontal Chop

Fold with your hand at your ear; palm forward, wrist straight and elbow back. Strike forward and across with your palm up like you are holding a platter. This could be used to strike the neck.

Reverse Chop

Universal fold with a knife-hand folded on top. With the knife-hand, strike to the target with your palm down. This could be used to strike the opposite side of the neck.

Ridge Hand

Hold hand as for a knife-hand but strike with thumb side (inside) of hand. Strike with the inside edge of the hand between first joint of index finger and thumb. Keep your thumb tucked under and curve your fingers slightly. The ridge hand could be used to strike the temple.



Palm Heel

Keep fingers together but pulled back and strike with the heel (base) of your palm. A palm heel thrust can be used to strike high (fingers up) or low (fingers down). This could be used to strike the nose or the groin.





Elbow Weapons and Techniques

Elbow

Your elbows are powerful short-range weapons. They are also less fragile than your hands. The striking surface depends on the direction of your attack. There are two striking surfaces for an elbow attack, one just above the elbow and one just below the elbow. Take care never to strike with the point of the elbow because it can be extremely painful.

Up Elbow

Start with a fist chambered at your waist. Keeping your elbow bent, punch your fist up and past your ear as you rotate your palm inwards to face your head. Keep your elbow tightly bent while striking. The striking surface is the flat area of your forearm just below your elbow.

Back Elbow

Extend your arm out in front of you, hand in a fist, palm up. Pull your elbow straight back. Your arm should brush closely by your side. The striking surface is on the arm just above the elbow. You can reinforce the strike by cupping the fist of the arm performing the back elbow with your other hand.

Roundhouse Elbow

Start with a fist chambered at your waist. Your fist should move across your chest, rotating palm down as your elbow swings forward. The striking surface is the flat area of your forearm just below your elbow.

Down Elbow

Raise your arm up in front with your hand in a fist, palm facing to the rear. Drop your bent elbow straight down on your target. The striking surface is on the arm just above the elbow.



Foot Weapons and Techniques

Foot Weapons

Your legs have three times the power and one and a half times the reach of your arms; this makes your feet powerful long-range weapons. There are several possible striking areas on your foot.

Ball of Foot

The bottom of the foot just behind the big toe and second toe is called the ball of the foot. This is the striking surface for most front kicks. When executing a front kick, pull the toes back so the ball of the foot strikes the target when the foot is extended.

Arch of Foot

This is the bottom of the foot between the ball of the foot and the heel. The arch is primarily used for inside crescent kicks.

Instep of Foot

The striking area is the top of the foot from the midpoint of the instep to the ankle. It is primarily used for roundhouse kicks or for kicking straight up into the groin. When executing a kick with the instep, the foot should be extended.

Side (Blade) of Foot

This is the outside side edge of your foot from your heel to your little toe. You should use the area closer to your heel to avoid injury to your toes. Primarily used for side kicks and outside crescent kicks.

Heel of Foot

This is at the end of the sole of your foot and just a little up the back of the foot but not into the Achilles tendon. The heel has two striking areas. The axe and hook kicks use the part just up the back of the foot. Stomps and back kicks use the part on the sole.

Foot Attacks

Front Snap Kick

1. Bring your knee up so that it points at your target. Keep your foot up as if you were walking up stairs, don't let your toes drop to point at the floor.
2. Extend your leg with a quick snapping motion. Pull your toes back as you extend so that the ball of your foot strikes the target.





3. Snap your leg back to the fold position.

Side Snap Kick

1. Bring your knee up as for front kick with knee pointing forward at the height of the target while keeping foot parallel to the floor without dragging it.
2. Extend the leg out to the side with a snapping motion, striking the target with the blade of the foot.
3. Rapidly return foot along same path used to execute the kick.



Roundhouse Kick

1. Raise your knee up to the side to point at the target. Your foot should be folded behind you with your toes pointed.
2. Extend your leg in an arc, striking the target with the top of the foot, as you pivot toes of supporting foot away from target.
3. Rapidly return foot along same path used to execute the kick.

Outside Crescent Kick

1. Bring your left knee up and slightly to the right across your body.
2. Extend your leg out but not locked, snap your leg straight across the target from right to left by twisting your hips. The striking surface is the blade of your foot.
3. Return to a fold position.
(Reverse left & right directions for a right leg kick.)

Inside Crescent Kick

1. Bring your left knee up and slightly to the left of your body.
2. Extend your leg out but not locked, snap your leg straight across the target from left to right by twisting your hips. The striking surface is the arch of your foot.
3. Return to a fold position.
(Reverse left & right directions for a right leg kick.)

Back Kick

1. Fold your knee up as for a front kick.
2. Look back over your shoulder at your target and drive your heel straight back into your target with your heel up and toes down. Your upper body may bend forward for balance as your leg goes back. Pull



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your toes towards your shin as far as possible to keep them out of the way. Strike with your heel.

3. Return foot along same path used to execute the kick

Heel Kick

1. This is used to kick up into the groin area. It starts with your foot on the ground under your target.
2. Look over your shoulder at your target. Drive the back of your heel straight up into your target. Your heel should be pointing up with your toes down and pulled toward your shin.

Front Thrust Kick

1. Bring your knee up so that it points above your target.
2. Extend your leg straight out like a punch and pull your toes back as you extend so that the ball of your foot strikes the target. As your leg reaches full extension, pivot on your support foot and thrust your hips forward to add power to the kick.
3. Return to the fold position.

Side Thrust Kick

1. Bring your knee up as for front kick with knee pointing forward as high as possible while keeping foot parallel to the floor without dragging it.
2. Extend the leg out to the side while pivoting on your support foot. As you strike the target with the blade of the foot thrust your hips to add power to the kick.
3. Rapidly return foot along same path used to execute the kick.

Knees

Your knees, like your elbows, are powerful short-range weapons. You can bring your knee up sharply as a strike to the groin, or use it with a grab to smash an attacker's face.