

## More Karate Hand Attacks Part 2

### Karate Single Finger Strike

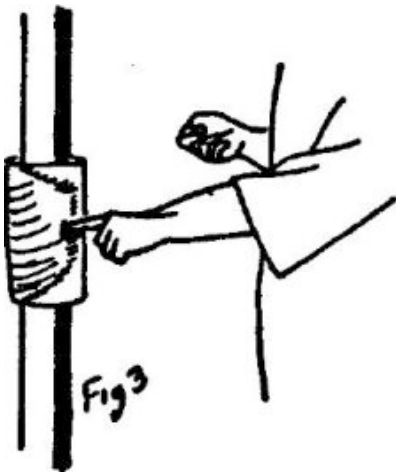
The **Single Finger Strike** is a relatively easy but effective form of attack.

Believe it or not (as Ripley used to say) it can be mastered quicker than other Karate offensive moves.

It is frequently used in striking your opponent in the solar plexus or, if you must, in the eyes.

The striking force is the forefinger— your pointing finger.

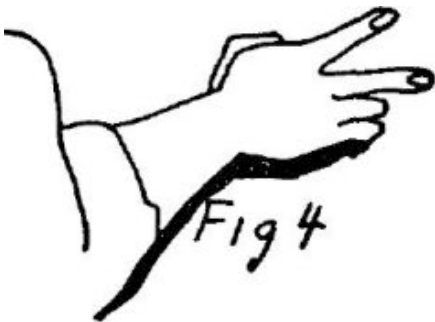
You curl your hand into a fist, except for the forefinger, which is kept straight as a ruler.



You can use the Single Finger strike in three ways—upward, downward and straight forward.

### The Two Finger Strike

This karate hand attack is similar to the One Finger Strike... only with 2 fingers



The Two Finger attack is often used when you want to render your opponent temporarily helpless.

It is a quick, decisive, effective stroke. But it must be used with caution.

Your striking points are your first two finger tips.

Sounds rather ineffectual, but it isn't!

In Karate your two fingertips are like sharp spears.

The Two Finger attack gives you twice the striking power of the Single Finger attack described above.

The remaining fingers are curled into a fist.

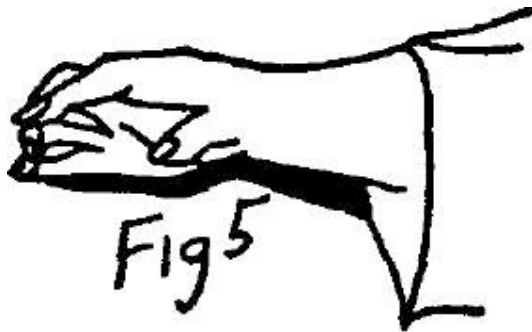
But if you are in a tight spot and the seconds count, do not hesitate to get the full force of this attack by spreading the two fingers out—in a horizontal V-for-Victory sign. Your target is your opponent's eyes.

A quick, sharp stab will prove that the fingers are quicker than the eyes!

## The Hook

When you give your opponent **"The hook"** he won't know it—until he catches his gasping breathe again! By that time you have the upper hand.

That's how effective this karate hand attack is!



When you employ The Hook in Karate, you will prove once again that size and weight per se mean little.

You can be smaller than your enemy — 20, 50, yes even 100 pounds lighter!

You can be frail, even sickly. But do not despair. You pack TNT in your hand, if used according to the ancient Karate principles.

To form The Hook, you place your hand in the shape of a clamp or hook.

Where do you use it? You direct the Hook at one of the most vulnerable parts of the human body—the Adam's apple.

And it's applesauce for your opponent! He will then use his big, hairy paws — not in attacking you — but in clutching his aching throat.

He will never expect the Hook, nor the tears of pain that will flow down his grubby cheeks.

## The Knife Hand

This is perhaps the most famous karate hand attack, mainly due to the popularity cartoons and movies have given to it. It is also known as "**Karate Chop**".

It sounds like a misnomer, since no knife is used, but your opponent will swear that razor-sharp cutlery was employed, that is, after he recovers!

The Knife Hand can be used in two ways, both extremely painful: The downward chop and the side chop.



The downward chop is yet another karate hand attack that you can use effectively in certain circumstances.

This attack is formed by crooking the arm at the elbow and swinging it down diagonally in a swift, slashing, in a hammer-like motion.

Make sure to keep the fingers rigid and close together. And, more importantly, hit with the side of your hand, not with the fingers! (If you hit with the side of your fingers, you may break them!).

Learn to strike fast.

The downward Knife Hand is especially effective on the forearm, the neck, the ribs.

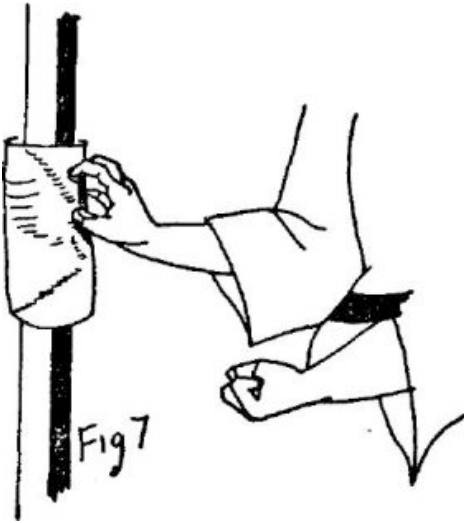
It can cause your opponent stinging, excruciating pain.

The second variation is the side chop. It is formed by swinging the hand out in a semi-circle from the elbow. The palm should be kept rigid.

## The Claw

The Claw is a karate hand attack used mainly against your opponent's ears and face.

People with long and sharp finger nails can use this karate hand strike in a very dangerous way.



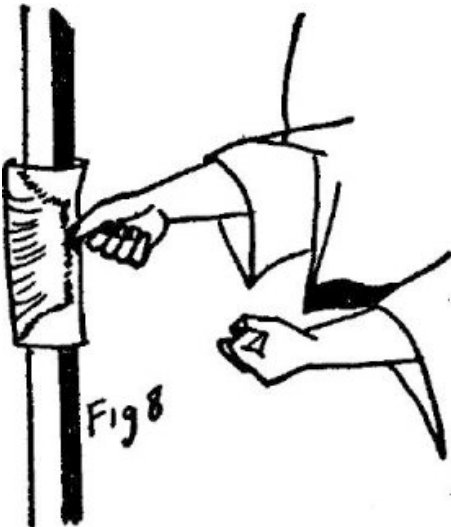
The tips of the four fingers and thumb are spread and bent.

The hand is arched backward. Keep your fingers rigid.

Both hands can be used to box your opponent's ears. You claw, dig, jab, twist and turn.

Do it quickly before your adversary can anticipate your attack.

### **The Thumb**



When you use this karate hand attack on your opponent, he's ejected, rejected and dejected—in that order!

First, he's ejected from his spot.

Second, he's rejected from attacking you.

Third, he's dejected because he thought YOU were the "soft touch" type.

The Thumb attack is formed by extending the thumb with the fingers curled into a fist.

You may direct this blow in an upward fashion, forward or downward.

The beauty of the Thumb attack is that your opponent is prepared for, a blow to the head, and you give him the Thumb in the groin or solar plexus. Quick, silent, painful.

This is one Karate striking point that anybody can master, even if you're "all thumbs".

## **The Kiss or Grind**

At some time or other in your life you have seen a relative or member of the family off on a trip. As the train or ship pulls out, you wave and "blow a kiss".



In blowing a kiss to a departing loved one, you bunch your fingers to a point with the hand arched back.

In Karate you do the same thing . . . to a point. You don't blow your opponent a kiss. But you do "kiss" your opponent with a blow.

The Kiss attack (also referred to as The Grind by many students of Karate) is employed as a gentle physical warning to somebody to watch out-or things will really get rough . . . for him!

The Kiss or Grind may be executed in a corkscrew manner-digging its way into the stomach, cheek or eyes.

Extracted from the website; [www.Karate Made- Easy.com](http://www.Karate Made- Easy.com) and Soft Developments  
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