



Karate Hand Attacks Part 3: Using Your Knuckles

Karate hand attacks also use the knuckles to deliver painful blows to your opponents. But you have to be smart about it, or you can injure yourself if you're not careful.

These hand strikes are very painful because of the physics involved in delivering the blow.

By hitting with your knuckles (especially in a soft target of your opponent's body), you concentrate the force of your punch in a small area (your knuckles).

That is the same physics principle that allows you to cut something with a knife: the full strength is concentrated in the sharp end of the blade.

Here are a few knuckle strikes you can practice:



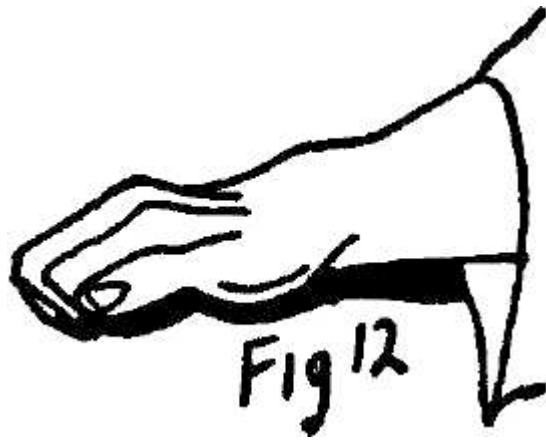
One Knuckle Strike

Curl your hand into a fist.

Extend the knuckle of the forefinger out and hold it down with the thumb.

Use the One Knuckle attack to your opponent's eyes, temple, or other vulnerable parts of the anatomy.

You can jab or dig with this attack.



The Fore knuckle Fist

For this karate hand attack you need to press your fingers together with the thumb, but extend the fore knuckle.

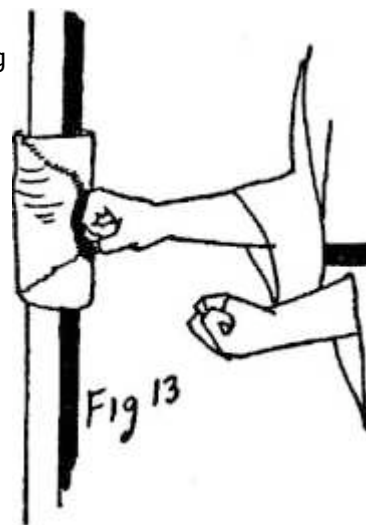
This striking method is particularly effective when attacking between the nose and upper lip, the temple or the stomach.

Big Knuckles Forward

The tips of the big knuckles are the main striking points for this powerful karate hand attack.

You curl your hand into a fist. Overlap the fingers with the thumb.

This type of blow is often a raking jab or hook.



Big Knuckles Backward

Here again the striking point of this karate strike is the tips of the big knuckles.

However, the palm of your hand faces you. See illustration.

This blow is similar to a slap or grind.

