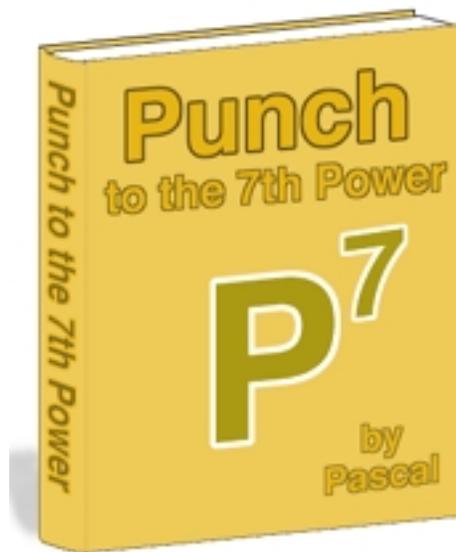


Punch to the 7th Power



by

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Introduction

If you have read **The Punch Papers**, and practiced a few of the techniques and tactics from various chapters, then I am guessing that your punches have already improved a lot.

Are they faster? Stronger? All of the above?

Just follow the advice in that book, and you'll be punching better in no time. But where do you punch? What are your targets?

This eBooklet covers seven targets and two distinct tactics that you simply must consider when picking your targets.

These are dangerous targets. Not to you, but to your opponent. For that very reason, if you find yourself having to go for one of these 'sweet spots,' you may find yourself in a world of hurt -- legally.

Always consider legal repercussions, when you fight. You may

have to defend yourself. You might not have a choice. Still, you should know the law. In many states of the U.S., you could be judged using a minimum force ruling (Force - 1).

If someone were to try to kill you, then you could respond by maiming them. If instead this attacker were to try to maim you, then wounding/hurting might be acceptable.

If he or she tried to hurt you, then you could stop them.

Do you see the way this is going?

You have to respond with one less serious response as your MAXIMUM self defense response.

But don't take my word for it. I am not a lawyer, and I don't render legal advice. Rules vary by locale.

And who is to say you will be judged fairly?

How are you going to prove someone else's intent? It's a hard call. Play it safe, and avoid confrontations, if you can.

And remember, I present these moves to educate you. They probably shouldn't be your first line of defense, OK?

With all of the above in mind, here are seven punches for you to consider....



Hit the Chin to Rattle the Brain

I have seen this punch in several texts on martial arts. I originally found it in a book, I thought was titled **Secrets of the Martial Arts**. Maybe it's out of print.

In this book, the punch was called the *dinky poke*. When I looked up the term on the Internet, I only found Adult Site references. Oh well.

The dinky poke is a punch that definitely has knockout power. Your punch lands straight on the chin.

I always imagine a vertical punch contacting from the bottom of the chin to the lower lip. I suppose a horizontal punch would be just as effective.

The key to this punch working is that the flat of the punch contacts the flat of the chin. Surface to surface.

And this is the punch that jars, by going in and then retracting very quickly. See [A Punch Known By 5% of the Martial Artists](#) in **The Punch Papers**.

You want in and out. You are literally rattling the brain with this strike. And if you jar it correctly, you can knock your attacker completely unconscious.

If you don't believe me, study some of the great boxing matches that are on video tape. Look for the ones you know ended in a knockout. I think you'll be pleasantly surprised -- or at least you'll get a good education in knocking someone out.

I would say, do give the Dinky Poke a try, but ... you can't really. You don't want to cause brain damage to your partner. Don't experiment, if it means knocking someone out.

There are too many risks -- similar to the risks involved when practicing carotid holds too. Better not to practice knocking your partner unconscious. Got it?



On Breathing In

Ever get the wind knocked out of you? How did it feel?

Imagine how hard it would be to continue a fight, if you had that sucked in, gasping-for-breath feeling. Now, imagine you knocking the wind out of your opponent.

OK, so this one isn't so dangerous to the attacker -- although you never know what could happen. It is risky for you, until you get the technique down pat.

Don't rely on it. Just use it for what it is -- a punch. A punch that sometimes scores a bonus.

Your goal: To knock the wind out of your opponent.

Your timing: Catch the attacker breathing in.

Your technique: A good, solid solar plexus shot. Anything basic is fine.



Kidney Punching

Kidney shots are painful. They can also cause internal bleeding. Be careful. Practice with padding.

For a quick guide to find the kidneys, look at the belly button, then follow its horizontal line around to the back.

Your kidneys are below your ribs, in back of your body. If you aim to someone's side, at belly level, and just angle your punch a bit more to the back, you should have no problem finding the kidneys.

I try to find them, when I have stepped past my opponent, or when my opponent turns his body, exposing the sides.

I can actually cause pain by pressing hard on my kidney with my own finger. That's the spot that I aim for on someone else.

Careful.



Punching the Arm

I am not sure I would try punching a bodybuilder's arm or a boxer's, especially when he or she is flexing the muscles.

It might be hard to cause the kind of pain you are seeking. On the other hand, 'normal folk' are fair game for this tactic.

I have noticed that sometimes when I have punched people on the arm really hard, they comment that they feel like throwing up.

Once, a group of friends decided to dogpile on top of me. They wanted to play pin the martial artist. I wanted otherwise. I couldn't dissuade them with warnings. As they came in, I punched my roommate squarely on the arm. I struck between the biceps and the triceps.

Suddenly, he went white in the face. I didn't think I had hit him very hard -- compared to my full-power punches. After all, he was my friend.

His arm was frozen, practically paralyzed. It took him a couple of days to work the kinks out.

Hmm. Definitely a move to consider for the future.



Carotid and Temple Shots

These are dangerous. They can kill. Actors have died from impact of a blank, fired from a gun, at their temple. Can you imagine what the knuckle of a phoenix eye could do?

A sharp punch to the throat or the indentation at the side of the head could end it for someone -- permanently.

Such vulnerable spots are usually reserved for pressure from a lock or control. I just want to remind you, that if it were a life or death situation, and you had no other choice, you could strike ... and cause damage.

Get out your protective gear, and start striking targets.



Nose Hits

Ouch. They make me tear up. And I bleed. But after so many years in the martial arts, it doesn't slow me down at all. In fact, it makes me even more determined.

And no, I don't have to taste my own blood, like Bruce Lee did in **Enter the Dragon**. I get sufficiently ticked right after the initial nose bop. I don't need to focus *diddly*.

I have noticed that many others aren't so cavalier about getting punched in the nose. Often, it takes the fight right out of the meany.

It's not guaranteed. And I wouldn't rely on it. But it is worth a try, if you have to.

A solid punch in the nose may mean the end of the fight.

Note: Once, an authority told me that it's absolutely impossible to drive the cartilage from the nose through the brain. We always hear about it, but I have been told that it's physically impossible.

What do you know about the subject?



Wild Card

Now, it's your turn. Have you ever punched someone in a fight, where the technique worked? If so, it's time to start taking notes -- on yourself.

Keep a notebook of how you naturally fight.

Of course, you can also start collecting moves that you see others perform. I think you gain so much benefit from tracking your own techniques.

Did an under-the-armpit punch work for you? There are nerves there.

How about an open palm strike to the groin? Write it down.

Can you cause a charlie horse by punching the leg? It's a similar punch to punching the arm -- found in an earlier chapter.

What happened when you punched the cheek? Did it have the effect you wanted?

Don't pick fights, just to try out techniques. But do take notes after the fact.



Do you have a favorite punch?

Write to me. I may even be able to include in a future edition of one of my eBooks on punching. Of course, I will give you full credit for the write-in, OK?

Send your punches to: comments@kerwinbenson.com



And if you'd like to read more useful Tips, Tactics, and Techniques, sign up for our Free weekly e-zine, Martial Arts Mastery.

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I think you still get a free eBook when you join. And some other goodies come in your mailbox for several days after.

And by then, you should start receiving your weekly issues.

