



Canvas Bag Striking Techniques FREE TRAINING BONUS!

Open Hand Techniques

Chopping:

- Downward
- Horizontal
- Diagonal outside line & inside line

Finger Jab

- Eyes
- Throat
- Palm strike with finger jab to eyes

Slapping Back hand

- For conditioning
- Close quarter whipping to the face

Palm Strike

- Slapping: Use whole hand and sink your strike
- Whipping: Using reverse hip rotation and pull your strike upon impact.
- Snapping or articulating palm: Thrust palm forward by bending the wrist upon impact.
- Cupped or percussion: Attack ears
- Overhand palm

Finger Slap to Eye

- Fingers together
- Target eye or eye brow or corner of eye
- Use whipping motion
- Safer than eye jab
- Easy to do

Fist Techniques

Horizontal punch

- Downward
- Straight
- Upward angle
- Overhand: To face not skull

Vertical punch: Thumb up

- Preferred for head strikes
- Keep elbow close to body. Use flat of hand not knuckles
- Power punch/JKD straight lead: Like a stiff jab
- Balance: When hitting an opponent with this punch into the face area the head will move back so it will not affect your balance that much but hitting to the body could cause you to be pushed backward. So the canvas bag helps to train your balance.
- Vertical Hook: Safer than horizontal hook

Back Knuckle: First & Second Knuckle

Whipping:

- Temple
- Jaw
- Neck
- Nerve strikes

Hammer Fist

- Over hand

- Straight
- Side
- Downward
- Reinforced hammer: Hold onto your wrist with thumb on top

Punching combinations Single & 3-Section Bag

- Double punch same hand
- Jab-Cross
- Jab-Upper cut
- Jab-Cross, step off to side then hook (vertical fist)
- Step Jab-Cross

3-Section Bag combinations

- Punch low - Punch high
- Punch high - Punch low
- Whipping back knuckle to high line - Horizontal punch low line opposite hand
- Double vertical punch to each bag section (alternating hands)
- Single horizontal punch to each bag section (alternating hands)

Principles

Sinking Power

- Opposite of whipping
- Punch heavy and penetrate into target
- Relax arm into strike (don't muscle it)
- Keep fist tight
- Exhale upon hit

Whipping Power

- Relaxation –Tension - Relaxation: Muscle tension slows speed and explosiveness, tense muscles upon impact not before.
- Helps to develop short range whipping power
- Use reverse hip rotation technique

Safety Guidelines

Use Dit Da Jow Liniment

- Makes skin more elastic
- Decreases swelling
- Protects against tissue and bone bruising
- Increases circulation
- Speeds recovery time so you can train more often
- Don't scrap your knuckles as you strike

Frequency of Training

- Start out slowly 1-3 times a week. Maximum 6 times a week
- Increase power of strike progressively
- Use a variety of striking techniques
- 10-30 minute sessions
- Do each strike or striking combination for ten repetitions on each bag section of 3-Section bag or up to 30 reps each strike on Single Section bag.

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