

## How to.... Elbow Strike

How to perform Elbow Strikes (there are as many as punches)



An elbow strike is a strike with the point of the elbow, the part of the forearm nearest to the elbow, or the part of the upper arm nearest to the elbow. Elbows can be thrown sideways similarly to a hook, upwards similarly to an uppercut, spinning to reduce distance or downwards with the point of the elbow.

Elbowing is a disallowed practice in Northern Freestyle sparring. However, Muay Thai and some mixed martial arts organisations do allow elbowing, or allow elbowing in a specific manner. The mixed martial arts organisations disallowing it usually do so because elbowing the head increases the risk of lacerations in a fight.

In Muay Thai, elbow strikes are most often used while in close range but are also employed while jumping toward the opponent. The hardness of the elbow allows for hitting with considerable force, and fighters can easily knock out, cut, or injure their opponent with a well-placed strike. Elbows are generally most effective when used in combination with punches or kicks to allow the fighter to close the distance.

Elbows are also used in mixed martial arts as part of the ground-and-pound fighting tactic. Participants often use elbow strikes in conjunction with punches while in the full guard, half guard, side mount, or full mount in order to knock out or overwhelm the opponent.

Elbows are very effective either striking under the jaw, across the face, into the back, the solar plexus or into the groin, e.g. if on the floor.

Elbow strikes to the face are especially effective if an assailant has his hands occupied (grabbing or reaching) and face exposed.

Attacker may be struck from the side with an elbow strike across the face.

Bend the arm at the elbow pulling the forearm towards the upper arm, rotate the shoulder driving the point of the elbow across the attacker's face.

Repeat the strike with the other elbow until the attacker is stunned, if the attacker's hands are up this will block elbow strikes which gives the alternative of knee strikes to the body.

