

How to.... Knifehand

How to perform a Knifehand



A knifehand strike is a strike using the part of the hand opposite the thumb (from the little finger to the wrist), familiar to many people as a karate chop. This refers to strikes performed with the side of the knuckle of the small finger. Suitable targets for the knife hand strike include the mastoid muscles of the neck, the jugular, the throat, the collar bones, the 3rd vertebra (key stone of the spinal column).

Forming your hand

1. Open your hand with your fingers extended and touching together.
2. Arch the hand backward, forcing the palm side of the knuckles forward, this pulls little finger inward and keeps fingers from striking the target.
3. Stiffen fingers to keep them from banging together upon impact.
4. Fold the thumb into the palm, bending the top of the thumb downward.
5. Curve the tips of your fingers in slightly while keeping the hand arched backward. The padded edge below the small finger is the striking surface.

Knife Hand Strike

This strike is usually used to the clavicle, ribs, throat, or vertebrae. Bring the striking hand back with the palm facing forward in a knife hand shape. As the hand chops forward and downward, the hand rotates with the knife edge. Allow the shoulder move into the strike, twisting your hand to a palm upward position as it strikes. Develop additional power by slightly rotating the upper body and dropping the body weight into the strike.