

How to.... Outward Knifehand

How to perform an Outward Knifehand



An Outward 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).

In Northern Freestyle, the outward knifehand is used to block as well as to strike. A knifehand strike is executed by striking with the muscle at the side of the hand located between the base of the small finger and the wrist (abductor digiti minimi).