

How to.... Palm Strike

How to perform a Palm Strike

A strike using the palm of the hand, whether the hand is open or the fingertips are folded against the bottom knuckles, palm strikes hit with the bottom part of the palm, where the hand meets the wrist. The hand is held perpendicular to the wrist to avoid hitting the softer inner wrist tissue against the target.



The bottom ridge of the palm is a surprisingly solid striking surface, and can do just as much damage as a closed fist when utilised properly (some studies have shown that a palm strike actually can produce more energy than a punch in most cases), with far less risk of injury to the striker's own hand.

The palm strike is useful as it is thrown in a more relaxed manner than a clenched fist. This is because clenching the fist shortens the extensor muscles of the wrist which counter the action of flexor muscles of the wrist used in punching. Targets are numerous and some examples include the nose, jaw, ears, back of the head, the groin, the kidneys and abdominal cavity.



Never to be used in sparring due to the injuries and cuts palm strikes cause, it is an excellent self defence technique.