

## How to.... Ridgehand

How to perform a Ridgehand.



The ridgehand is also utilised in Northern Freestyle. This is executed by reaching your thumb across towards your smallest finger and striking with the side of the first knuckle of the index finger.

To use this attack to its full potential the practitioner must condition their hand as this strike can often be painful for inexperienced students when striking a hard object e.g. breaking boards or in self defence striking someone's skull in error.

The point of impact is the fleshy part of the outer hand. Used in a outward palm down slashing motion. Bring the striking hand back in a knife hand shape, cupping it over the opposite side ear. As the hand moves forward in the strike, let the shoulder move into the strike, twisting hand to a palm downward position as it strikes. Develop additional power by leaning into the strike. Ridge-hand strikes commonly are delivered with a hooking motion, or with a straight arm swing.



Suitable targets include the mastoid muscles of the neck, the jugular, throat, nose, jaw, and the groin.

This technique can be used as a feint to allow a backfist technique to be utilised to the opposite side of the head after drawing the guard away.