

Unorthodox Punching

S e v e n ♦ S e c r e t s



by Keith Pascal

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This book is designed to provide authoritative information with regard to martial arts and punching. Use it as a reference only.

It is sold with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in legal advice, or advice and expertise for your specific situation or set of circumstances.

There are too many variables in a self-defense situation for anyone to be responsible other than the parties involved in the altercation.

If expert counseling of any kind, including legal, is required, the services of competent professional people should be sought for each specific area in question.

Even with professional help, still do your own additional research too.

And please learn the law and legal ramifications involved with defending yourself in your locale.

Do what it takes to stay safe ... both legally and physically.

1. This is a revised edition of "Punch to the Seventh Power." The text has been expanded and updated.
2. Thanks to Lee Asher for the Lettering on the Cover
3. Thanks to Mike Russell and Matt Marty for appearing in the photos.

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Introduction

This ebooklet was originally included with a more expensive punching ebook.

As a test, you are receiving this completely updated version at no charge. Those who already own *The Punch Papers* will appreciate the improved version.



My name is Keith Pascal, and I originally wrote this ebook to help martial artists and boxers with a specific problem: they needed better targets for their punches.

They wanted to learn some of the secret techniques or strategies involved with punching vulnerable areas....

In these pages, you will discover 7 Unorthodox Punching Secrets.

Will this ebooklet make you faster? Stronger? All of the above?

Actually, *none* of the above. (I have other punching courses and ebooklets to help achieve those goals.)

This information will get you to focus on some unorthodox, and slightly lesser-known targets on your opponents. At least, we'll discuss unorthodox ways to consider these targets. After all, everyone knows about a basic kidney punch, right?

Or maybe there is more to be said on the subject -- some secret little nugget that will help you in a real self-defense situation.

We are going to talk about seven targets and two distinct tactics, that you simply must consider when picking your targets.

These are dangerous targets

Not to you, but to your opponent. For that very reason, if you find yourself having to go for one of these ‘sweet spots,’ you may find yourself in a world of hurt — **legally**.

Always consider legal repercussions, when you fight. You may have to defend yourself. You might not have a choice. Still, you should know the law. In many states of the U.S., you could be judged using a minimum force ruling (Force - 1).

According to some laws, and again, you’ll have to check, If someone were to try to kill you, then you could respond by maiming them. If instead, this attacker were to try to maim you, then wounding or hurting might be acceptable.

If he or she tried to hurt you, then you could *stop* them.

Do you see the way this is going?

You have to respond with one less serious response as your MAXIMUM self defense response.

But don’t take my word for it. I am not a lawyer, and I don’t render legal advice. Rules vary by locale.

And who is to say you will be judged fairly?

How are you going to prove someone else’s intent? It’s a hard call. Play it safe, and avoid confrontations, if you can.

And remember, I present these moves to educate you. They probably shouldn’t be your first line of defense, OK?

With all of the above in mind, here are seven punch targets, and a few tactics, for you to consider. Actually, the variations on the targets, the combinations possible, and generalizing the tactics beyond each target greatly increases the value of this information.

Use these chapters as starting points. They are merely suggestions for the direction you may want to take in your practice sessions. They are sparks of ideas of back-up, just-in-case moves in a serious attack.

It's up to you to discover new ways to generalize this information.

I wish you well. Be safe,

Keith Pascal

“The” Brain Rattler

Have you ever seen someone knocked out cold in the movies?

Is this fact or fiction?

Believe it or not, it is definitely possible to knock someone unconscious with a single punch. So, in that sense, Hollywood is being truthful.

Where the filmmakers miss the boat is the target hit someone senseless. I always see punches to the nose, jaw, or eyes. Sometimes even the forehead.

None of those are the “sweet spot” for the knockout punch.

I have seen this punch in several texts on martial arts. I originally found it in a book, I thought was titled *Secrets of the Martial Arts*. Maybe it’s out of print.

In this book, the punch was called the *dinky poke*. When I looked up the term on the Internet, I only found Adult Site references. Oh well — I thought it was a silly name, anyway.



The *dinky poke* is a punch that definitely has knockout power.

Your punch lands straight on the chin....

I always imagine a vertical punch contacting from the bottom of the chin to the lower lip. I suppose a horizontal punch would be just as effective.

The key to this punch working is that the flat of the punch contacts the flat of the chin. Surface to surface.

If the chin is at an angle, then the punch has to come in at the same angle.



This is the punch that jars, by going in and then retracting very quickly. Even if you feel as though you are punching through the target, you still go in and out quickly.

Note: I have instructions for a special punch that causes a lot of damage without much penetration. The information is currently out of print, I think. Stay on my email list. I'll let you know if, and when, it becomes available.

You are literally rattling the brain with this strike. And if you jar it correctly, you can knock your attacker completely unconscious.

If you don't believe me, study some of the great boxing matches that are on video tape. Look for the ones you know ended in a knockout. I think you'll be pleasantly surprised — or at least you'll get a good education in knocking someone out.

I would say, do give the Dinky Poke a try, but ... you can't really. You don't want to cause brain damage to your partner. Don't experiment, if it means knocking someone out.

There are too many risks — similar to the risks involved when practicing carotid holds too. Better not to practice knocking your partner unconscious. Got it?

Instead, practice against someone holding a focus mitt.

Practice both vertical and horizontal punches.

Practice punching up from below, and also practice punching straight in, from the front.

On Breathing In

Ever get the wind knocked out of you? How did it feel?

Imagine how hard it would be to continue a fight, if you had that sucked in, gasping-for-breath feeling. Now, imagine you knocking the wind out of your opponent.

OK, so this one isn't as dangerous to the attacker. You aren't rattling the brain.

Still, you never know what could happen. Jarring the body can always produce unexpected results. It's always possible to injure someone seriously, without intending to.

When I originally wrote this tactic, I said, "Don't rely on it. Just use it for what it is — a punch. A punch that sometimes scores a bonus." In the last seven years, I have changed my mind.

It's a very effective tactic. Once you really and truly knock the wind out of someone, all of the fight goes out of the person, along with their air. If you do it correctly, the fight is all but over.

Your goal: To knock the wind out of your opponent.

Your timing: Catch the attacker breathing in.

Your technique: A good, solid solar plexus shot. Anything basic is fine.

Now, here's the secret technique: track your opponent's breathing. As you face your opponent, think to yourself, *in ... out i-i-i-i-n out in ... out*. Mentally say each word to yourself. Focus on the breathing. Got the rhythm? Now, in your mind, replace the word "In" with the word "hit."

And now, you are giving yourself the right timing for hitting. Just hit, when you are mentally reciting "hit."

Catch the enemy on the *intake*.

Kidney Punching

Kidney shots are painful. They can also cause internal bleeding. Be careful. Practice with padding.

Note: I realize that danger warnings are appearing left and right in this little ebook. That's because these are potentially dangerous punch targets — very effective.

I don't want you to hurt a practice partner accidentally, or your practice partner to hurt you. And I especially don't want you to have to explain to a judge why such a violent response was necessary. Please do what it takes to stay safe.

Anyway, a good kidney punch is super painful ... and cause damage.

For a quick guide to find the kidneys, look at the belly button, then follow its horizontal line around to the back.

Your kidneys are below your ribs, in back of your body. If you aim to someone's side, at belly level, and just angle your punch a bit more to the back, you should have no problem finding the kidneys.

I can actually cause pain by pressing hard on my kidney with my own finger. That's the spot that I aim for on someone else.

I go for kidney shots, when I have stepped past my opponent, or when my opponent turns his body, exposing the sides.

Now, here's a kidney-punching secret: Most of the time, I can plan slightly ahead of time, when I am going for the kidneys. Even in a real fight, it's fairly easy to get your enemy to expose this vulnerable area.

How?

Learn how to Straight Blast to the front of the body. Also, practice forcing your opponent backwards by rushing forward with your attack.

You see, once you cause even the slightest feeling of being overwhelmed by your attack, your opponent is likely to turn to one side or the other.

Why does your enemy turn to the side so predictably?

Because he (or she) is desperately trying to avoid your onslaught of punches and kicks.

So, your enemy turns to the side — BAM!

Exposing the kidneys for the perfect, and potentially damaging, punch.

Careful.

Punching the Arm

If you can't get past your opponent's guard, can't seem to hit the body, then change your target. Hit for whatever is the forward guard, if you are close enough. Or strike ... the strike that is coming in at you.

This is a principle used in a lot of Filipino martial arts. They hit the arms and legs.

The Right Opponent

I am not sure I would try punching a bodybuilder's arm or a boxer's, especially when he or she is flexing muscles.

It might be hard to cause the kind of pain you are seeking. On the other hand, 'normal folk' are fair game for this tactic.

Sometimes in martial arts class, we hit each other a little harder than intended. This is infrequent, and happens by accident.

On these occasions, I noticed that sometimes when I punched people on the arm really hard, they comment that they felt like throwing up.

It's an interesting reaction — almost like a bonus to causing the pain on the arm, and preventing the arm from striking. Sometimes, if you strike the arm just so ...

In the mid 1980s, a group of friends decided to dog pile on top of me. (This was the last time they tried this move, by the way.)

They wanted to play pin the martial artist. I wanted otherwise. I couldn't dissuade them with warnings. As they came in, I punched my roommate squarely on the arm. I struck between the biceps and the triceps. A great shot, if I do say so myself. Exactly, where I wanted to hit. Score.

Suddenly, he went white in the face. I didn't think I had hit him very hard — compared to my full-power punches. After all, he was my friend.

His arm was frozen, practically paralyzed. It took him a couple of days to work the kinks out.

Hmm. Definitely a move to consider for the future.

Carotid and Temple Shots

These are dangerous. They can kill. Actors have died from impact of a blank, fired from a gun, at their temple.

Can you imagine what the knuckle of a phoenix eye could do? (Extended middle knuckle.)



A sharp punch to the throat or the indentation at the side of the head could end it for someone — permanently.

(Note: Some schools teach the phoenix eye with the forefinger extended.)

Such vulnerable spots are usually reserved for pressure from a lock or control.

In other words, skilled martial artists are careful when applying holds to the side of the throat. And they avoid actually touching the temple in practice.

Think of these as your aces in the hole. They are your back-up ammunition. They should be reserved for a ...

Life or Death Situation

I just want to remind you, that if it were a life or death situation, and you had no other choice, you could strike ... and cause damage.

Personally, a threat to my daughter or wife's life might warrant such a strike. Still, it's a scary thought that those are "kill spots."

I think the temple is more dangerous. If you strike it solidly, you could kill the person. With a carotid, it's easier to apply pressure with a hold, and slowly easing the attacker into a sleep. (Still, be careful. The person might not wake up. Why? Because it's a dangerous nerve spot. It cuts off blood to the brain.)

Get out your protective gear, and start striking targets. And then plan on never having to strike these targets for real. As they said in Spiderman, "With great power, comes great responsibility."

Nose Hits

Ouch. They make me tear up. And I bleed. But after so many years in the martial arts, it doesn't slow me down at all. In fact, it makes me even more determined.

And no, I don't have to taste my own blood, like Bruce Lee did in Enter the Dragon. I get sufficiently ticked off right after the initial nose bop. I don't need the taste of blood to focus — I'm there!

I have noticed that many others aren't so cavalier about getting punched in the nose. Often, it takes the fight right out of the meanie.

It's not guaranteed. And I wouldn't rely on it. But it is worth a try, if you have to.

A solid punch in the nose may mean the end of the fight.

Note: Once, an authority told me that it's absolutely impossible to drive the cartilage from the nose through the brain. We always hear about it, but I have been told that it's physically impossible. What do you know about the subject?

Nose-Hitting Secret

In *Wrist Locks: From Protecting Yourself to Becoming an Expert*, you learn that pulling the hair with the grain doesn't hurt nearly as much as pulling the hair against the grain.

The same can be said of striking the nose. The cartilage sort of heads down the nose. That's with the grain, so to speak.

Hitting up, from below would be against the grain. This is why a palm strike coming up from below, and heading into the the nose is so effective, and painful.

One last tip — if you can get someone to tear up from a nose strike, don't pause before you take advantage of the situation.

This means, if you have to defend yourself, and you are forced to strike the nose, then try for a powerful enough of a hit, so that tears fill the eyes. As soon as the eyes are blurred by the liquid, hit!

Wild Card

Now, it's your turn. Have you ever punched someone in a fight, where the technique worked? If so, it's time to start taking notes — on yourself.

Keep a notebook of how you naturally fight.

Of course, you can also start collecting moves that you see others perform. I think you gain so much benefit from tracking your own techniques.

Did an under-the-armpit punch work for you? There are 3 nerves there.

How about an open palm strike to the groin? Write it down.

Can you cause a “charlie horse” by punching the leg? It's a similar punch to punching the arm — found in an earlier chapter.

What happened when you punched the cheek? Did it have the effect you wanted?

Don't pick fights, just to try out techniques. But do take notes after the fact.

Let me get you started

Just the other day, I was playing with an open hand slap to the back of the jaw. If you get a whipping motion, without cocking the hand back, then you have a short strike, that cause a lot of pain.

Now, for your notebook — what kind of strike would it take to separate the jaw?

If you want to take your punching to the next level and really learn to punch harder, faster, and more effectively, then go to ...

www.PunchHarder.com/DevastatingPunches