

# Ichi geki, hissatsu! = One strike, certain death

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When I was a boy every Sunday afternoon one of the cable channels aired "Kung Fu Theater". You may not remember it but as budding Martial Artists my friends and I never missed it.

The Hero's had to have some special style, a unique weapon or special power that was theirs alone. My favorites were the woman who fought using her pony tail braided with razor blades, or the man whose special tactic was to spit peach pits at his enemies (he was deadly with those). Any chop-sockey flick worth its rice was not complete without the ***good ole punch through your opponent's chest and rip out his still beating heart*** scene.

While the following muscle memory tip from Pavel Tsatsouline might not quite get your punch up to the "Hong Kong Standard", your opponent will definitely feel as if he wants to be put out of his misery after receiving your new found heart stopping power punch.

Here is how it works.

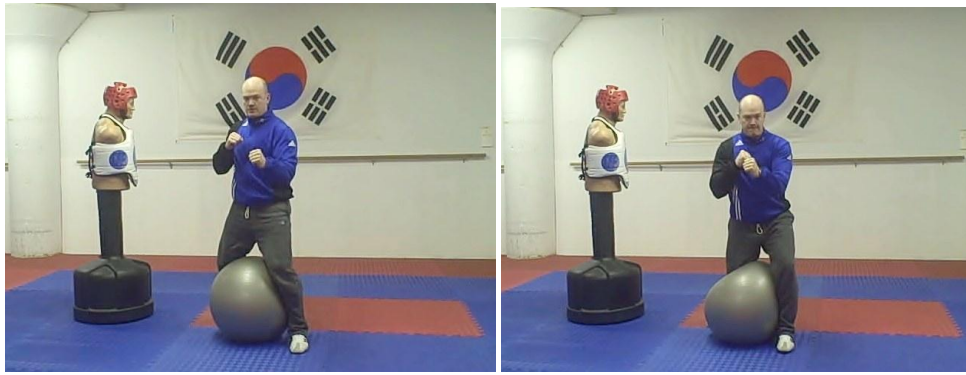
## **Step 1 - Establish Your Base Line**

Have your training partner hold a shield or focus mitt and throw some reverse punches, right leg back, and right straight punch. Your partner's job is to tell you how much impact your punch makes.

## **Step 2 - How to Squeeze More Power Out Of Your Punch**

*"Assume the fighting stance (left foot forward, right turned our 45 degrees) with a small Swiss ball held between your knees. The ball might force you to stand wider than usual.*

*Pivot your right foot screwing the ball of the foot into the ground and internally rotating the hip so the knee squeezes the ball (the hips will also turn). Keep your left foot and knee pointing forward and spine vertical. Repeat a few times at a pace of a grind." Pavel Tsatsouline.*

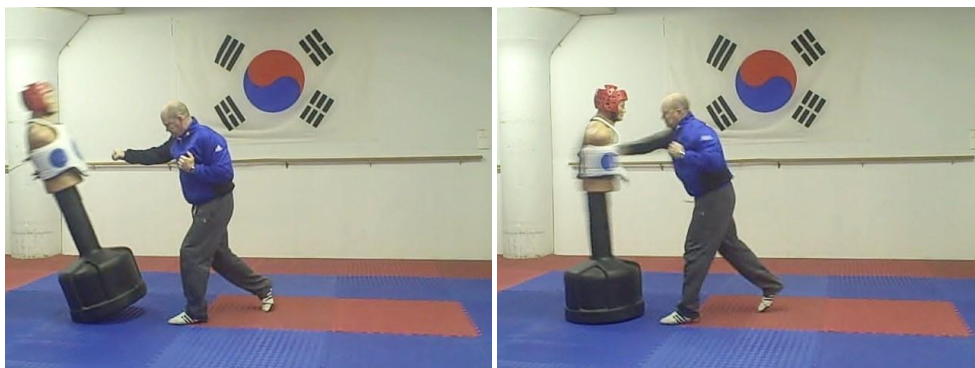


### **Step 3 - Retest**

Shake it off and throw some straight punches. Your partner will feel a dramatic increase in your power.

This is a very quick way to increase your hitting power but I really wanted to put some actual numbers to it instead of just counting on my training partner's perception. So I hooked up an impact meter to the heavy bag and got a little "fight science" with it.

The meter I used is the Herman Digital Trainer. Herman has a sensor hooked up to a target measuring the PSI a strike delivers. I am not sure exactly how accurate it is but to steal a phrase from Marty Gallagher it is accurate unto itself, which is all I needed for this experiment. I tested 60 students with a wide range of age and rank. Every one of them scored at least 15% higher after doing the above drill with an average increase of 22%. These are real numbers NOT subjective reports from a partner's guess.



Next I went to the boxing gym to see if this technique could even enhance a professional boxers punching power. Chris "Lighting" Holt agreed to let me run the experiment on him. The former Minnesota State Middleweight champion recently retired from

professional boxing with a record of 16 wins, 9 losses, and 1 draw, with 9 of his 16 wins coming by knockout, obviously he already knew a thing or two about punching hard.

**The results were nothing short of astounding.** Following the above test to the letter, the impact meter reported a **whopping 37% increase** in Holt's punch! These numbers speak for themselves. If a man who earns his living with his fists can make a 37% jump in power imagine what this technique could do for you.

To learn more tips like this get **Pavel's Martial Power Series** and begin building your own legendary punch. May your opponents live to regret it.