

Secret Intelligence Service

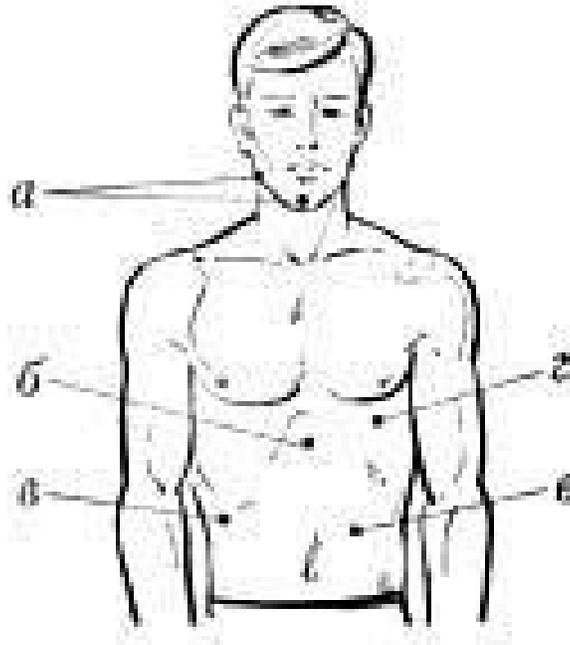
Operational Field Skills

Body Parts to aim for During a Fight

SENSITIVE SITES - IN BRIEF

Considering the point of impact and accuracy of its application unimpeded. The fighter attempts to strike at the most vulnerable points of the enemy.

The most sensitive places are :



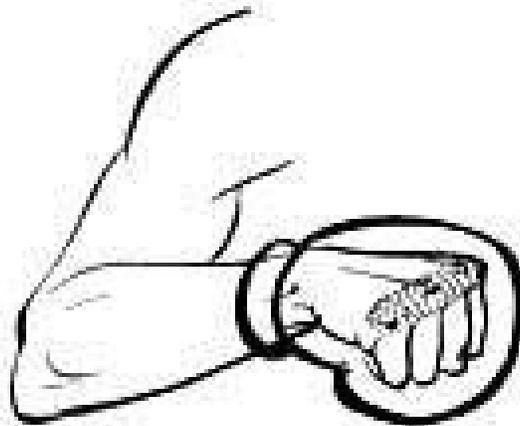
(I) the lower jaw - impactors direct, side and bottom (both left and right);

(II) the area of the celiac (solar) plexus - mostly straight punches or below, less side;

(III) the right and left of the subchondral area (area of the liver and spleen area) - mostly straight, bottom and less side;
(IV) region of the heart - beats direct, bottom, side.

The greatest effect of feeling is achieved by a blow to the lower jaw, somewhat less - to the celiac plexus and even less - in the subchondral area. During the fight high-class boxers for example attempt to strike in the head in an average of 70%, celiac plexus - 15, in the subchondral area - 10, and heart - 5%. So, naturally, boxers in learning and training are paying more attention to the protective action of the head. Of course, the number of attempts in strikes depends on the distance of combat fighters. For example, while in the melee dramatically increased are the number of strokes to the body below area. But no matter what race or boxers fought, the lower jaw is the most occupied of their attention, because even a mild blow to the jaw - the Doppler Effect will be greater than in the torso.

You should determine the position of the fist when striking. Shock is quite large, so a weak fist or incorrect strike leads to injuries and wrist sprains. In most cases, boxers hurt early during her/his sports activity due to wrong position of the fist blow or blows to the solid parts of the opponent's body, elbow, forehead, etc.



The correct position of the fist - fingers bent and pressed against the palm, thumb pressed against the middle phalanx of the index finger. Metacarpals, which account for the entire burden of stroke (Fig. 2), experience severe pressure on impact. Additional "spring" shock function is affected by cross-impact

pressure. Fist should not be stressful at the initial moment of motion, just before the blow a tight squeeze. At constant clench difficult preparatory movements of hands, tired muscles in the forearm, and the boxer at the end of the battle is no longer able to squeeze sufficiently hard.

Remember that a fight is not likely to occur in a ring, consider; the stairs, the elevator, in bathrooms, the street, bedroom, balcony, cinema, supermarket - literally everywhere and when most unexpected.

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Room No. 15

Adversitate. Custodi. Per Verum