

Strike Like A Sledgehammer



*The Principles Of Proper Striking
(Part 1)*

Introduction to TFT Striking Series

- **Content :**
 - *Overview of the first striking series by Target Focus Training (TFT).*
 - *Emphasis on unique approaches to striking using the entire body as an impact weapon.*
 - *Goal: Deliver trauma effectively by understanding key principles and concepts.*
- **Key Message :** This series introduces unconventional strikes and their practical applications.

Why Principles Matter

Importance of Principles

- **Content :**
 - Techniques alone are insufficient without understanding the underlying principles.
 - Principles provide the foundation for effective application of strikes.
 - Without principles, techniques lack context and are no more useful than random moves from a magazine.
- **Key Message :** Focus on principles to maximize the impact and effectiveness of strikes.

Understanding Violence

Defining Violence and Injury

- **Content :**
 - Violence aims to cause injury, defined as debilitating trauma requiring medical attention.
 - Examples: Ruptured testicles, crushed throat, broken ribs, or an eye removed from the skull.
 - Injury disrupts normal body function, not just causing pain.
- **Key Message :** Effective strikes leave permanent damage, not temporary discomfort.

Cause State vs. Effect State

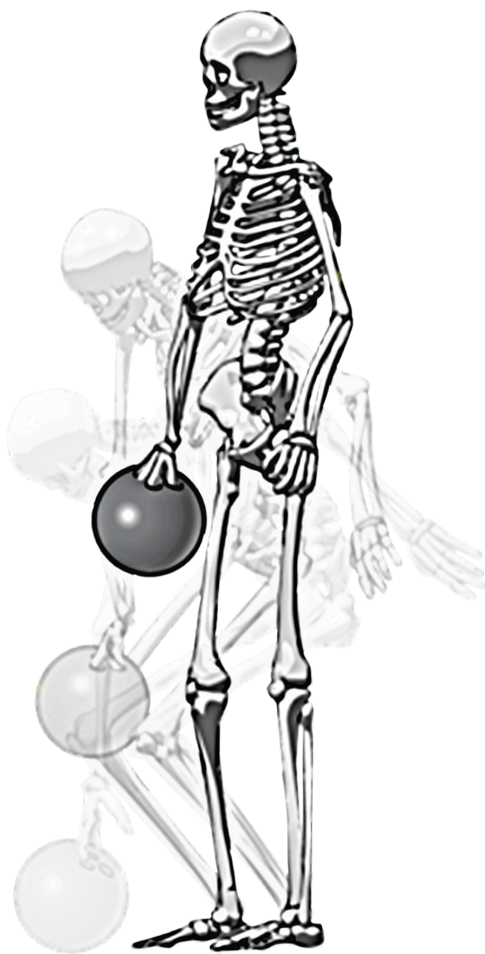
Cause and Effect States

- **Content :**
 - **Cause State** : The person delivering the injury (the "bad stimulus").
 - **Effect State** : The person receiving the injury, fully focused on the trauma.
 - Effect State Characteristics:
 - Helplessness due to injury.
 - Spinal reflex: Automatic response (e.g., hands to pelvis, knees bent, chin up after groin strike).
 - States are distinct; the injured cannot simultaneously injure others.
- **Key Message** : Striking shifts the dynamic in favor of the person causing injury.

The Role of Spinal Reflex

Spinal Reflex Explained

- **Content :**
 - Spinal reflex: Involuntary reaction to severe injury (e.g., retracting from a hot surface).
 - Occurs before brain processing, overriding conscious control.
 - Example: Groin kick triggers a reflex posture, leaving the injured helpless.
 - Goal: Exploit this reflex to gain control.
- **Key Message :** Injury triggers predictable, uncontrollable responses that benefit the striker.





Injury as an Objective Outcome

Objective Nature of Injury

- **Content :**
 - Injuries are measurable (e.g., broken ribs visible on an X-ray), not subjective (e.g., pain tolerance).
 - Focus: Leave behind lasting damage (e.g., ruptured organs, killed nerves).
 - Residue of violent intent: Permanent change in the target's body.
- **Key Message :** Strikes aim for structural damage, not emotional or temporary effects.

The Truth About Violence

The Reality of Violence

- **Content :**
 - Universal truth: One person injures, another receives injury.
 - Applies across all contexts (warfare, social situations, prisons).
 - Survival favors the one causing injury.
 - Regardless of prior training or events, causing injury shifts control to the striker.
- **Key Message :** Be the one delivering injury to survive a violent encounter.

Changing the Situation in Your Favor

Shifting the Odds

- **Content :**
 - Before injury: Infinite possibilities for the opponent.
 - After injury: Options collapse; the injured is helpless and reflex-driven.
 - Example: A groin kick or eye claw ensures predictable outcomes favoring the striker.
 - Historical evidence: The injurer typically survives.
- **Key Message :** One effective strike can dictate the outcome of a confrontation.

Changing the Situation in Your Favor

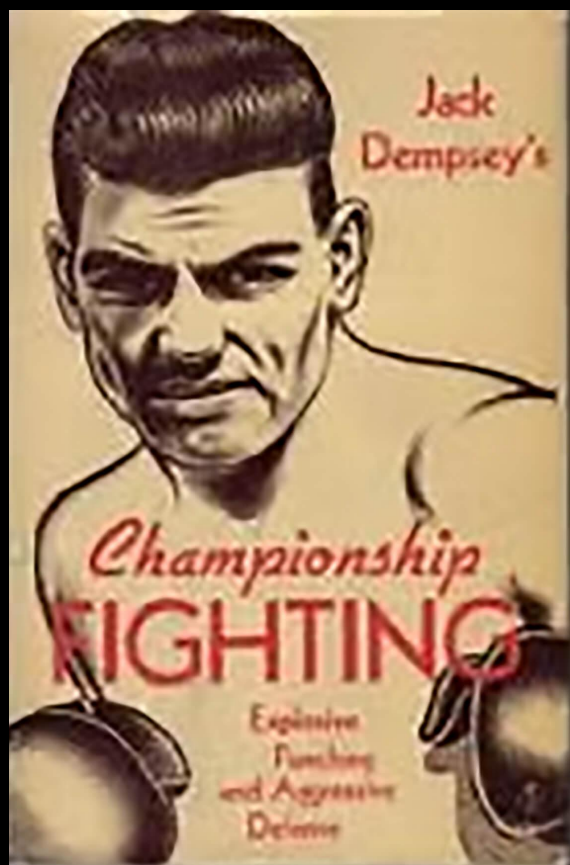
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Potential to Kinetic Energy

Converting Energy

- **Content :**
 - Process: Convert potential energy (standing) into kinetic energy (striking).
 - Example: Falling into a target transfers all mass as kinetic energy, causing injury.
 - Unlike pushing (muscle vs. mass), falling uses gravity efficiently.
- **Key Message :** Striking is about falling with intent, not just punching or kicking.



Jack
Dempsey's

Championship
FIGHTING

Explosive
Punching
and Aggressive
Defense

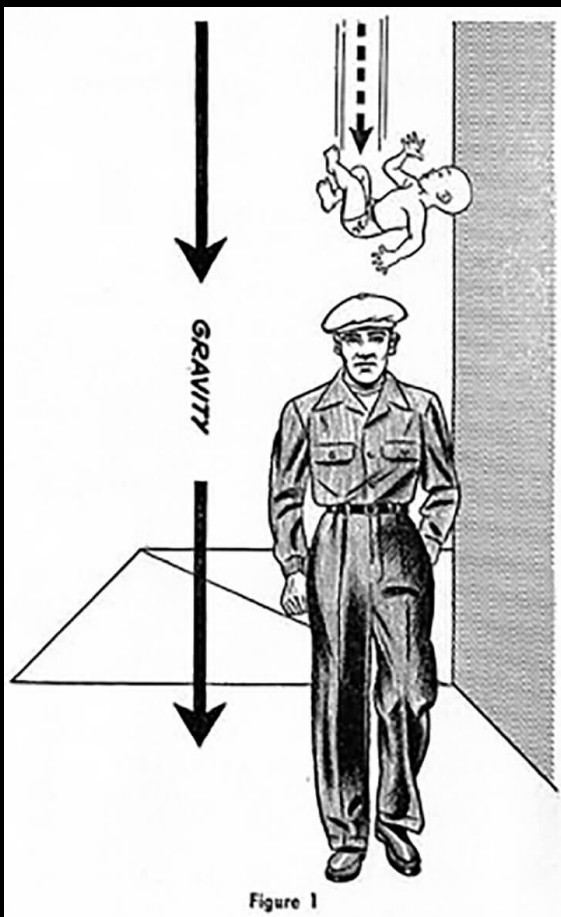
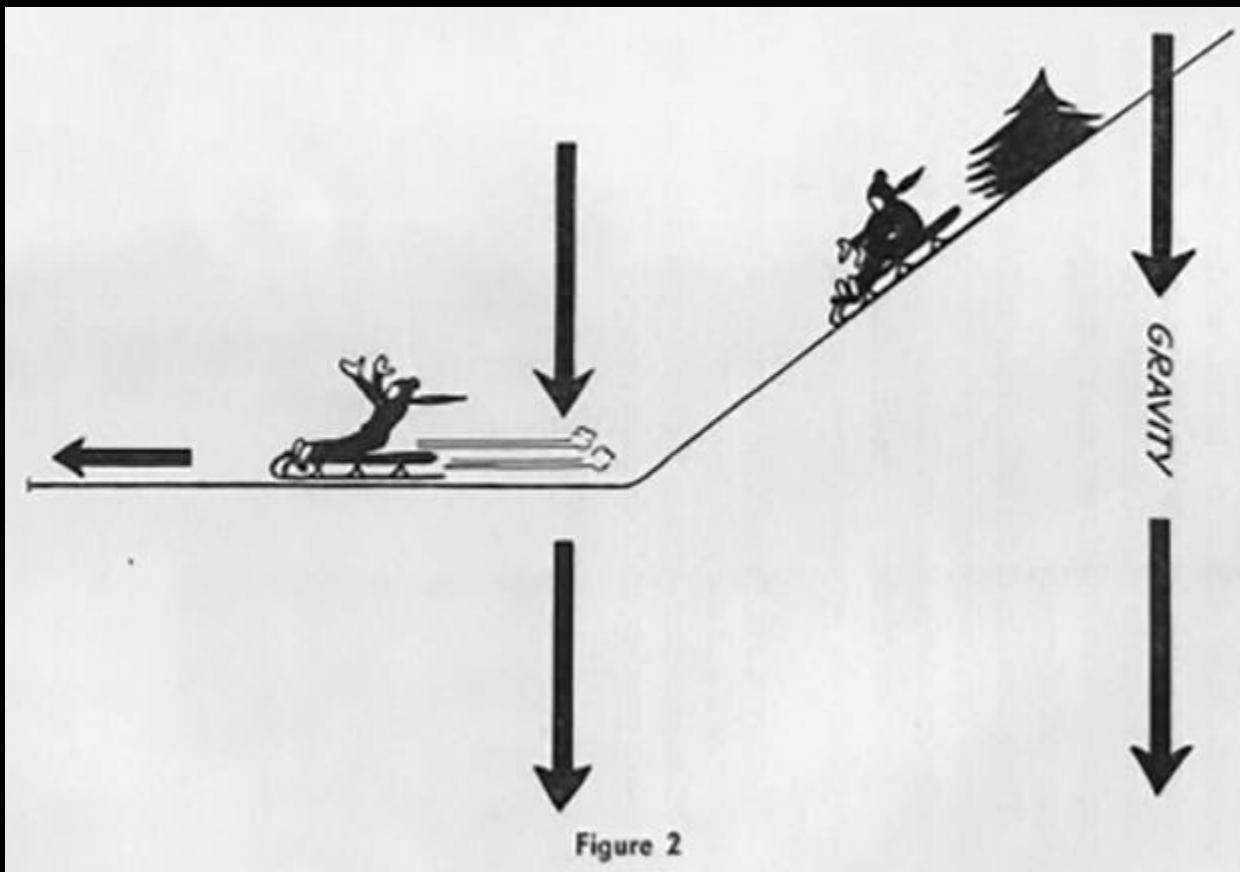


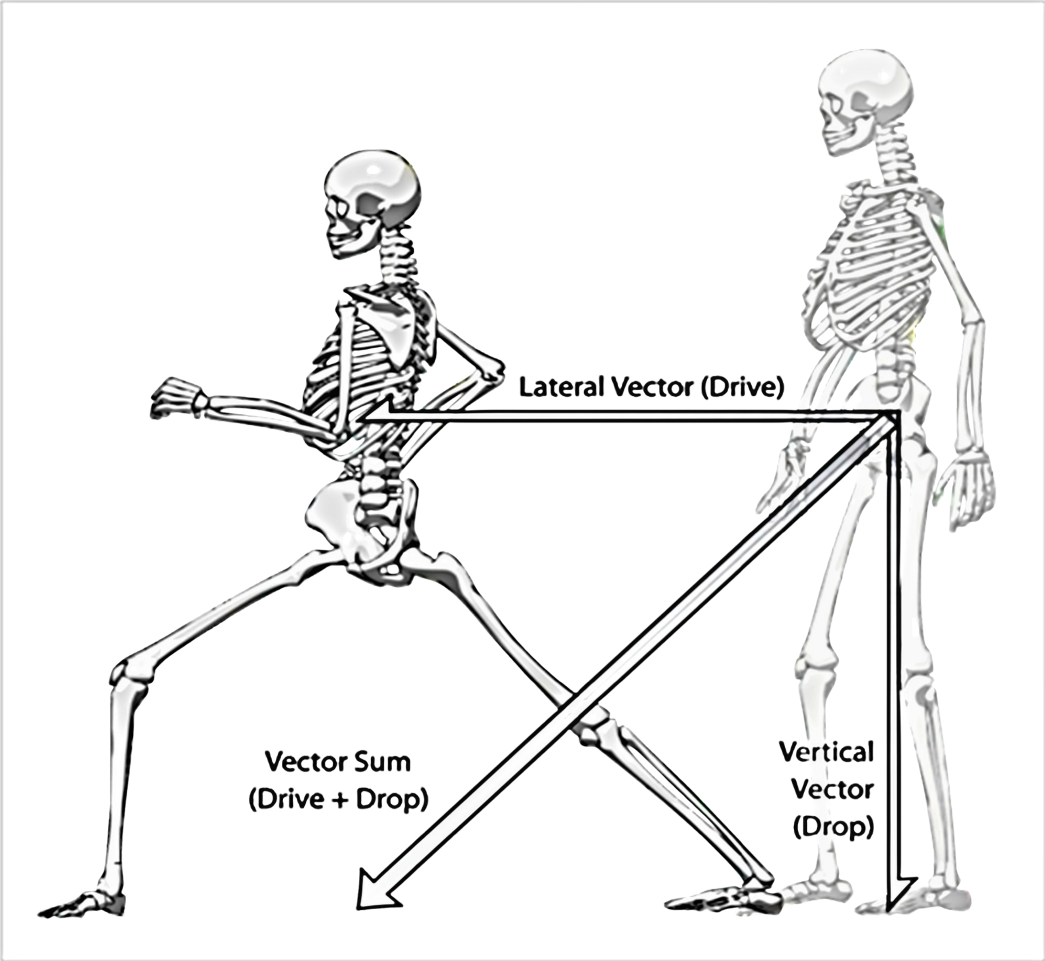
Figure 1

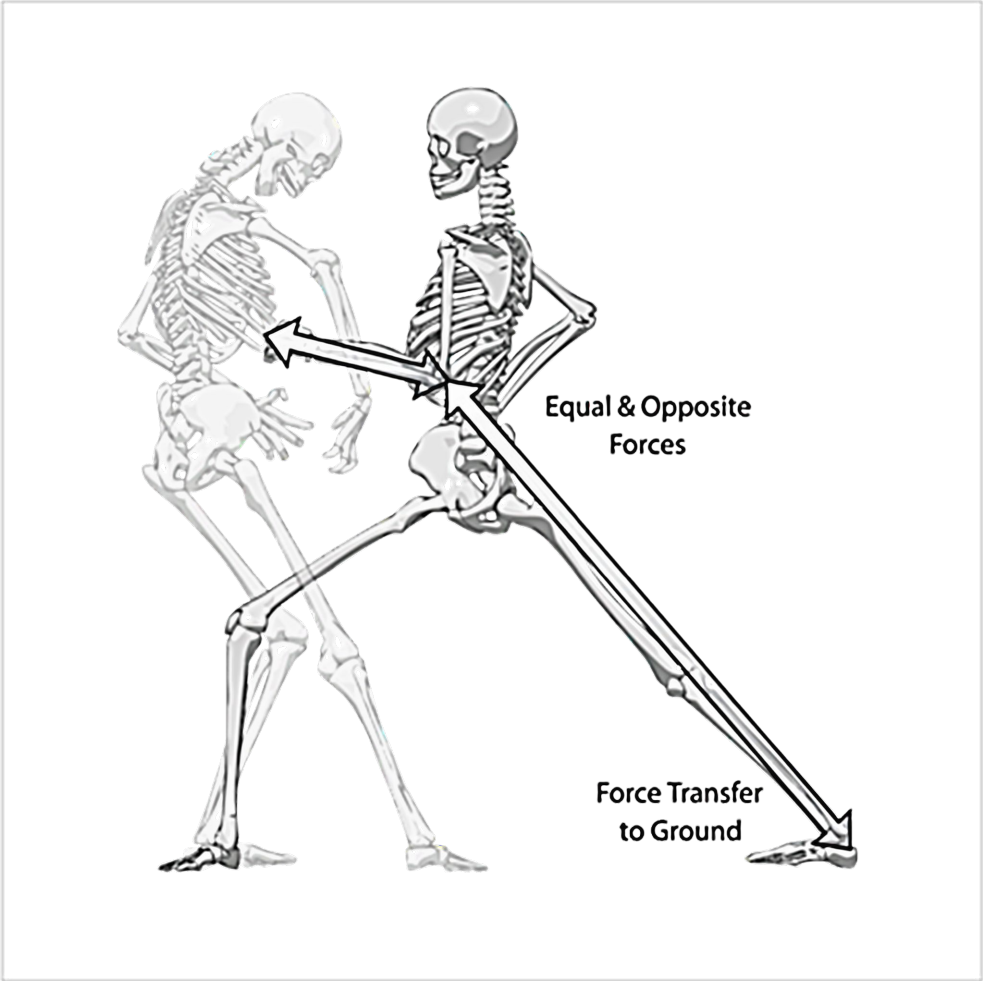


Movement in Striking

Movement and Penetration

- **Content :**
 - Movement = Penetration: Driving bodyweight into the target.
 - Example: Stepping forward with a fist, propelled by the back leg.
 - Walking analogy: Controlled falling, redirected into the strike.
 - Goal: Penetrate through the target, not just hit the surface.
- **Key Message :** Effective strikes require stepping in to maximize mass and force.





Prioritizing Mass Over Speed

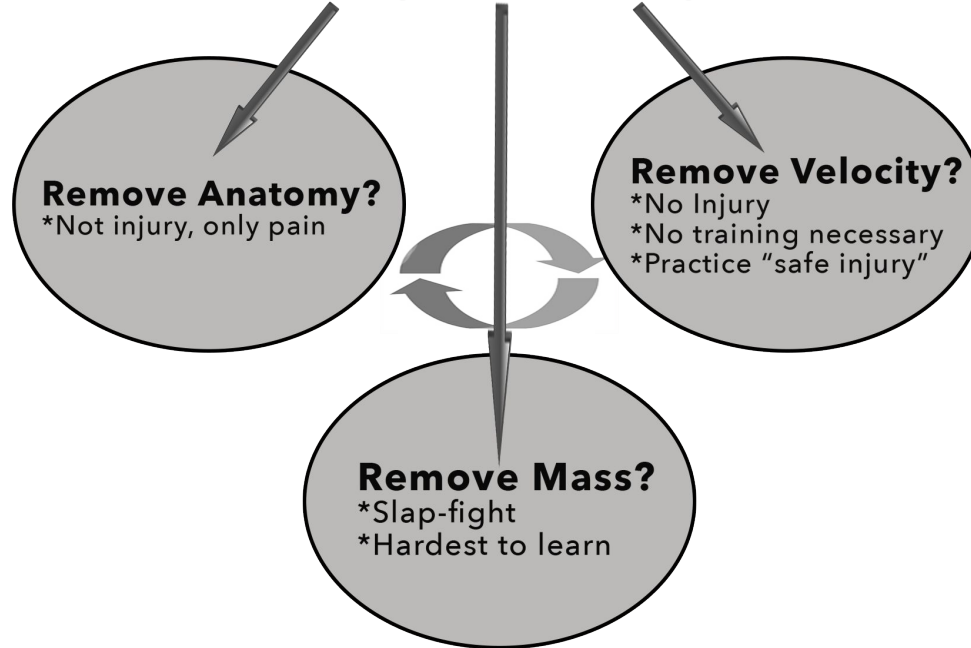
Mass vs. Speed

- **Content :**
 - Full bodyweight delivers more impact than a fast, isolated punch.
 - Analogy: Swing the "biggest stick" (your body) as hard as possible.
 - Minimum requirement: Step in to align with or past the target's feet.
- **Key Message :** Mass-driven penetration trumps speed for injury.

How To Safely Train To Deliver Injuries

Injury = Anatomy + Momentum

= Anatomy + (Mass x Velocity)



Key Takeaways

Conclusion:

- **Content :**
 - Principles are essential for effective striking.
 - Violence is a survival tool aimed at causing debilitating injury.
 - Use bodyweight and penetration to shift control in your favor.
 - Goal: Be the cause, not the effect, in any violent encounter.
- **Closing Note :** Apply these principles to ensure techniques achieve maximum impact.