

FLAT FIST STRIKE

It is one of the special striking techniques of Choy Lay Fut. Since it imitates the form when a panther uses its sharp claws to attack at a target, it is also known as "Panther Fist".

The weapon of this technique is the folding of the second finger knuckle bone. When bending, the sharpness of the finger bone is more forceful than the fist bone; also, the distance covered is greater. And the several centimetres' distance can always serve as a decisive function in a combat. Besides, the sharp attack of Flat Fist Strike can "penetrate" the force into human body directly and brings serious "destruction" to the internal organs and weak parts of the body.

"Flat Fist Strike", according to the different striking methods, can be divided into the following categories:

A. Flat Strike

Bends and joins the finger knuckles, and attacks in a straight-line.



Choy Lay Fut Kf Dynamic Art Fighting

Kathleen Armour



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