

Instructor - This is the Hammer Fist. The first couple things we want to do when we talk about the hammer fist is make sure that we are taking a 45-degree stance, a bladed stance. We want to make sure that we are dropping our hips and utilizing the power and the torque that comes from our hips in the hammer fist.

We're gonna run through it a couple times and show you the benefits of taking that bladed stance in dropping your hips. But first I want to show you what it looks like if we don't. And so what that looks like is if I stand straight on, I don't drop my hips, I don't take a bladed stance, I'm not gonna have as much power. And so what that looks like is if an aggressor comes toward me and pushes me and I'm gonna try to fight back and not let him push me back but I'm not gonna be very balanced. And so what that's gonna look is like this. So go ahead and push me. And he pushes me and I fall back pretty easy.

And so if I take that bladed stance, the 45-degree stance, drop the hips, getting that power feeling balanced, if the aggressor comes toward me and tries to push me, go ahead and try to push me. And you see, I'm fighting back a little bit and I'm much more, go ahead and back up. Go ahead and push me again. Push me again. And you see that I'm fighting back and I'm much more balanced and I have way more power in this position.

And so the other benefit of being in this 45-degree stance and dropping the hips is when an aggressor comes towards you, I'm able to move much more readily, right, from side to side. I'm in a power position. I can push back, okay?

And so what I want to show you guys now is with the pad, go ahead and pick the pad up for me, is in this position we want to make sure that we're not trying to focus on hitting the aggressor's shoulder, hitting the aggressor on top of the head. We really want to make sure that we're focusing on center line of the body. So the nose. And that's gonna be where my hammer fist is going to go, okay, because if I miss his nose, I'm hopeful that I'm still gonna make contact somewhere on the body. And that's really, really important.

So go ahead and hold the pad up. I want to show you guys what that looks like. Go ahead. And so I'm not gonna do the shove just yet. I want to show you guys what the hammer fist itself's gonna look like. So say here is his nose and I'm moving and he's walking toward me. Go ahead and walk toward me. So I can push a little bit. And come here and I'm following through. I'm stepping and I'm driving through in that power, that hammer fist. And it kind of, it lines your body up like so.

So if I'm here and I come here and I need to disengage and move back more, I'm still in that power position. I'm still in that stance. And so if we keep, go ahead and come again. So I'm pushing, get back, and hit him, right? And so I really want to focus on that center line of the body and making sure I'm in that power stance.

This concludes the Hammer Fist.