

## Chapter 5

# Poison Hand Blows

The original term poison hand blow was coined because actual poison substances could be placed on the fingernails of the fighter which then could be used on the opponent to produce an injury which was not really seen. On the highest level an actual energy is transferred from the fighters hand and foot weapons into the enemy, which can drop him, even at a distance. In between lies an actual physical means we divide into high and low forms of physical poison hand weapons (See Part II and Part III on Fighting Magick for the highest form). This has also been called the multiple fist attack, but in fact an expert uses all parts of the body. This is the main concept of the principle of compacting and teaches the student the correct way to develop the whipping snap that all of the blows should possess, so large wind ups for the blows become obsolete. In short it allows the *Cimande* exponent to deliver three blows with precision and power in the space of time usually required to deliver one. In *juru* one you were exposed to this concept. This is what we mean when we say all of the principles are contained somewhere in the *jurus*. In the first move in *juru* one which is called a contact blow, this is another name for these, as a second blow can be delivered before you remove the previous blow from contact with the opponent's body. That is why the student is admonished not to bring the hand away from the palm in a large arc before striking it.

To begin I will show one concept from the low form which is practiced here on the opponent's hand and arm. As you follow the photographs notice how each blow is done in such a manner as to create the necessary torque and snap needed for the next blow. In this manner one practices moving up the opponent's arm toward the shoulder using one hand and then two hands in sequence. (Photos 119A-119C, 120A-120C). The targets are the soft muscle and nerve centers found along the limb as shown. In actuality you may only land one correct strike only to have the opponent's arm drop out of action. But in the drill you practice with three or more blows so that you



Photo 119A



Photo 119B



Photo 119C



Photo 120A



Photo 120B



Photo 120C

can continue the flow if needed. Remember the power generated depends on the speed and snap that the practitioner develops. The effectiveness of them comes from the fact that they are almost impossible to see or defend against, which comes from the short, revolving, moving, snappy actions (principle of camouflage) and the effects are quick and dramatic (hence the term poison hand). Always start from an open hand posture as that lends itself to being more relaxed and does not alarm the opponent as a fist position may. The sequence, in reality, usually starts with your lead hand as it is the closest to the opponent and is often used on opponents who leave their lead hand struck out in front of them as a target. Note that the fist, palm strike and half fist are all used to inflict the damage.

To practice these I suggest a live training partner and very slow speed to find the correct areas to hit. Your partner will tell you when you are on target. Be sure and keep your arm and hand flexible and loose until you strike. To develop power and real speed, which is a must you then should practice on the fighting man type dummy I spoke of earlier, where full torque and speed can be delivered. You must be able to transfer the slow training to combat speed and practice it often for these to work. Slow practice is very important but if that is all you do you will be in for a very unpleasant surprise in a real fight. You must not use gloves or other protective gear as it will rob you of the correct feel for the techniques. Notice how I employ my entire body as a whip for each blow. Learn to use every part of your body from your toes to the tip of the weapon to employ the blow. This is not the Dim Mak type blow that must hit a certain point at a specific time with precise accuracy to inflict damage. In its lower forms it relies on gross nerve and muscle tearing and spasms which in a vicious street fight are infinitely more practical and obtainable and in its highest energy transfer methods goes even beyond the aforesaid type Dim Mak. In reality, the student eventually should learn to operate all kicks and elbows etc. in a like manner utilizing the close contact type of hitting when possible. We also make use of energy manipulation type blows but first the student must learn how to develop his or her own energy to be then transferred into the energy points.

The second type I will demonstrate is the high physical version, which strikes to the head area. This attack can be preceded by a leg attack, and of the aforesaid lower version to bring the

opponent's arms down to receive the head blows. In the first sequence, the practitioner has landed an inverted fist, which is then immediately rotated around to the hammer fist strike, from here the hand is slightly pulled back and short range version of the back hand speed punch is shot forward to finish the sequence. (Photos 121A-121D). In the second series a more advanced number of blows is covered which includes the essence of compacting directly from one blow to another. In this sequence the first blow is a back hand speed punch which cocks the hand for an immediate returned straight punch. This punch flows into a hammer fist, is then snapped into a heel palm, again snapped forward into the half fist which is compacted into a fist (without leaving the target at all) and again compacted into a straight frontal heel palm. (Photos 122A-122G).

This of course is a practice sequence but allows the student to learn the feel for the continuous flow of deadly weapons. Indeed it is possible to deliver three of these blows within one second. The student can practice many variations of hand and body weapons once the concept is grasped. These techniques are very useful also when one comes up against someone as in a boxer who has a high hand guard that you can not get through. A few of these blows to the arms can cause them to drop quite quickly.

After the student understands the snap and power that is developed from just the arm and hand, the whole body should be used to add to the torque. This involves sinking the body slightly on each impact and the same principle of lowering the heel to the floor in the stomping manner to produce the full whip effect. A whip must start its action from the handle.



Photo 121A



Photo 121B



Photo 121C



Photo 121D



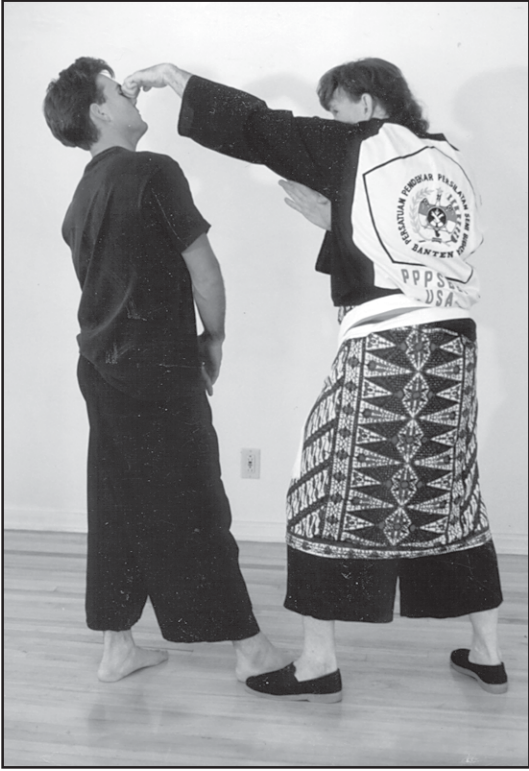


Photo 122E

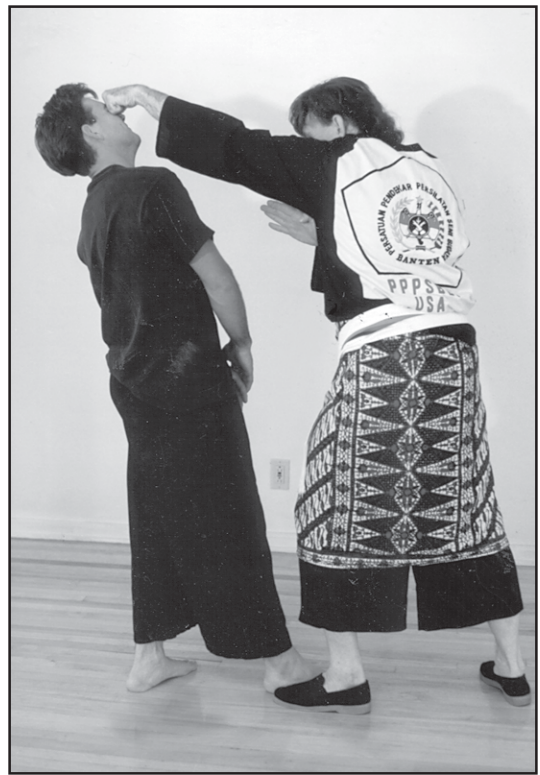


Photo 122F



Photo 122G