

PED 129  
Class 21 – Fluid Shock Wave Principle

Definition: a method of striking that maximizes kinetic energy transfer

Use: during power strikes

Factors Affecting Efficiency:

- Velocity
  - Based on natural ability
  - Cannot control this factor without substantial training
  
- Mass
  - Eliminate “energy leaks” by locking (not hyperextending) joints
  - Rotate body axis (i.e., hips) behind the strike
  
- Time on Contact
  - Must exceed 30 milliseconds to achieve motor dysfunction
  - Achieve this by stopping all forward motion before retracting striking limb