



Does A Broken Board Equal A Broken Nose?: Training to Achieve the Striking Force Proven to Stop an Attacker

Brian Struchtemeyer

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Precisely how hard do you have to hit to stop an attacker? And how do you train to develop that level of force? In this groundbreaking training guide, Brian Struchtemeyer details the exact level of impact force found in modern "less-than-lethal" weapons used by law enforcement to physically subdue criminal suspects and shows you how to attain this level of force with your punches. When officers use LTL tools, they are able to reliably stop more than 90 percent of criminal suspects -- and that's when they are only aiming at the thighs or abdomen. They know these tools could cause severe injury or even death if aimed at more vulnerable body parts such as the head and neck. Struchtemeyer integrates the long sought-after answer of how hard is hard enough with an engaging and often humorous cross-cultural study on the history, nature and practical use of surrogate targets, including the heavy bag and Okinawan makiwara. Along the way he connects a diverse range of topics, including psychology, early American football and the statistics of random chance, to the simple goal of effective stopping power in unarmed strikes. Finally, these varied topics are synthesized into a set of training drills using surrogate targets that allow you to measure the force of your blows so you know when you are hitting with the same level of impact force proven by law enforcement officers to stop a violent opponent in his tracks.

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