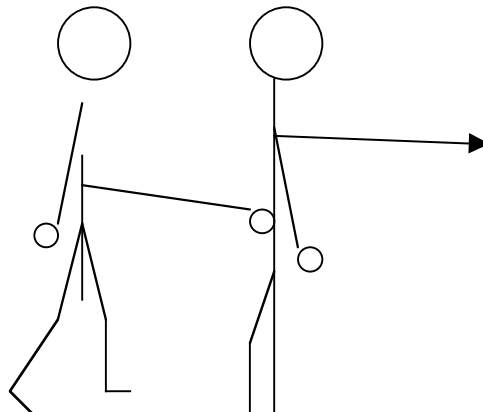
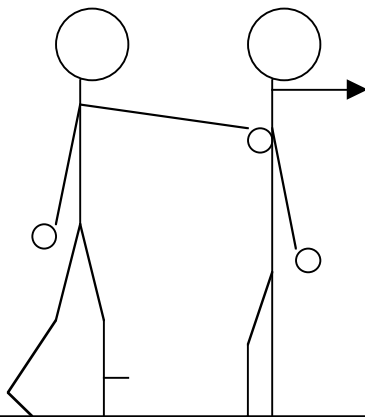


THE PHYSICS OF PUNCHING POWER DELIVERY IN PROGRESSIVE PROTECTION SYSTEMS AND HOW IT DIFFERS FROM NEARLY EVERY OTHER SYSTEM AND STYLE

Most martial artist dream of punching faster, harder and more effectively. Progressive protection systems has turned to physics in its development to achieve these aims.

To many the strikes of progressive protection system seem homologous to those found in other systems. Whilst the punches do appear very similar to those found in other systems their actual delivery is quite different. In this article I will endeavor to explain the underlying principle behind PPSs power derivation in straight punches and explain the inherent advantages.

PPS endeavors to utilize the force of gravity when delivering strikes as a manner of deriving power. What may not be overtly apparent is the on impact the PPS practitioners front foot is not grounded. Many systems promote planting the front foot then deriving power by torquing the hips and shoulders. What is gravities role in punching? As a simple illustration stand facing a partner in your normal fighting stance with both feet planted. And Try to apply a force with your fist.



Master Geoff Bennett explain, "many system rely on muscle and torque to generate power in punch and in fact most strikes whereas we teach people to maximize their power simply by maximizing the weight i.e. mass in their punch. It is simple physics that $F=Ma$. This show there are two ways to increase force in a punch

1. to increase mass-the maximum mass available is your weight/9.81(the earths gravitational pull)
2. To increase the acceleration of your punch

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