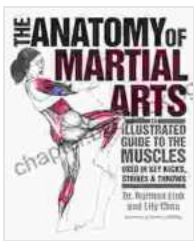


An Illustrated Guide to the Muscles Used for Each Strike, Kick, and Throw

This comprehensive guide provides detailed illustrations and explanations of the muscles used in various striking, kicking, and throwing techniques. Whether you're a martial artist, a fitness enthusiast, or simply someone interested in human anatomy and movement, this book is the perfect resource for you.



The Anatomy of Martial Arts: An Illustrated Guide to the Muscles Used for Each Strike, Kick, and Throw

by Norman Link

★★★★☆ 4.5 out of 5

Language : English
File size : 6869 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 138 pages



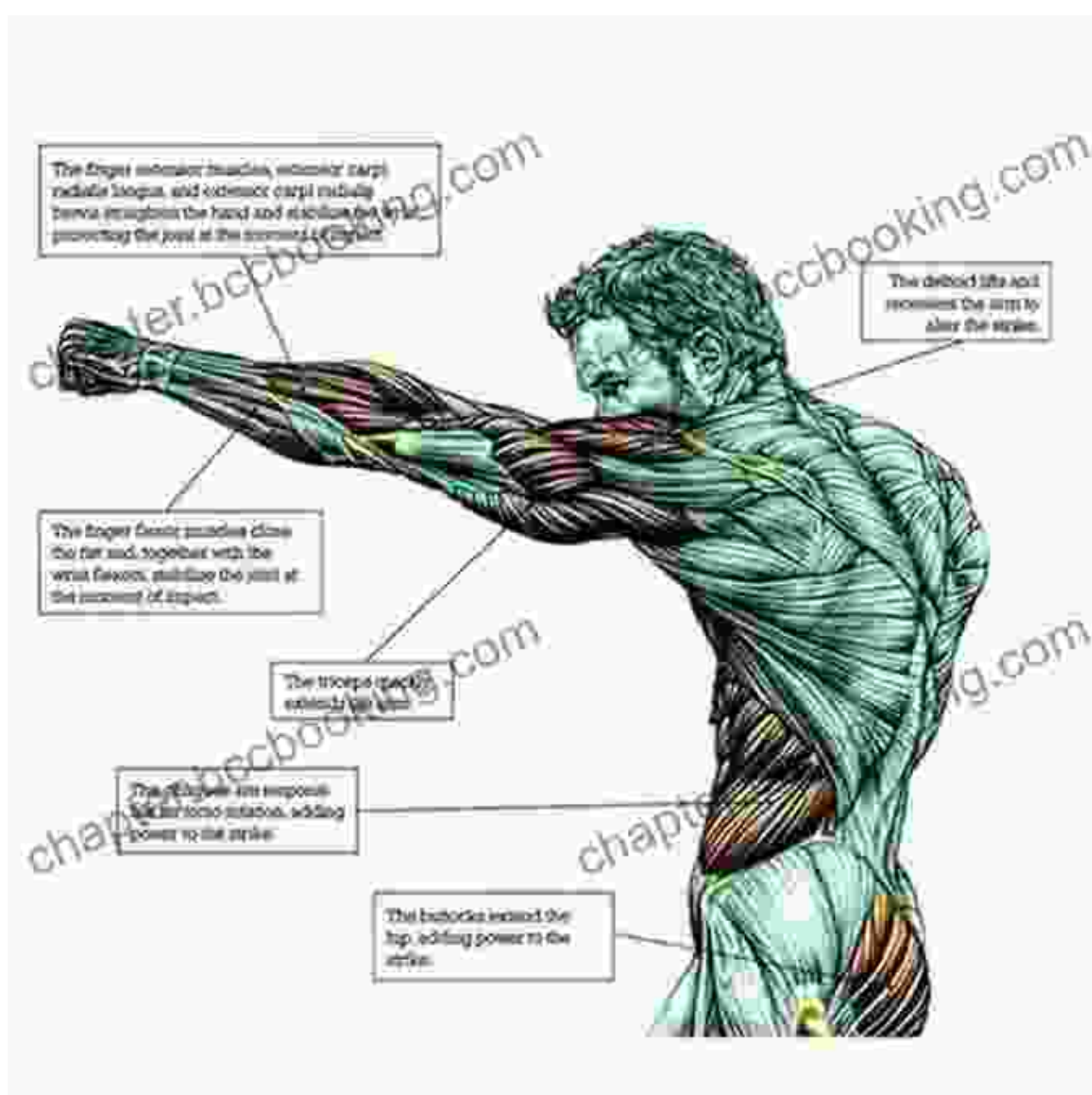
Strikes

Strikes are the most basic and direct attacks in martial arts. They can be performed with the hands, elbows, knees, or feet. The muscles used in strikes vary depending on the type of strike and the target area.

Punches

Punches are the most common type of strike. They can be thrown with the front fist, the back fist, or the side fist. The muscles used in punches include the:

- Triceps brachii
- Brachialis
- Supinator
- Flexor carpi radialis
- Flexor carpi ulnaris

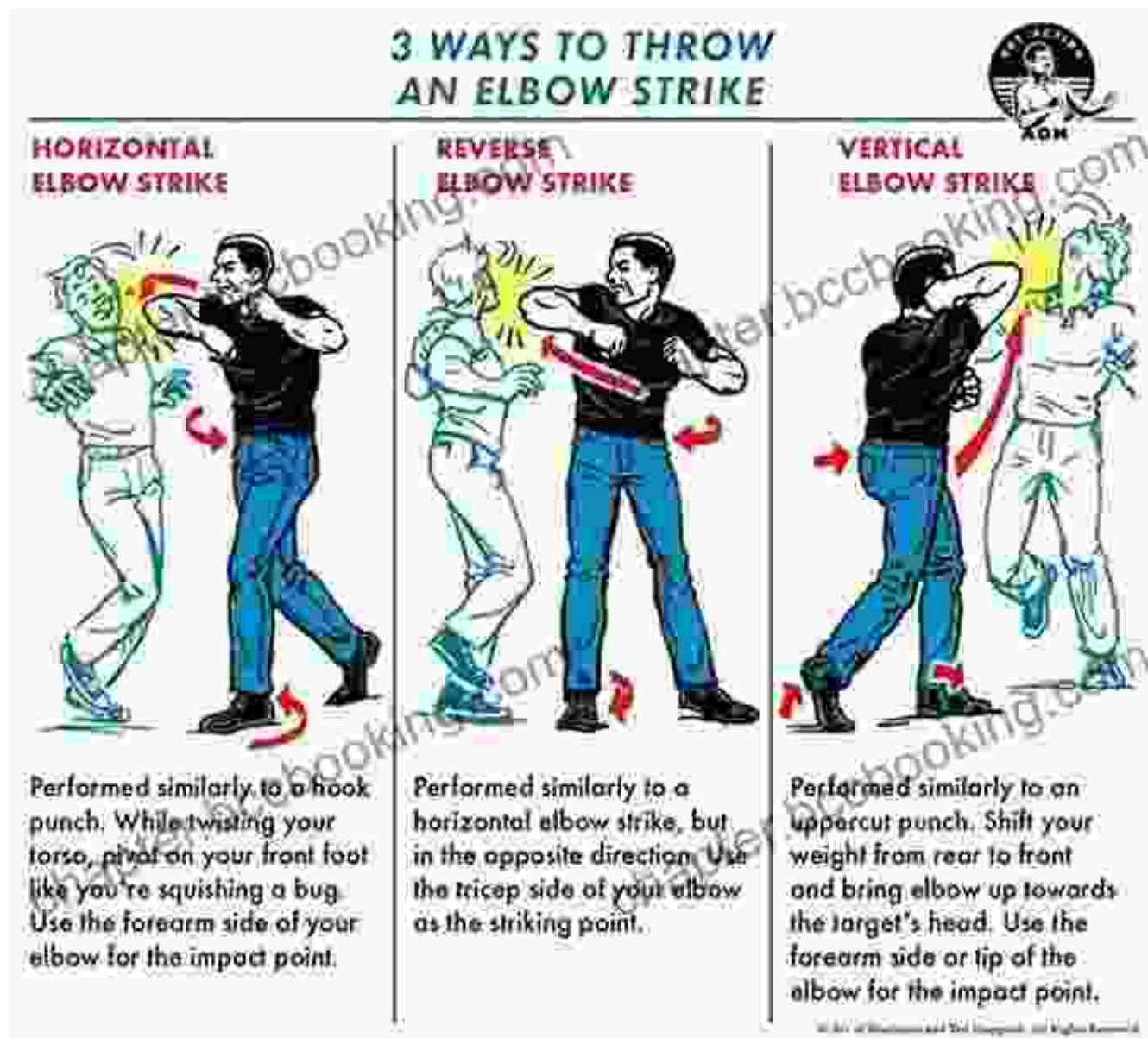


Elbow strikes

Elbow strikes are powerful and can be used to attack the head, body, or legs. The muscles used in elbow strikes include the:

- Triceps brachii
- Anconeus

- Supinator
- Flexor carpi radialis
- Flexor carpi ulnaris



Knee strikes

Knee strikes are devastating and can be used to attack the head, body, or legs. The muscles used in knee strikes include the:

- Quadriceps femoris
- Hamstrings
- Gluteus maximus
- Soleus
- Gastrocnemius

Knee Extension

ANATOMY:

Prim mover /agonist: Quadriceps muscle group which consists of 4 muscles

- rectus femoris
- vastus lateralis
- vastus intermedius
- vastus medialis

Synergist / Accessory Muscles:

Tensor Fascia Latae

Range of motion: 135 to 0

Substitution:

when pt in side-lying (grade 2), it may use hip internal rotation

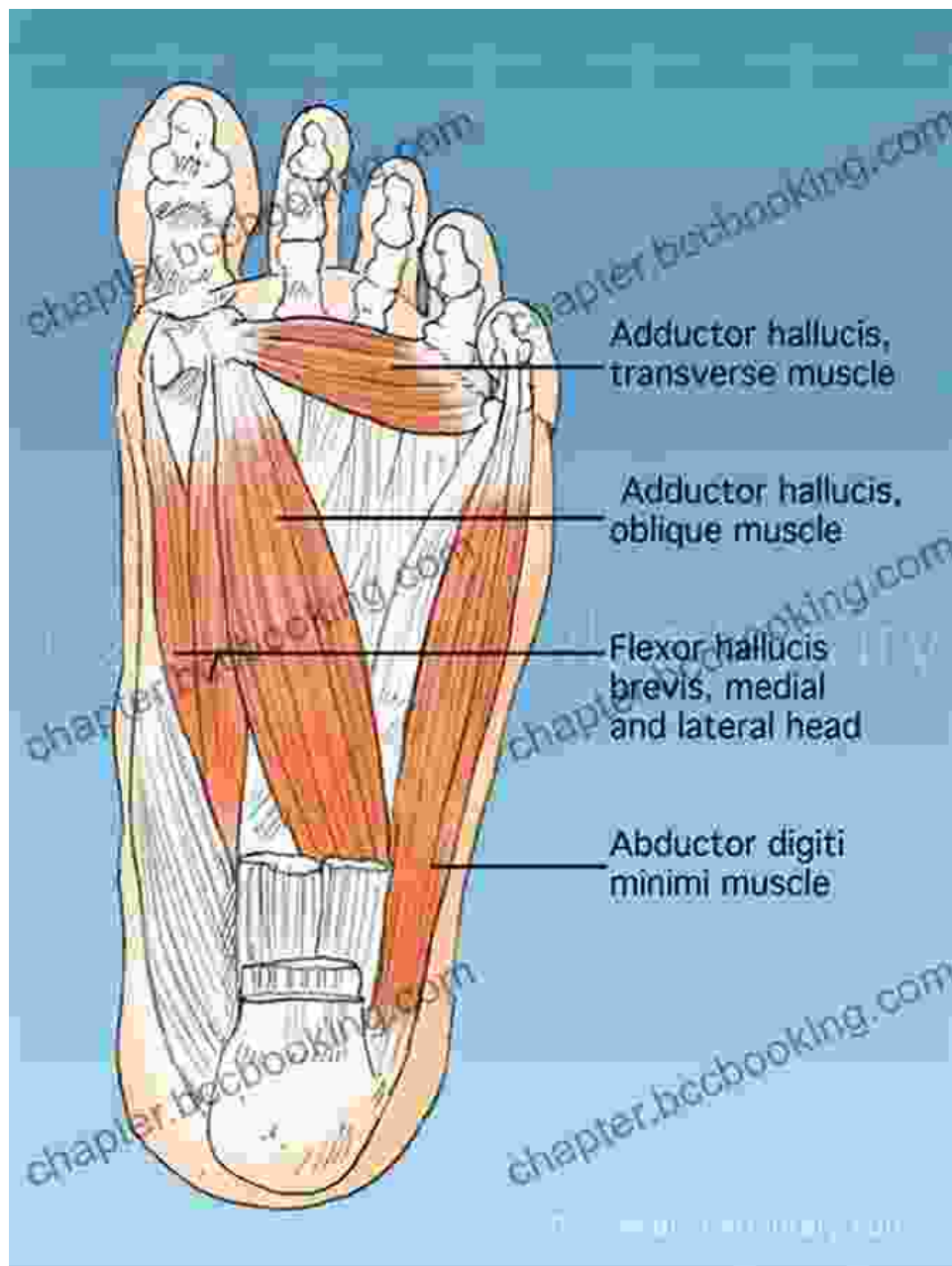


Foot strikes

Foot strikes are versatile and can be used to attack the head, body, or legs.

The muscles used in foot strikes include the:

- Calves
- Hamstrings
- Gluteus maximus
- Tibialis anterior
- Peroneus longus



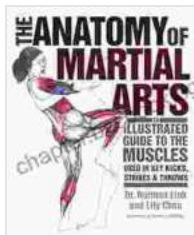
Kicks

Kicks are powerful and can be used to attack the head, body, or legs. The muscles used in kicks vary depending on the type of kick and the target area.

Front kicks

Front kicks are the most basic type of kick. They can be thrown with the front leg or the back leg. The muscles used in front kicks include the:

- Quadriceps femoris
- Hamstrings
- Gluteus maximus
- Tibialis anterior



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