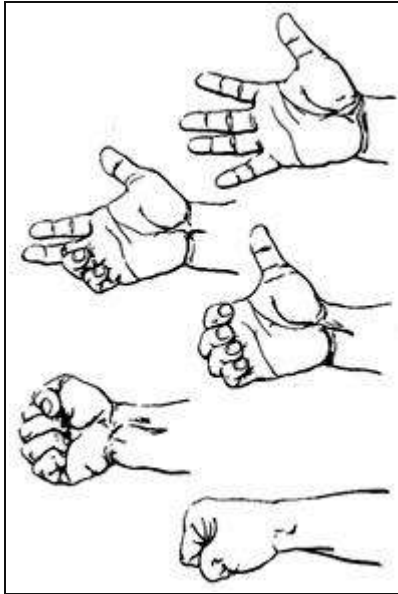


## How to Make A Proper Fist in Karate



1. Open your hand wide and place it palm up.
2. Begin by curling your little and ring fingers inward in a tight motion.
3. As you curl your little and ring fingers, begin curling your middle finger and index fingers. You want make sure you curl your fingers as tightly as possible to prevent injuring the bones of the fingers when you strike an object.
4. When all your fingers are closed tightly, wrap the thumb over the middles of the index and middle fingers tightly.
5. When you strike a surface you want to hit with a one inch area, only the knuckles of the index and middle fingers.

Make sure your first two knuckles are lined up the forearm bones. When you throw a good Karate punch you can look down your arm to your fist and will be looking directly over the first two knuckles. This insures that you will strike in the most effective manner and safest manner to not injure your hand.