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# Karate Kung-fu

I L L U S T R A T E D

# PUNCH

by Sandra Essary

## WITH THE POWER OF MAS OYAMA

Kyokushin Karate's Devastating Reverse Punch

*On a clear summer day in the Pocono Mountains of Pennsylvania in 1987, a man stood quietly in front of an Impax bag, a device that measures the force of a technique with a digital readout. Focusing intensely, he raised his right fist and felt energy collecting, rising from deep inside. Then, in one explosive move, his fist blasted into the bag, and echoes of his kiai (shout) lingered in the air.*

*The crowd of martial artists looked on in amazement. This 150-pound man had just registered a much higher score than anyone else in this gathering of more than 200 martial artists, including people who outweighed him by 50 pounds and had been training for 20 years or more.*

*The man's name was Danny "Tiger" Schulmann, and today he is the master of 20 United American Karate schools in New York, New Jersey, Pennsylvania and Connecticut. Schulmann recently agreed to share with the readers of *Karate / Kung Fu Illustrated* the knowledge that enabled him to deliver such a powerful punch. His technique, training tips and physical conditioning regimen should interest any martial artist who wants to develop his own devastating reverse punch.*

**A well-timed reverse punch can effectively counter a number of more complicated martial arts techniques, including the jumping roundhouse kick.**



Photo by Chris Murray