

Kempo Hammers — What Goes Wrong

V2 · 陸 · the hammer fist on the Kempo clock

TLDR / 80-20

Eight directions, not eight techniques — blended into your boxing rather than replacing it.

Learn them as separate moves and the framework stops transferring, which was the entire point of having one.

The Keys

1. The frame.

The hammer fist thrown on the **Kempo clock** — eight cardinal directions, horizontal and vertical. It arrives *off a punch or out of the clinch*, from the guard, not from a wind-up. It is not a replacement for boxing hands; it is something you fold into them.

2. Drop the elbow on the collar tie.

The one fault worth correcting first, and the only one demonstrated rather than reasoned out. **The elbow drops to drive forward pressure.** Leave it high and he turns into you and takes you down.

3. Range, and leaving it.

The hammer lives **closer than a cross**. Thrown from the distance you box at, it lands short or you lean to reach it — and leaning is how you get countered. After it lands, get out of range or reset the tie. Standing there is not a neutral choice.

4. In the clinch, control comes first.

Secure the **over hook** before driving hammers to the knees. Without it there are no strikes, just two people leaning on each other. And throw it with the hips: as an arm alone you have traded a jab for something slower that does less.

AI's Take

One caution about this list, and it applies to any error list you read. Only the collar-tie fault above was actually observed on camera; the rest follow from what the source teaches and **have not been tested against a resisting partner**. They are what to watch for, not what is known.

That distinction is cheap to maintain and worth keeping in your own notes — mark which faults you have watched happen and which you worked out. The ones you worked out are predictions, and predictions can be checked.

The way to use this is to train the eight directions, mark what actually goes wrong for you, and keep only the entries that survive contact.