

THE 100

DEADLIEST

KARATE MOVES



**BY DR. TED GAMBORDELLA
5TH DAN**

Dedicated to the memory of
DEMETRIUS HAVANUS (The Golden Greek).
I have lost a good friend,
and the arts have
lost a great teacher and fighter.
We will all miss you, very much.

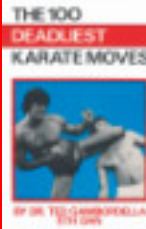


Introduction

I wrote *The 100 Deadliest Karate Moves* as a practical text for the serious martial arts student or teacher. It is solely meant to be used as a reference in practice, and I do not condone or suggest that any of the techniques found in this book be used in the street against another man, unless, of course, the defender's life is in immediate danger. The techniques found in this book were not devised by me, and most are common knowledge to the average student.

What I have attempted to do is to compile moves in such a manner that one can study the kicks and blows and then can see the exact technique and target area, with the resulting damage to the attacker. I am assuming that the reader will have an adequate martial arts background so that he knows the basic stances and strikes. Therefore, I am showing only the strike or kick to the target area, without reference to body stances or other basics. All blows and kicks must be delivered with the utmost speed and power in order to be effective.

In a final chapter I show examples of street applications of some of the techniques. This is meant as a training section in order to get the student or teacher to begin to think of how the strikes and blows might be applied in a life-or-death situation.



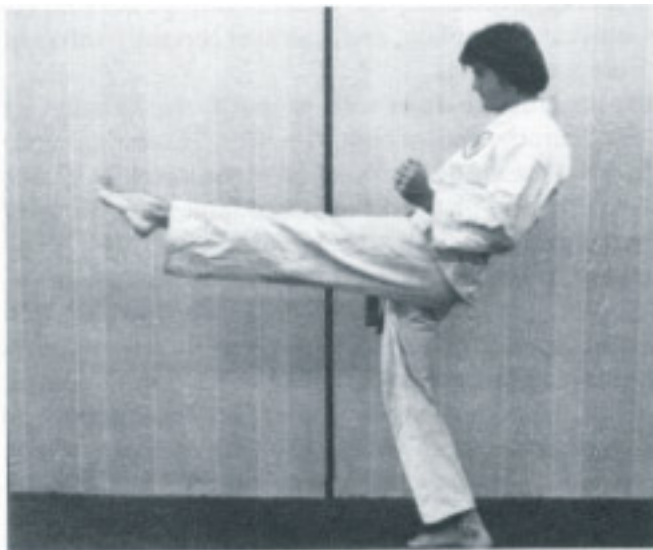
Basic Strikes

The Front Snap Kick

Lift the knee of the kicking leg as high as possible in front of the body, be sure to keep the fists tight, and the toes turned upward to prevent damage to the foot.



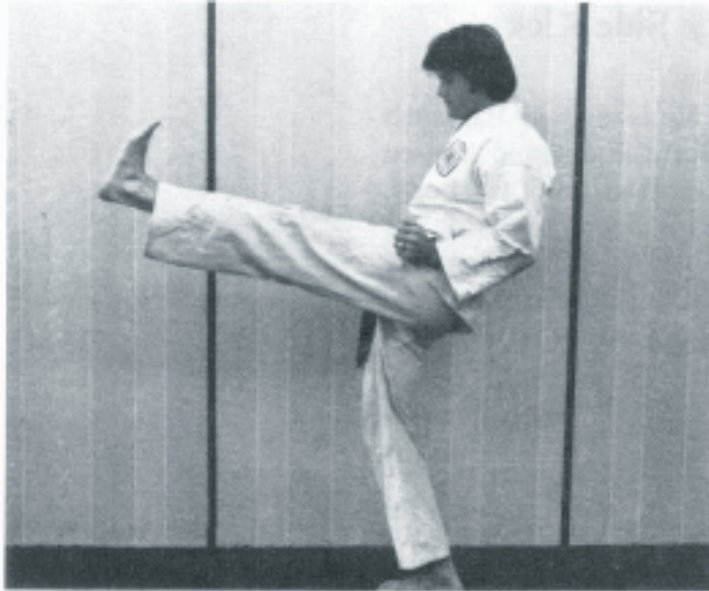
Snap the kick out directly in front of the body to the target area, keep the other leg slightly bent for balance, and be sure to thrust with the hips for speed and power.



Kicking Techniques

The Front Heel Thrust

This kick is similar to the front snap, but uses the heel for the striking area, and it has more power and penetration. The kicking technique is the same. However, you thrust more directly forward with this kick, and be sure to lock the leg for the full power to the heel.



The Front Snap-High

This kick requires a lot of flexibility and balance if any power is to be produced. It is extremely effective for areas of the face, throat, and chin.



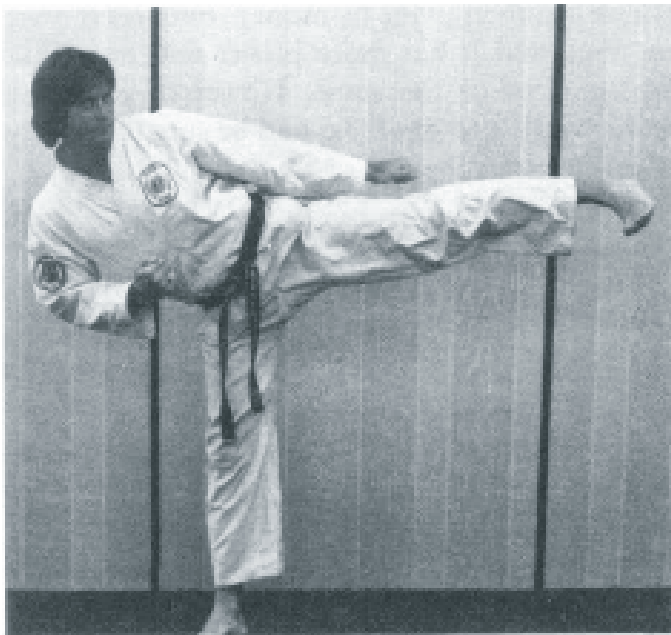
Kicking Techniques

The Side Kick

This is one of the most powerful kicks and is used for most areas of the body. Lift the kicking leg as high as possible to the front of the body, curling the toes of the foot inward for protection.



Snap, and thrust the kick directly to the side and the target area; be sure to snap the hips into the kick for full power. The heel, or side of the heel, is the striking area. Keep the arm above the leg, down the side of your body to protect your ribs. This is probably the most devastating kick and the hardest to stop when done correctly.



continued...



The Side Kick continued

Bring the leg up about hip high, directly in front of the body. Look behind over your shoulder to the target area.



Thrust directly back with speed and power, snapping the hips for more power, and strike the heel of the foot into the desired area.



Kicking Techniques

The Knee

This kick is used when the attacker is too close to use an extension kick and is quite capable of stopping the largest of men. Raise the knee directly up with power and speed to the striking area.



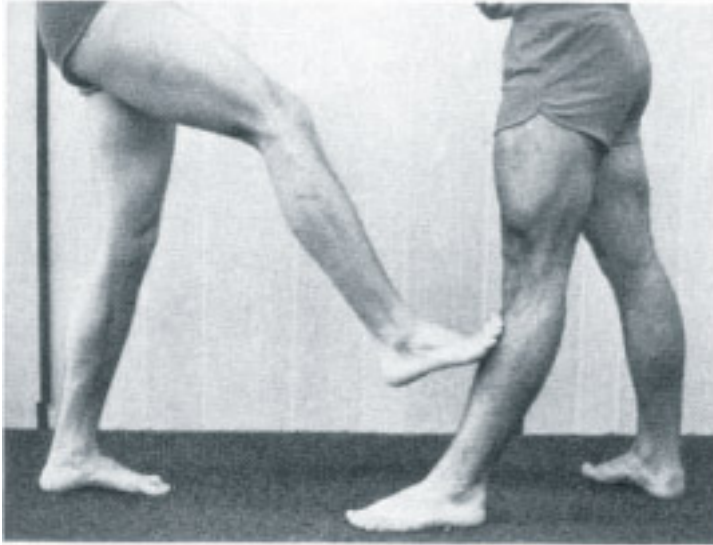
You get more power by thrusting or snapping up with the hips on this kick.



Vital Points & Kick Attacks

All of the kicks demonstrated in this section will do permanent damage to an attacker's body, if done with appropriate speed, power, and accuracy. We are shown demonstrating the vital points and the best kick attack for each one. Beneath the illustration, you will find the damage and the results that you can expect from using each kick against a would-be attacker.

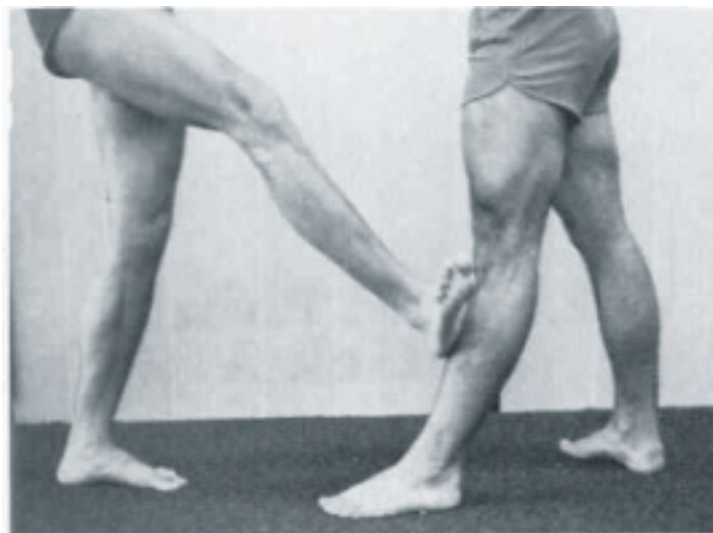
One: Front Snap to the Shin



Damage: broken shin, bruised shin.

Result: attacker unable to stand or to continue to fight.

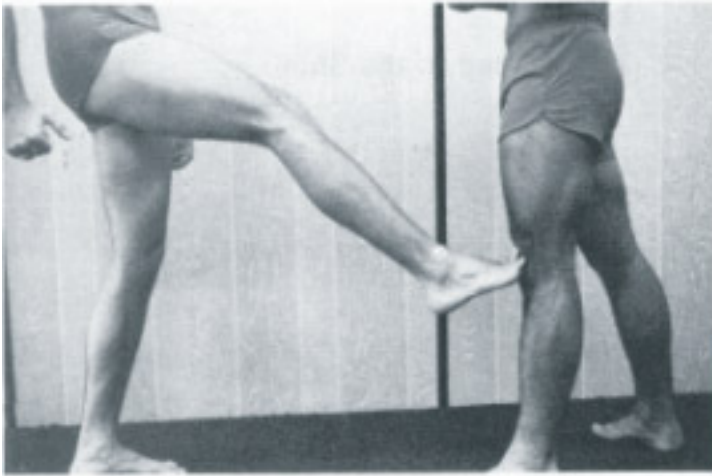
Two: Front Heel Kick to Shin



Damage: severely bruised or broken shin.

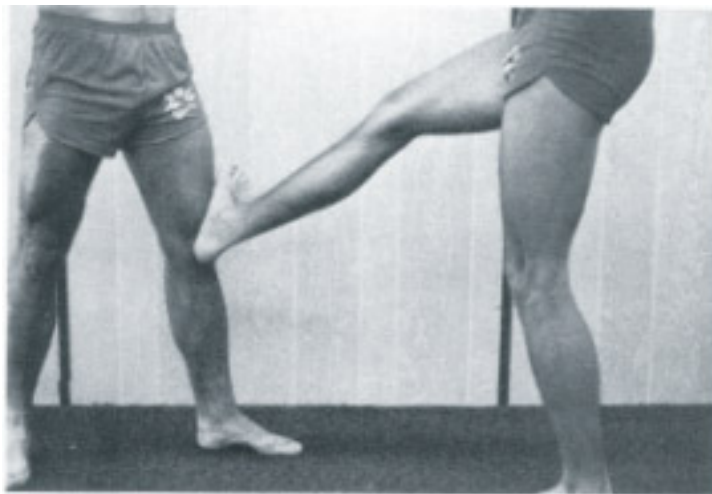
Result: attacker will be unable to stand or to continue fight.

Three: Front Snap to Kneecap

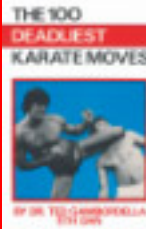


Damage: dislocated knee, broken kneecap, sprained, torn ligaments, tendons.
Result: attacker unable to stand or to continue fight; will require surgery to correct.

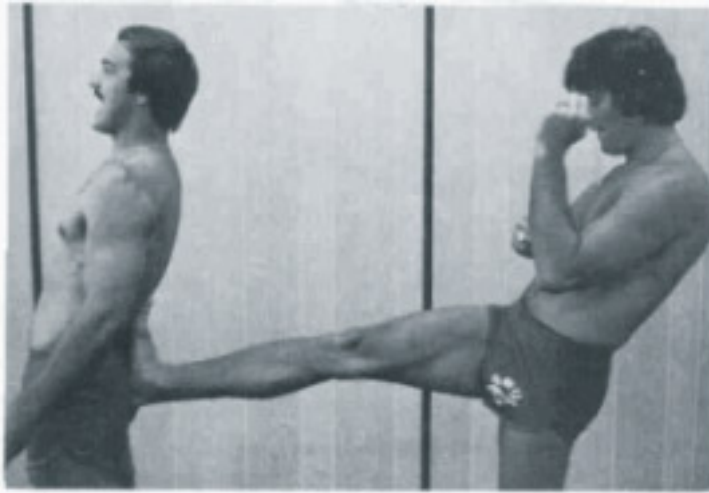
Four: Front Heel Kick Across Kneecap



Damage: dislocated knee, broken kneecap, torn tendons and ligaments.
Result: attacker unable to stand or to continue to fight; will require surgery to correct.



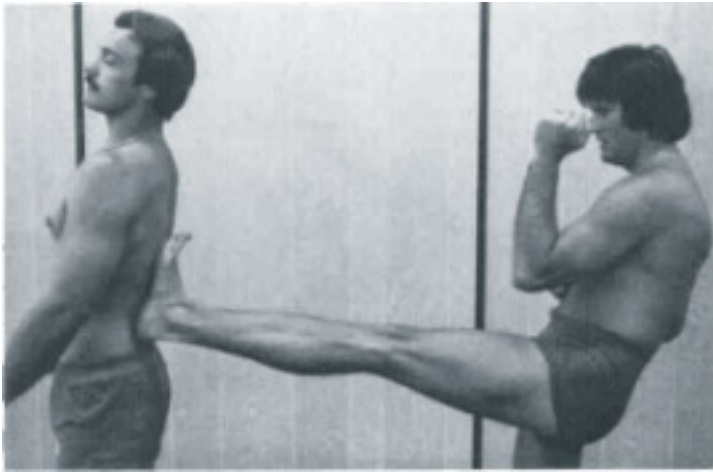
Five: Front snap to tailbone



Damage: broken coccyx, extreme pain.

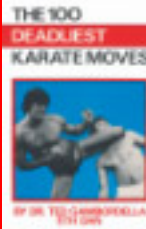
Result: attacker unable to stand or to sit, will require medical attention.

Six: Front Snap to Lower Back

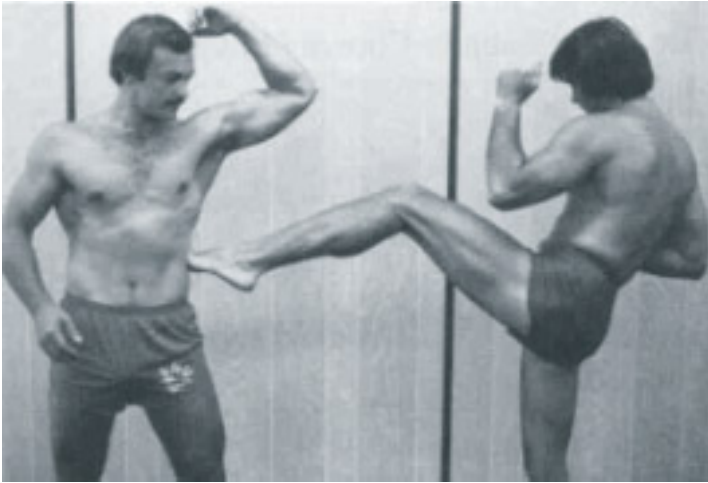


Damage: broken back, bruised kidneys, extreme pain.

Result: attacker may be permanently crippled; requires medical attention immediately.



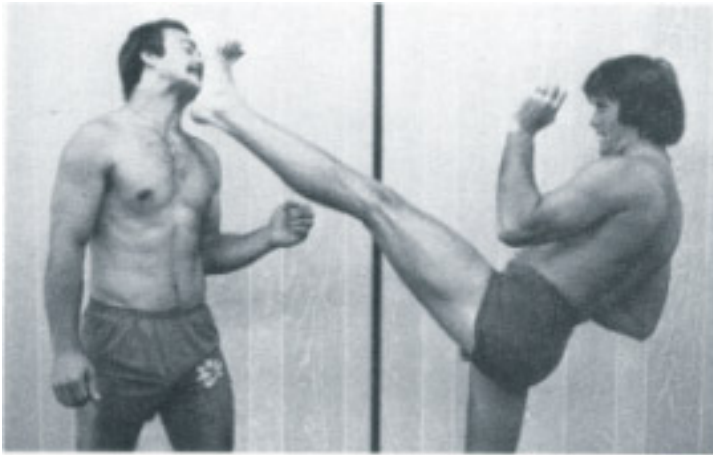
Seven: Front Snap to Ribs



Damage: loos of breath. broken ribs

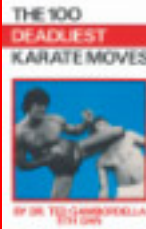
Result: attacker will be unable to breathe for several minutes; will fall down.

Eight: Front Snap with Heel to Chin

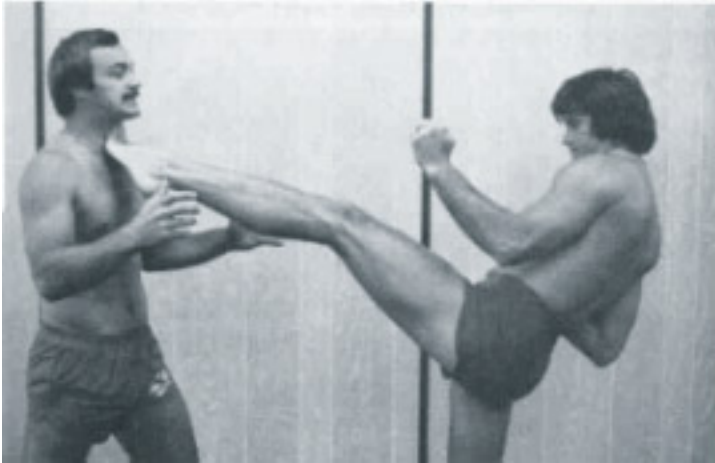


Damage: broken jaw, crushed jaw, teeth knocked out, loss of consciousness.

Result: attacker will be knocked out for several minutes.



Nine: Front Snap to Throat



Damage: crushed throat, smashed Adam's apple.

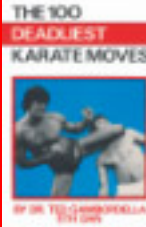
Result: attacker will die, usually, unless given immediate medical attention.

Ten: Front Snap to Solar Plexus

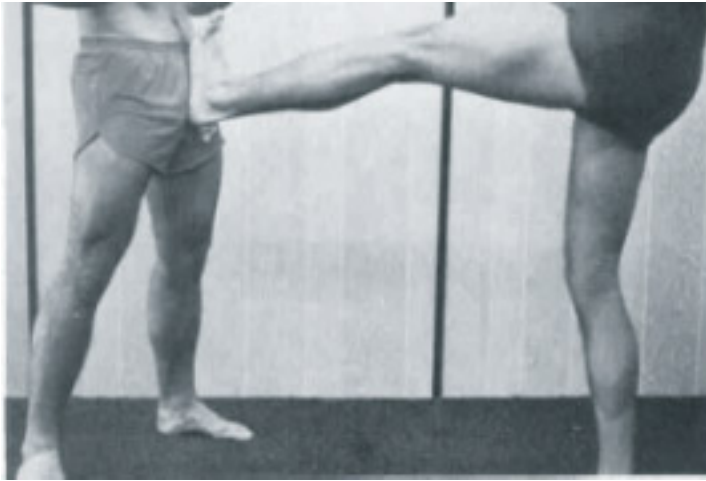


Damage: broken or bruised ribs, loss of breath, extreme pain.

Result: attacker will be unable to breathe for several minutes.



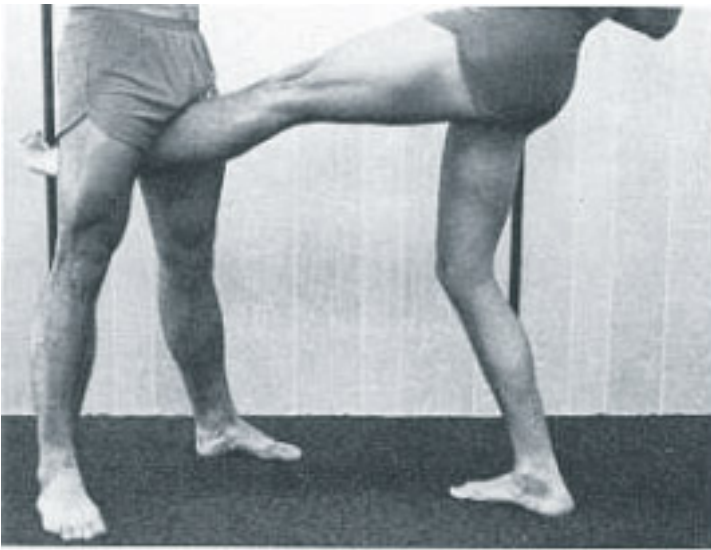
Eleven: Front Snap with Heel to Pelvis



Damage: crushed testicles, broken pelvis, internal damage to groin area.

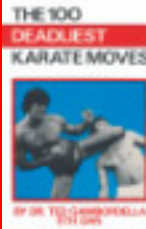
Result: attacker will be unable to stand and may suffer permanent, crippling injury.

Twelve: Front Snap with Shin Area to Testicles

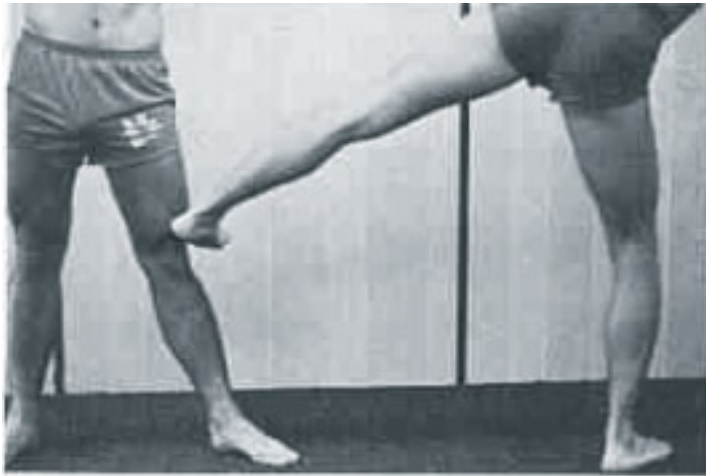


Damage: crushed testicles, cracked pelvis.

Result: attacker will be unable to stand; will usually require surgery, and often will be permanently crippled.



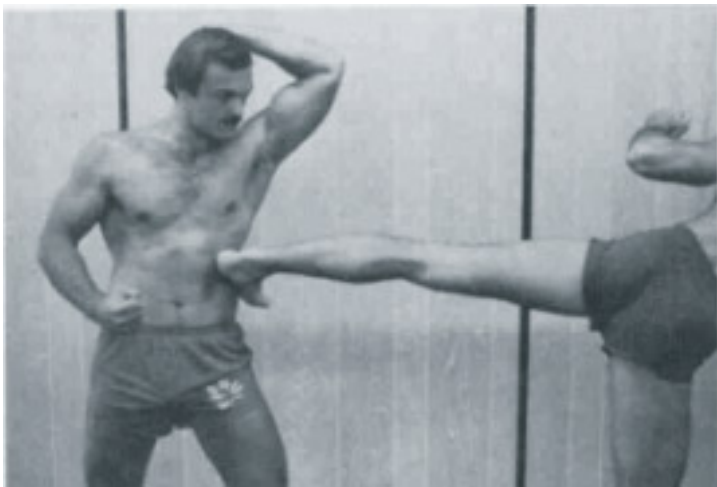
Thirteen: Kick to Knee



Damage: dislocated knee, torn ligaments and tendons.

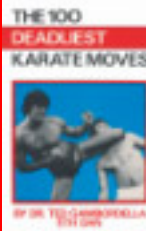
Result: attacker will be unable to stand or to continue to fight; will require surgery to correct knee.

Fourteen: Side Snap Kick to Ribs

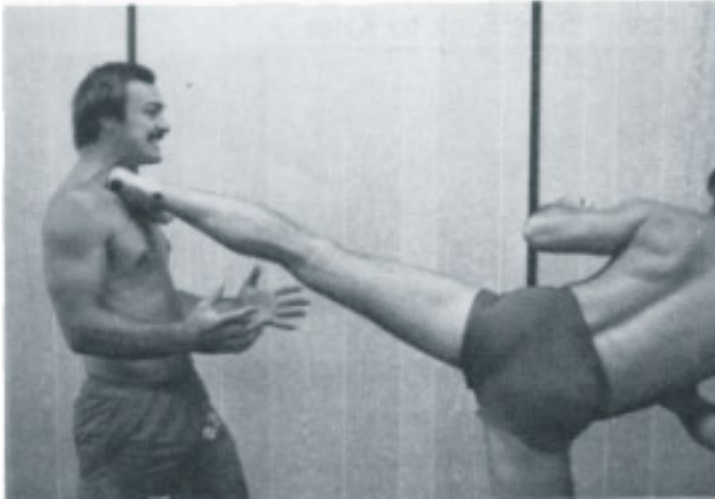


Damage: broken ribs, possible internal damage, lung damage

Result: attacker will be unable to stand or breath.



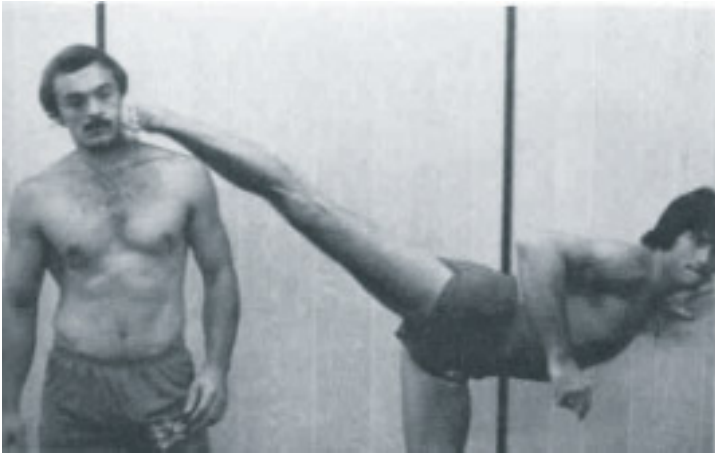
Fifteen: Side Kick to Throat



Damage: crushed throat, broken Adam's apple.

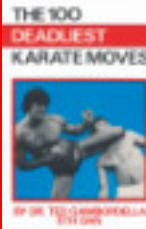
Result: attacker will die unless given immediate medical attention.

Sixteen: Side Kick to Jaw

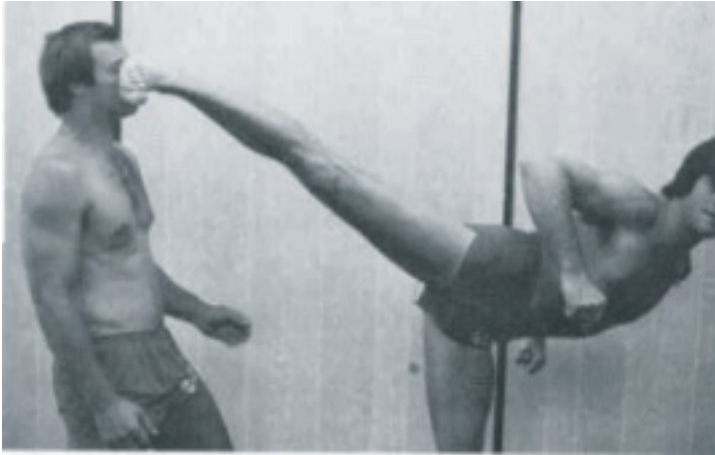


Damage: broken jaw, loss of consciousness.

Result: attacker will be knocked out for several minutes, require medical attention.



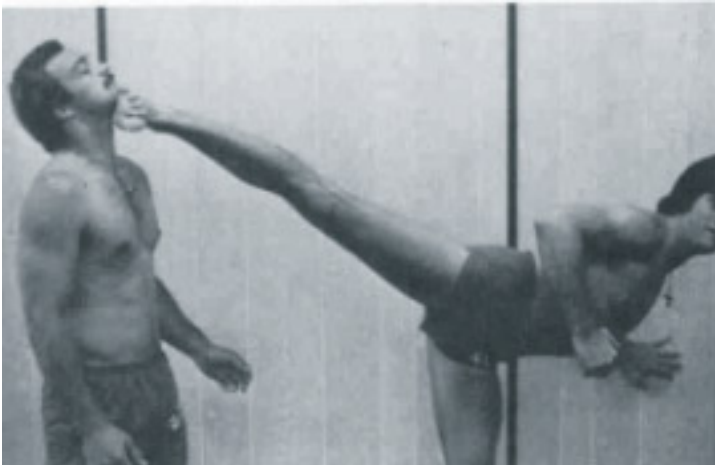
Seventeen: Side Kick to Face



Damage: broken nose, teeth knocked out, broken jaw, loss of consciousness.

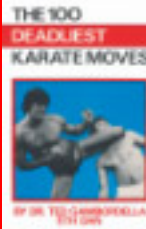
Result: attacker will be knocked out for several minutes.

Eighteen: Side Kick to Chin

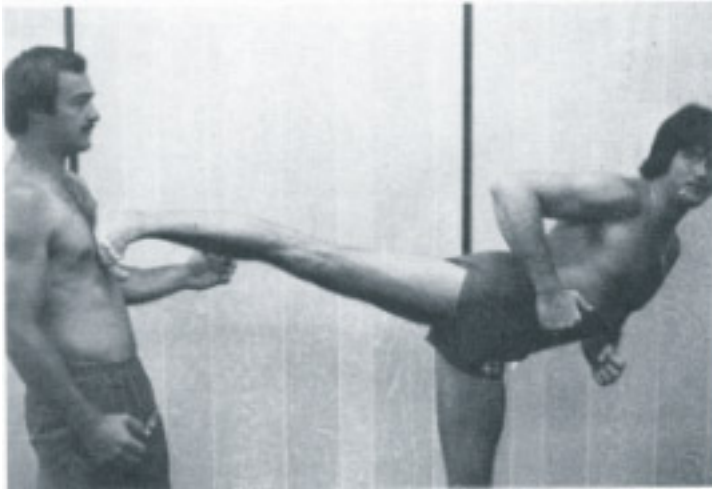


Damage: teeth knocked out, broken jaw, loss of consciousness.

Result: attacker will be knocked out for several minutes.



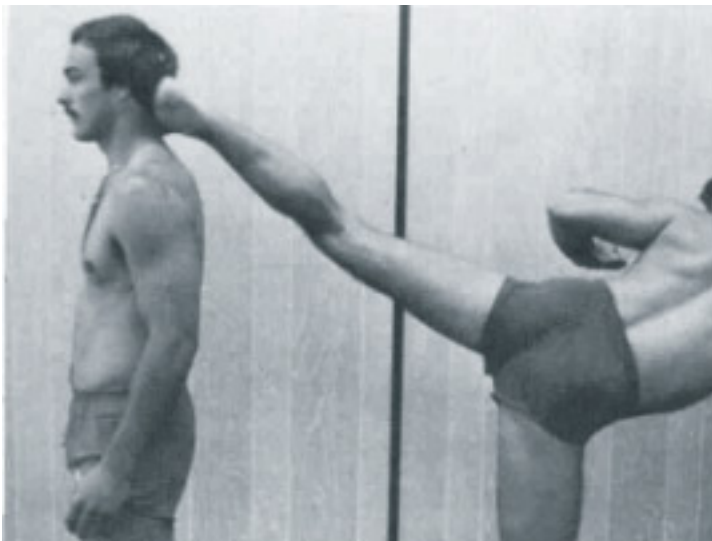
Nineteen: Side Kick to Heart



Damage: crushed or cracked chest, broken sternum, possibly stopped heart.

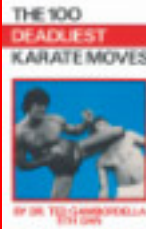
Result: attacker will be unable to breathe for several minutes; may die.

Twenty: Side Kick to Back of Head



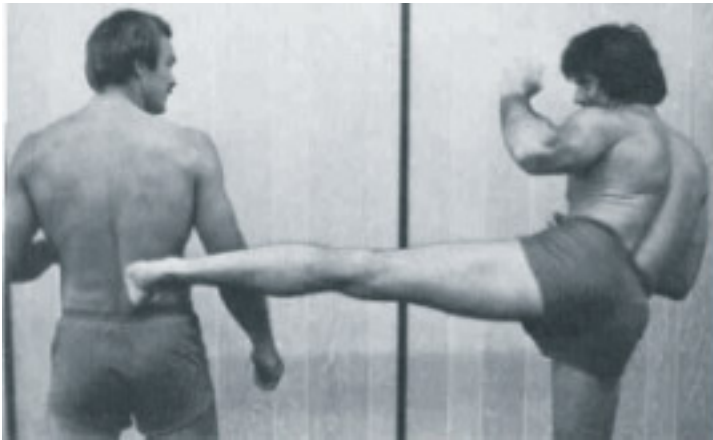
Damage: broken neck, loss of consciousness.

Result: attacker will be knocked out, usually permanently crippled; may die.



Vital Points & Kick Attacks

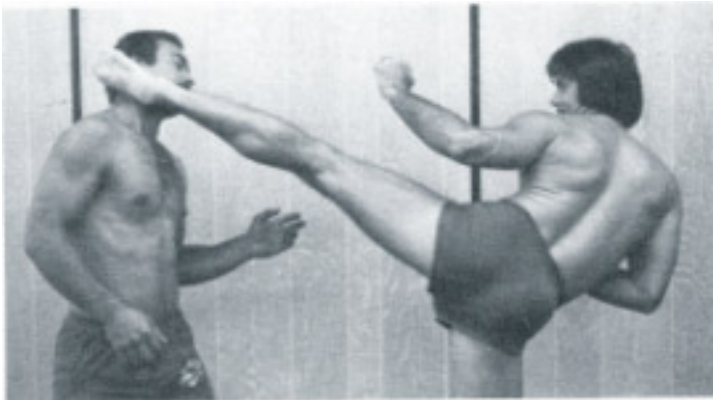
Twenty-One: Roundhouse Kick to Kidneys



Damage: bruised kidneys, possibly broken back, extreme pain.

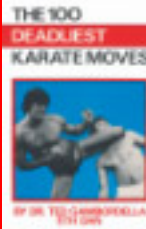
Result: attacker will usually fall down, have internal damage, and be in pain for weeks.

Twenty-Two: Roundhouse to Side of Head



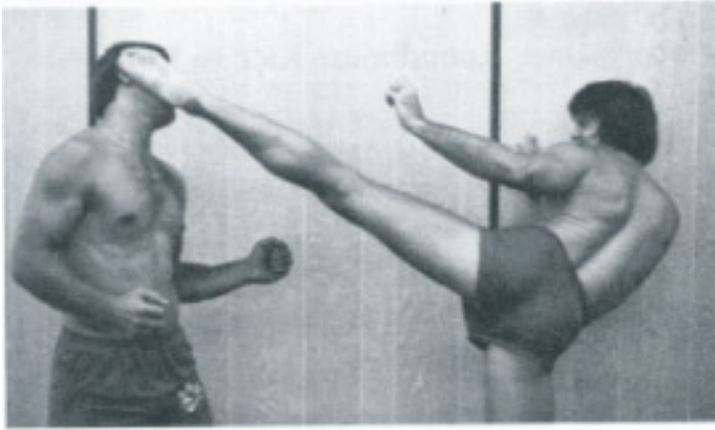
Damage: broken jaw, teeth knocked out, eardrum busted, loss of consciousness.

Result: attacker will pass out, lose balance and ability to fight.



Vital Points & Kick Attacks

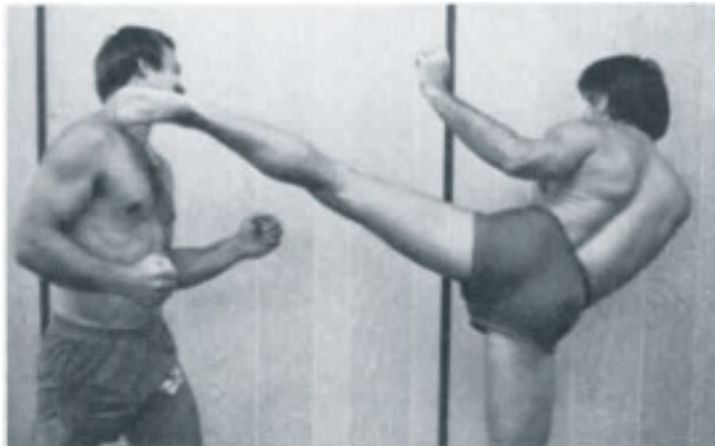
Twenty-Three: Roundhouse to Temple (toes directly contact temple)



Damage: cracked skull, nerve damage, blood stoppage to brain.

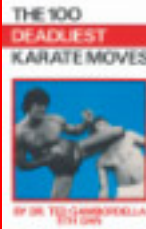
Result: attacker will be knocked out, may go into a fit or delirium.

Twenty-Four: Roundhouse to Side of Neck

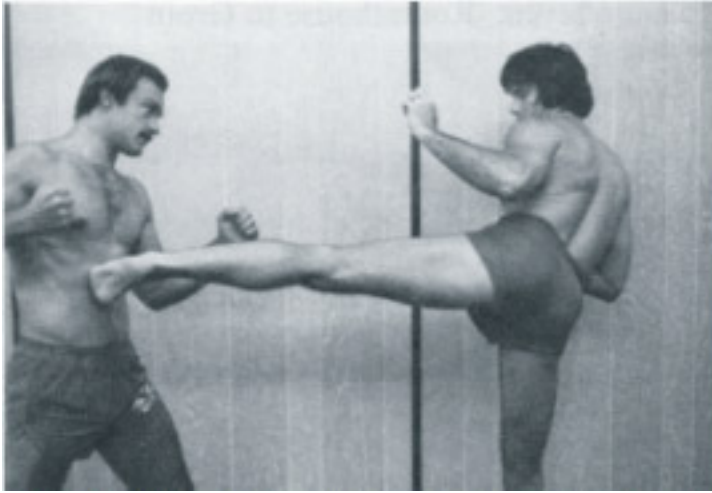


Damage: bruised or broken neck, extreme pain, loss of blood to brain.

Result: attacker will pass out for several minutes.



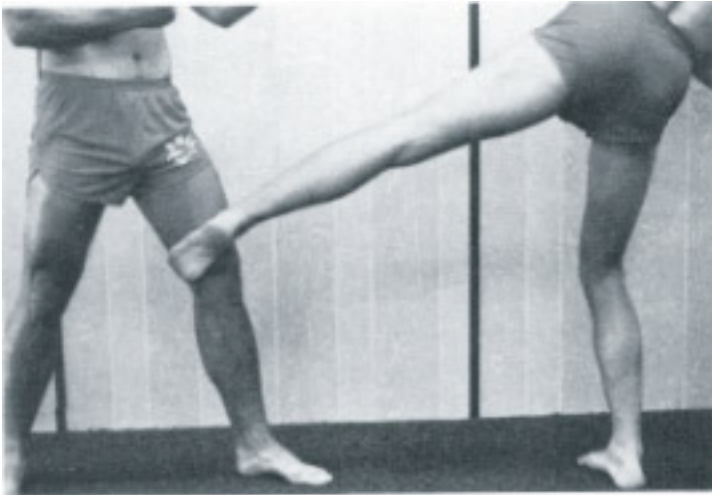
Twenty-Five: Roundhouse to Solar Plexus



Damage: cracked or broken ribs, loss of breath, possible internal damage.

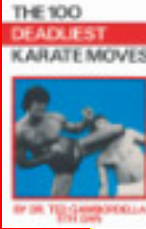
Result: attacker will be unable to stand or breathe for several minutes.

Twenty-Six: Roundhouse to Knee

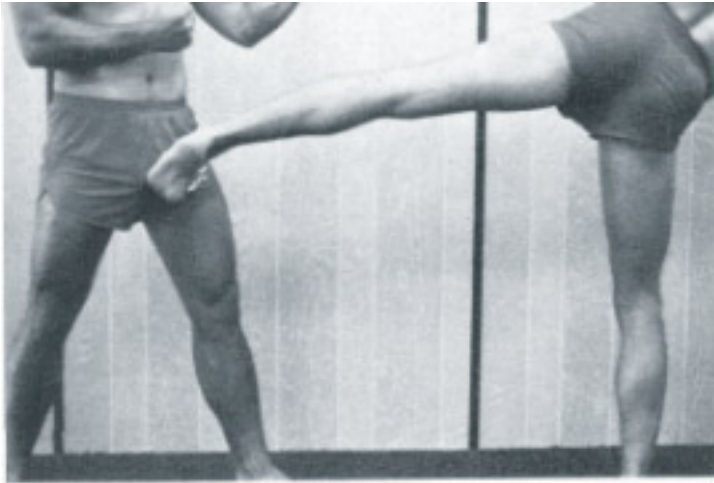


Damage: broken knee, torn and sprained ligaments and tendons.

Result: attacker will be unable to stand or to continue to fight.

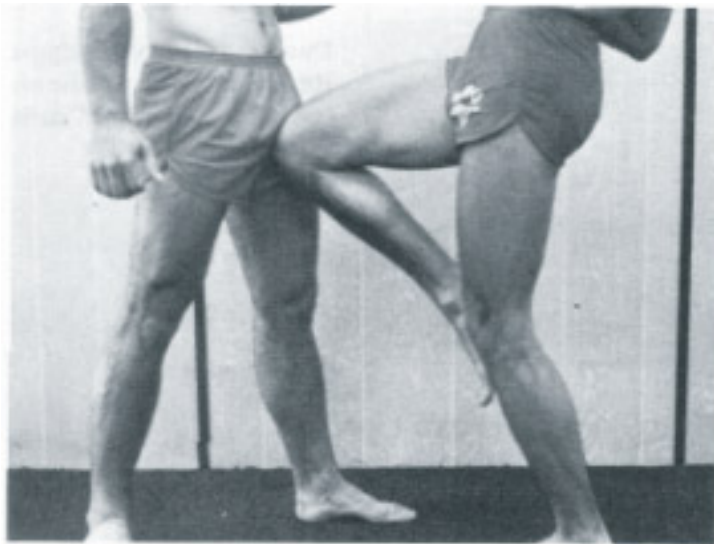


Twenty-Seven: Roundhouse to Groin

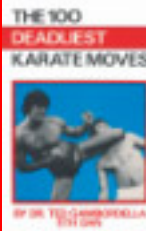


Damage: crushed testicles, broken or cracked pelvis.
Result: attacker will be unable to stand and will be in great pain, maybe crippled.

Twenty-Eight: Knee to Groin



Damage: crushed testicles, cracked pelvis.
Result: attacker will be unable to stand, will be in great pain, and possibly permanently crippled.



Twenty-Nine: Knee to Face

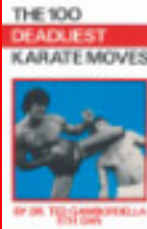


Damage: broken nose, cracked teeth, broken jaw
Result: attacker will be knocked out for several minutes.

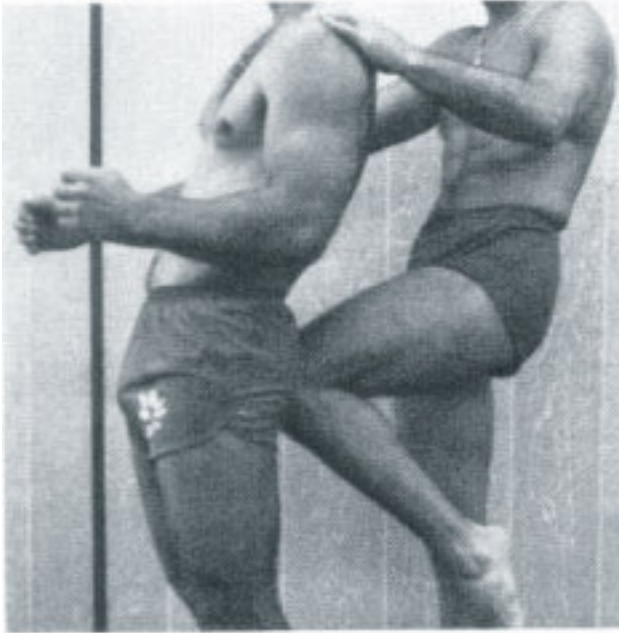
Thirty: Knee to Throat



Damage: crushed windpipe.
Result: attacker will die unless given immediate medical attention.



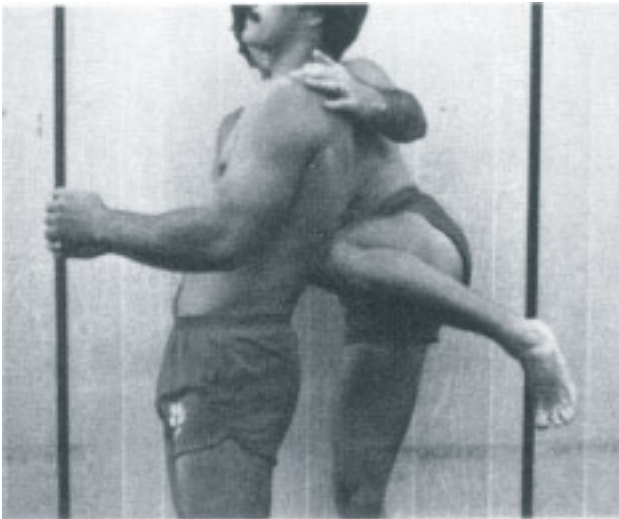
Thirty-One: Knee to Coccyx



Damage: broken or cracked coccyx.

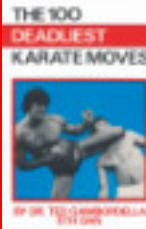
Result: attacker will be un- able to stand or to sit, will require medical attention.

Thirty-Two: Knee to Kidney and Lower Back

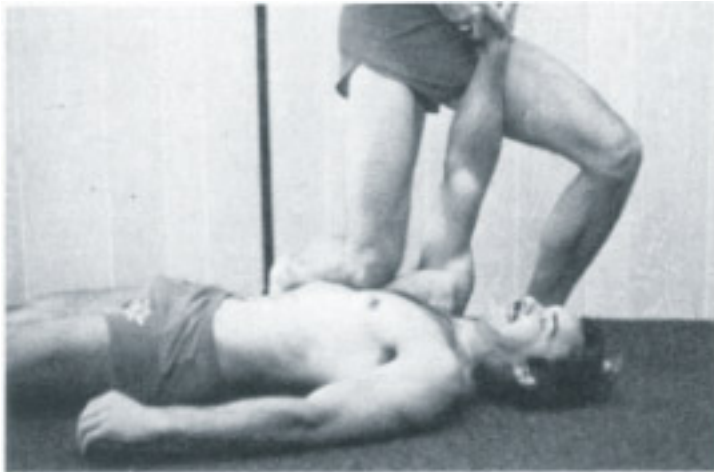


Damage: broken lower back.

Results: attacker will be in great pain and have internal damage requiring a doctor.

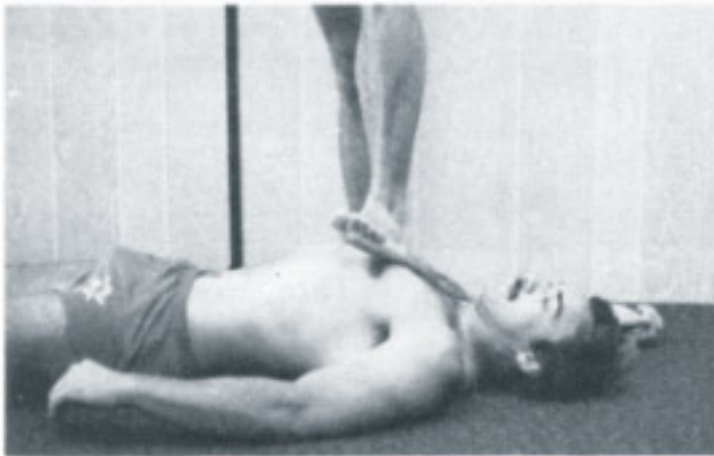


Thirty-Three: Knee Drop to Heart

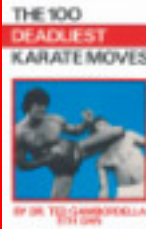


Damage: heart will be stopped, rib cage crushed, lungs punctured.
Result: attacker will usually die unless given immediate medical help.

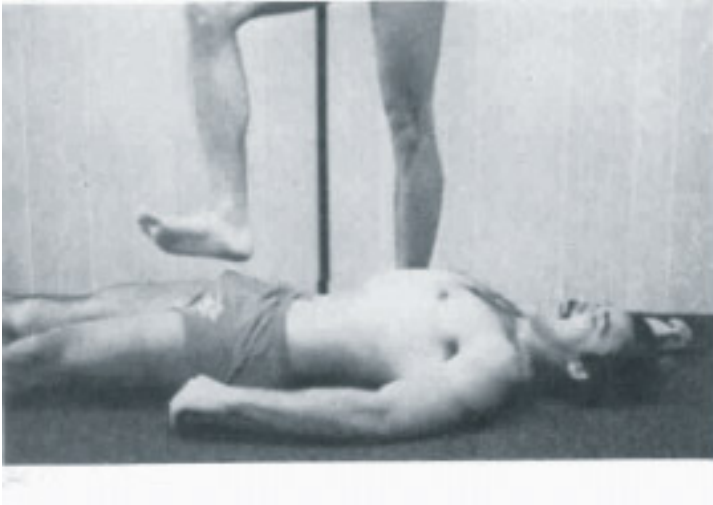
Thirty-Four: Stomp to Heart



Damage: stopped heart, cracked or crushed chest, punctured lungs.
Result: attacker will usually die unless given immediate medical attention.



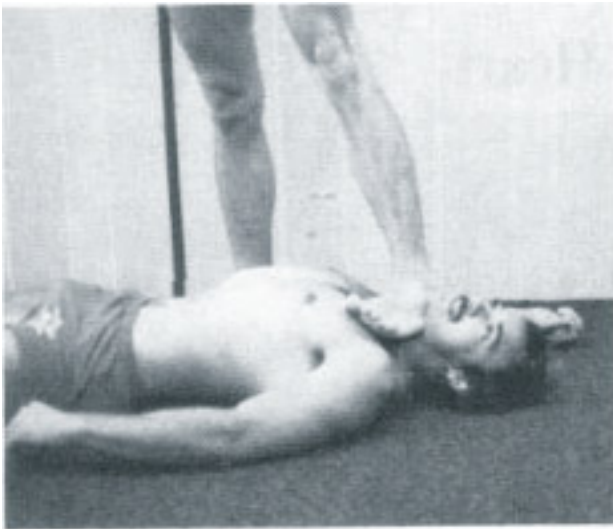
Thirty-Five: Stomp to Groin



Damage: crushed groin, cracked pelvis.

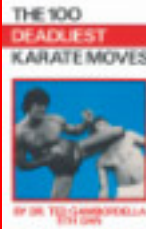
Result: attacker will be unable to stand, may be crippled.

Thirty-Six: Stomp to Throat



Damage: crushed throat.

Result: attacker will usually die unless given immediate medical attention.



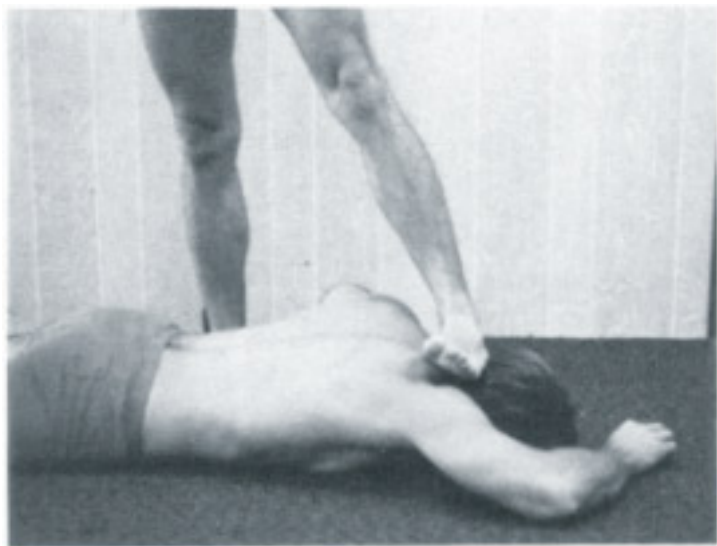
Thirty-Seven: Stomp to Face



Damage: crushed nose, broken skull

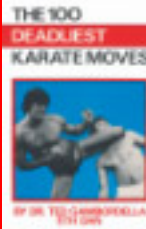
Result: attacker will usually die unless given immediate medical attention.

Thirty-Eight: Stomp to Back of Head

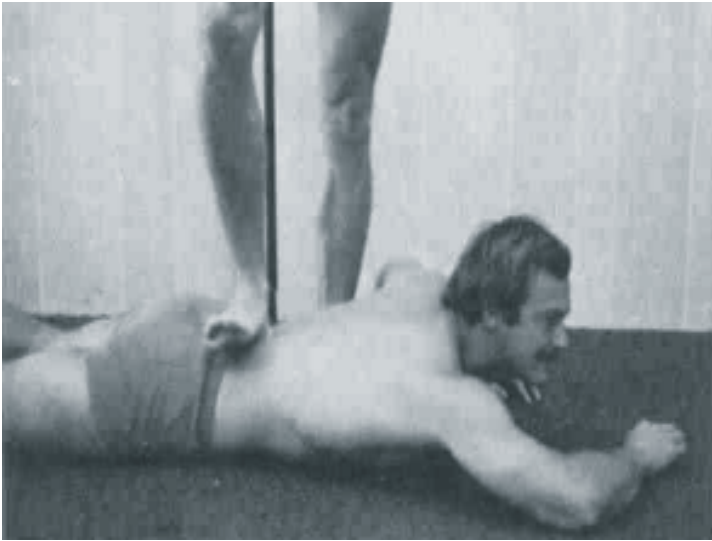


Damage: teeth knocked out, neck broken, concussion.

Result: permanent crippling, broken neck may cause death.



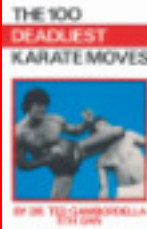
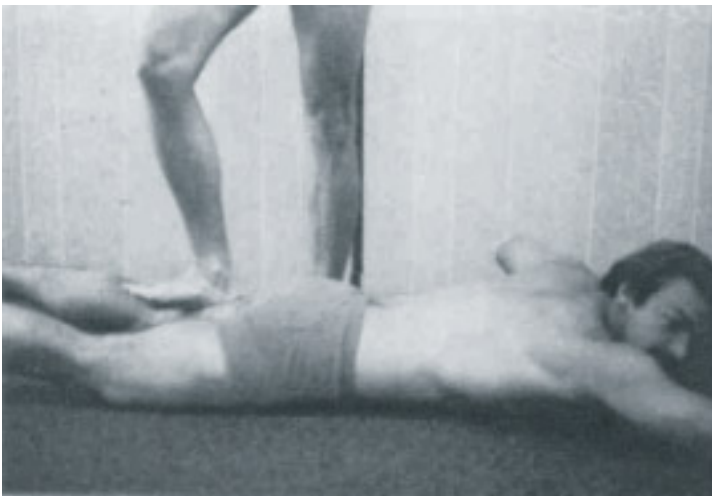
Thirty-Nine: Stomp to Lower Back



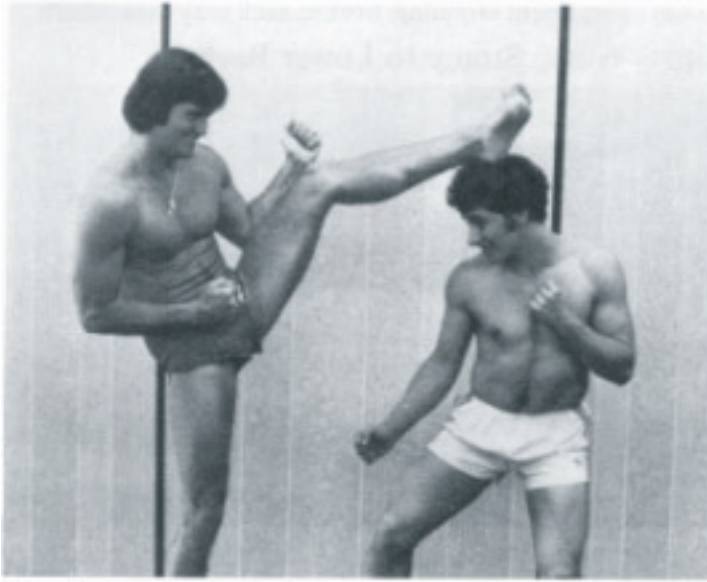
Damage: broken back and ribs

Result: permanent crippling, broken back may cause death.

Forty: Stomp to Coecyx



Forty-One: Heel Kick to Top of Head



Damage: cracked skull, teeth broken.

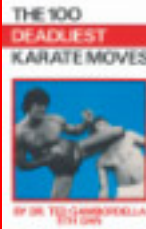
Result: loss of consciousness for several minutes.

Forty-Two: Heel Kick to Temple

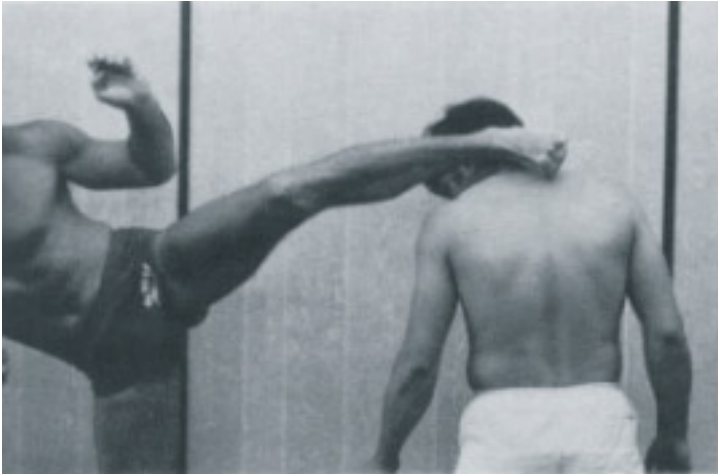


Damage: crushed temple, cracked skull, blood stoppage to brain.

Result: attacker will pass out for several minutes or go into a fit.



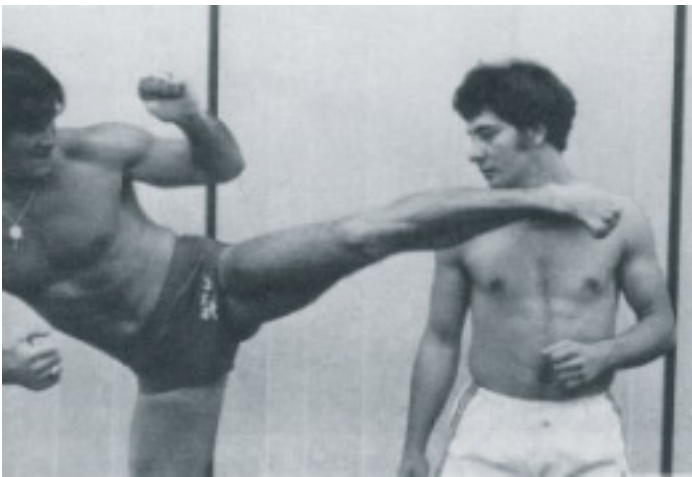
Forty-Three: Heel Kick to Back of Head



Damage: broken neck, loss of consciousness, broken jaw.

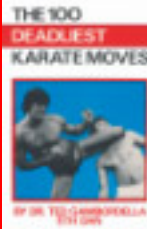
Result: attacker will pass out for several minutes; may be permanently crippled.

Forty-Four: Heel Kick to Throat

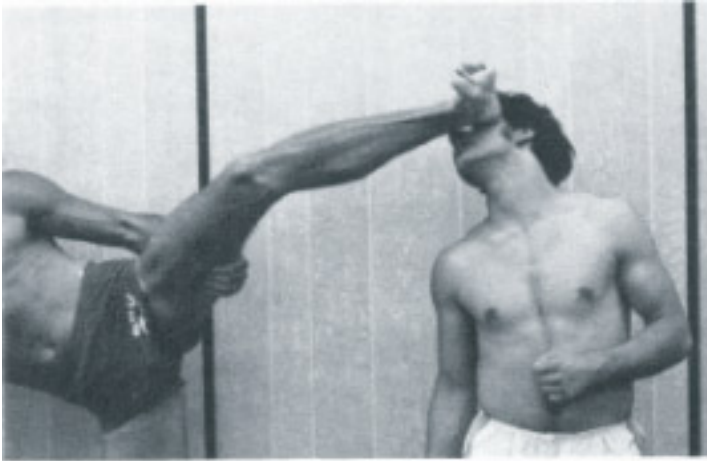


Damage: crushed throat.

Result: attacker will usually die unless given immediate medical help.



Forty-Five: Heel Kick to Face



Damage: broken nose, teeth knocked out, jaw broken.

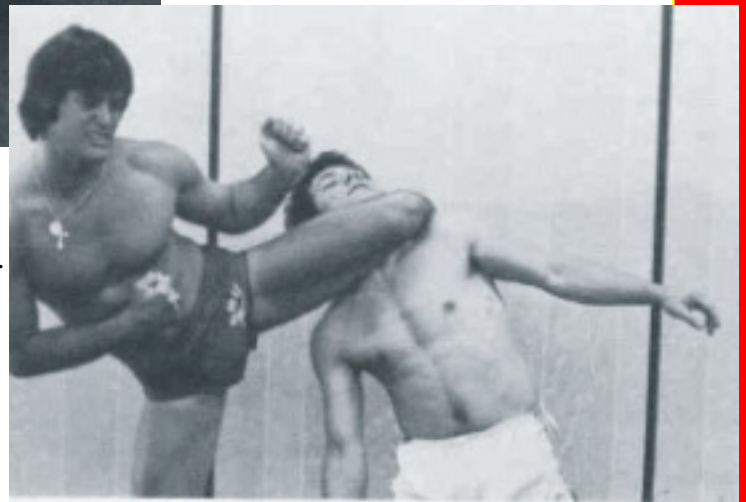
Result: attacker will be knocked out for several minutes, require medical help.

Forty-Six & Forty-seven: Front Knee Strangle



Damage: loss of breath.

Result: death, unless pressure is released.



Vital Points & Hand Attacks

If the following hand attacks are used in defensive situations, they can inflict serious damage upon an attacker when the hand technique is applied with the necessary speed, power, and accuracy. The vital points and appropriate attacks to each area are illustrated, with a notation on the damage and results of each hand attack.

Forty-Eight: Shuto to the Throat



Damage: crushed throat, broken Adam's apple.

Result: attacker will usually die unless given immediate medical help.

Forty-Nine: Shuto to Teeth



Damage: teeth knocked out, jaw broken.

Result: attacker will usually be knocked out or unwilling to fight



Fifty: Shuto to Eyes, Bridge of Nose

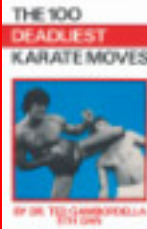


Damage: broken nose, loss of vision, concussion.
Result: attacker will be knocked out for several minutes.

Fifty-One: Shuto to Top of Skull



Damage: broken or cracked skull, concussion.
Result: attacker will be knocked out for several minutes.



Fifty-Two: Shuto to Solar Plexus



Damage: breath knocked out, loss of consciousness, extreme pain.

Result: attacker will be unable to move, breathe, and will be unable to finish attack.

Fifty-Three: Shuto to Collarbone



Damage: broken collarbone.

Result: attacker will be unable to pick up arm or to continue to fight.



Fifty- four: Shuto to side of neck



Damage: broken neck, loss of blood to brain.

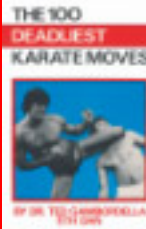
Result: attacker will be knocked out for several seconds, or minutes.

Fifty-Five: Shuto to Jaw, Side of Face

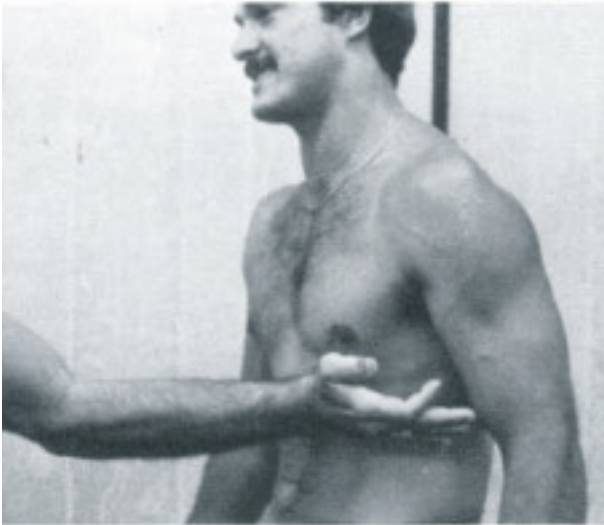


Damage: broken jaw, teeth knocked out.

Result: attacker will lose consciousness for several minutes.



Fifty-Six: Shuto to Ribs

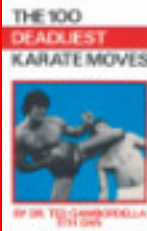


Damage: broken ribs, possible lung damage.
Result: attacker will be unable to breathe for several minutes.

Fifty-Seven: Shuto to Groin



Damage: cracked pelvis, crushed groin area.
Result: attacker will be in great pain, unable to stand, may be crippled.



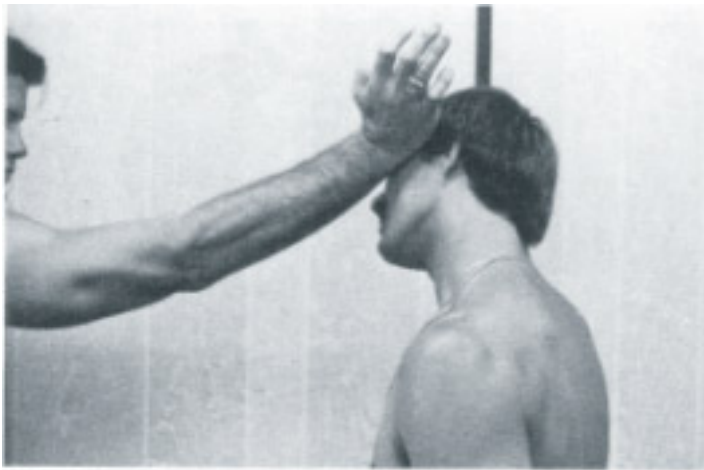
Fifty-Eight: Shuto to Back of Neck



Damage: broken neck.

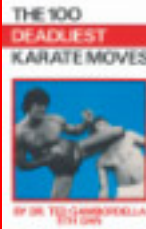
Result: permanent crippling, possible death.

Fifty-Nine: Shuto to Temple

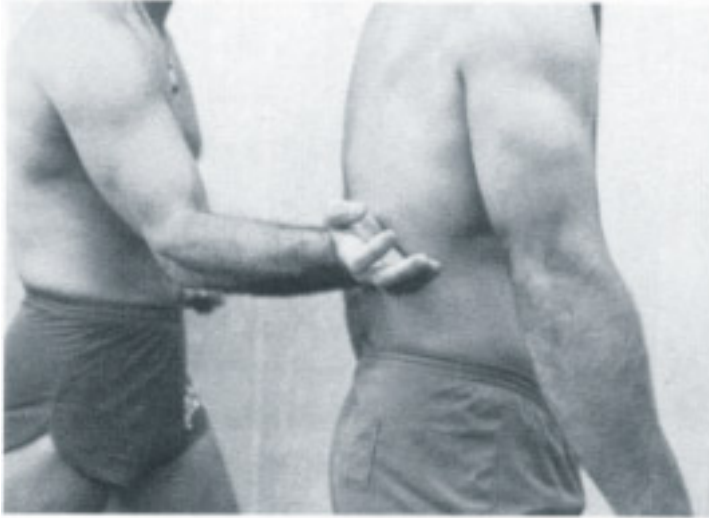


Damage: cracked skull, loss of consciousness, crushed temple.

Result: attacker will be knocked out, or go into a fit or delirium.



Sixty: Shuto to Kidneys



Damage: bruised kidneys, cracked or bruised ribs, great pain.

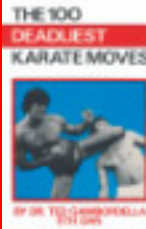
Result: attacker will suffer internal damage and be in great pain.

Sixty-One: Palm Heel to Face



Damage: broken nose, teeth knocked out, broken jaw.

Result: attacker will be knocked out for several minutes.

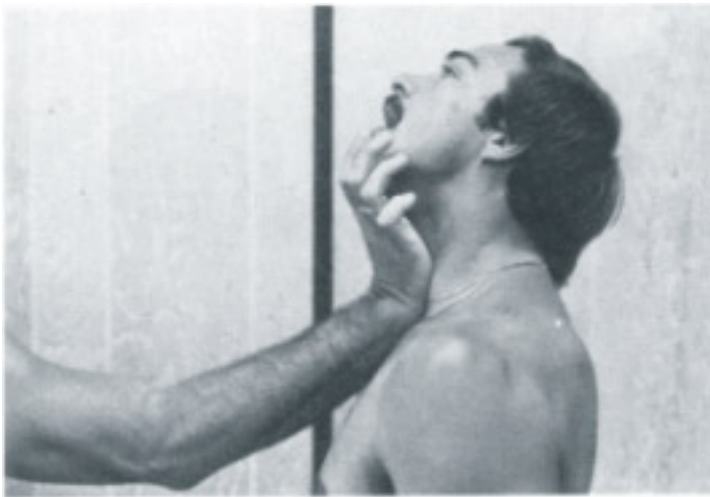


Sixty-Two: Palm Heel to Chin

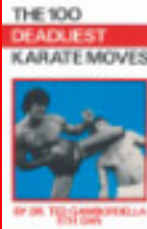


Damage: broken jaw, possible broken neck
Result: attacker will be knocked out for several minutes.

Sixty-Three: Palm Heel to Throat



Damage: crushed throat, broken Adam's apple.
Result: attacker will usually die unless given medical help.

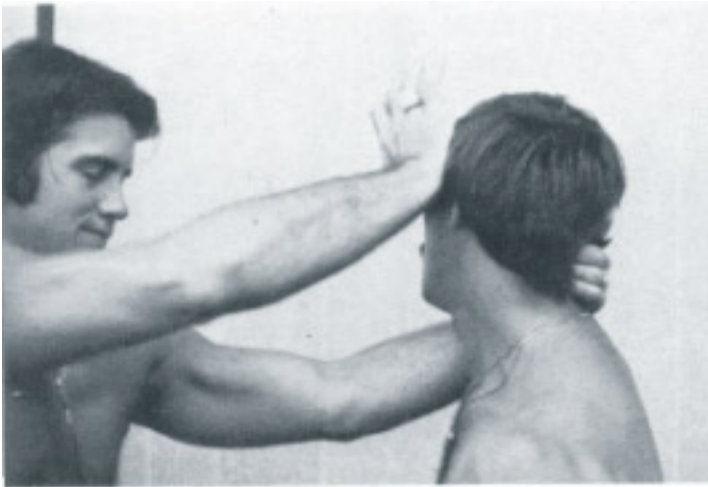


Sixty-Four: Palm Heel to Heart

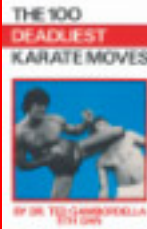


Damage: heart stopped, chest broken, sternum cracked, possible lung damage.
Result: attacker will be unable to breathe for several minutes, may die.

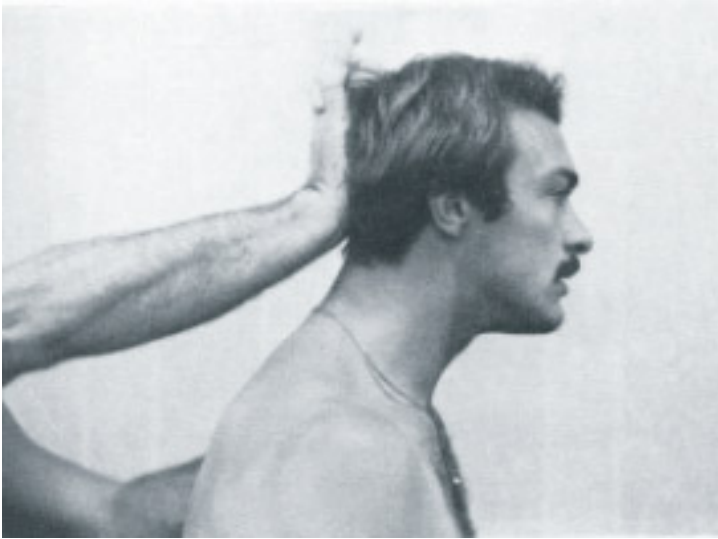
Sixty-Five: Palm Heel to Temple



Damage: crushed temple, concussion.
Result: attacker will pass out for several minutes or have a fit.



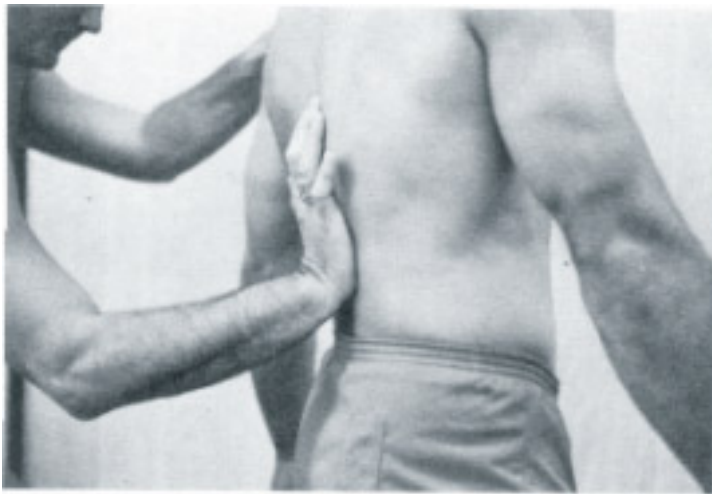
Sixty-Six: Palm Heel to Back of Head



Damage: broken neck, concussion.

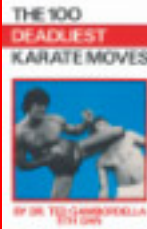
Result: attacker will be knocked out, may have permanent crippling or death.

Sixty-Seven: Palm Heel to Kidneys



Damage: bruised kidney, broken back.

Result: attacker will fall down, have internal damage.



Sixty-Eight: Elbow to Face



Damage: teeth knocked out, broken jaw, broken nose.

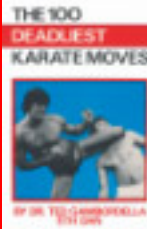
Result: attacker will be knocked out for many minutes; need surgery.

Sixty-Nine: Elbow to Throat



Damage: crushed throat.

Result: death unless given medical attention immediately.

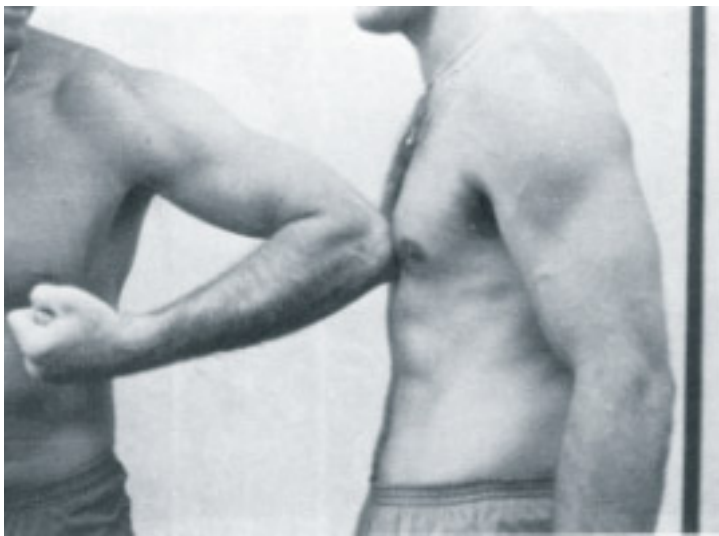


Seventy: Elbow to point of chin



Damage: broken jaw, teeth knocked out, neck snapped back.
Result: attacker will be knocked out, may have broken neck.

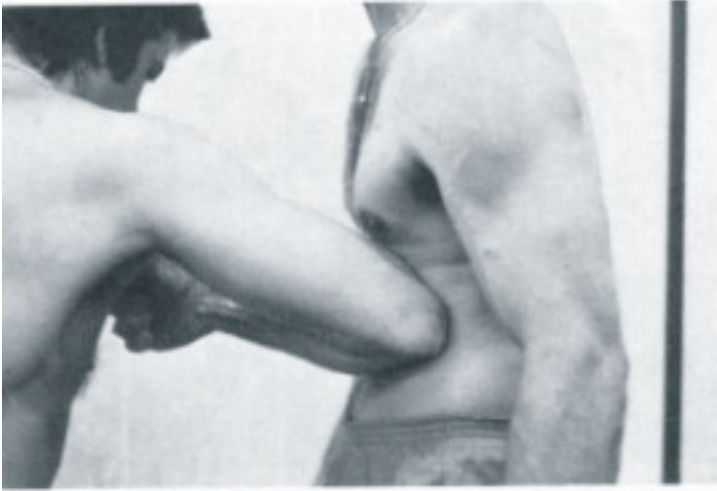
Seventy-One: Elbow to Heart-Solar Plexus



Damage: loss of consciousness, broken chest, stopped heart.
Result: attacker will be unable to breathe for several minutes, may die.

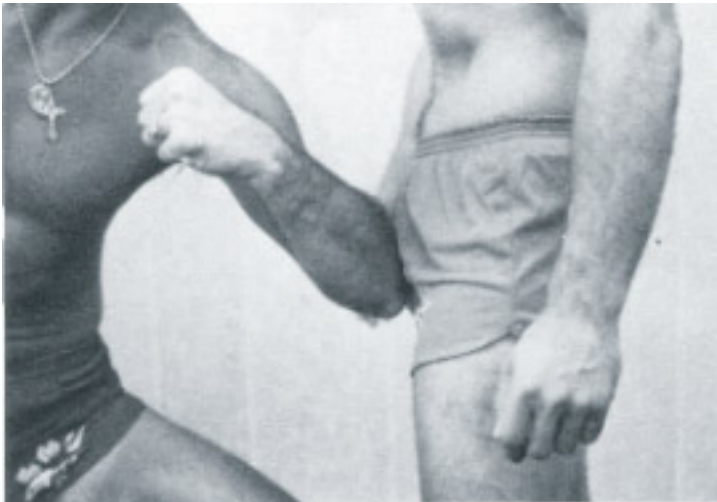


Seventy-Two: Elbow to Ribs

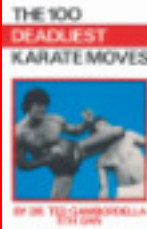


Damage: broken ribs, possible lung damage.
Result: attacker will be unable to breathe for several minutes.

Seventy-Three: Elbow to Groin



Damage: cracked pelvis, bruised testicles.
Result: attacker will be unable to stand for several minutes, may be crippled.



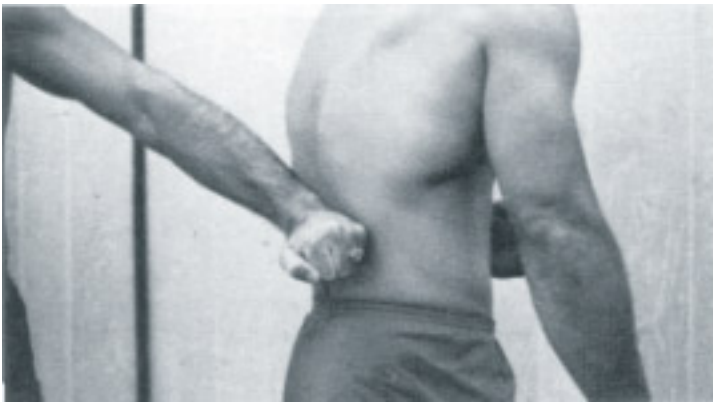
Seventy-Four: Elbow to Back of Neck



Damage: broken neck.

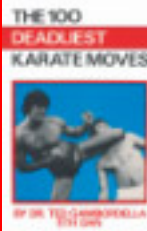
Result: attacker will be permanently crippled, knocked out; may die.

Seventy-Five: Ridge Hand to Solar Plexus



Damage: broken ribs, cracked chest.

Result: attacker will be unable to stand or breathe for several minutes.



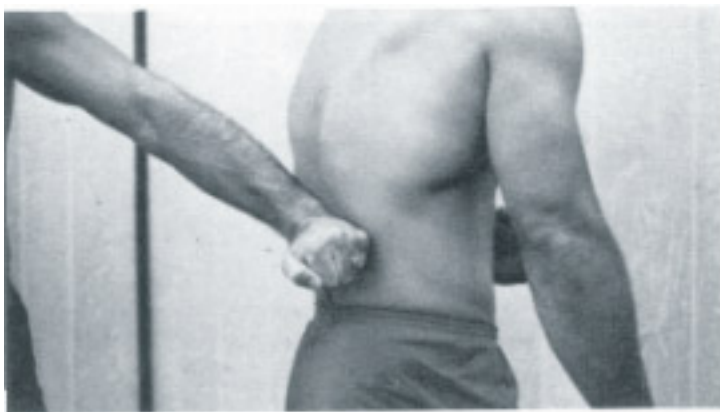
Seventy-Six: Ridge Hand to Temple



Damage: cracked skull, broken jaw.

Result: attacker will be knocked out or go into a fit.

Seventy-Seven: Ridge Hand to Kidneys



Note: This can be done with the regular ridge hand, or with the bottom fist as shown here, which gives more power, for the ridge hand can be damaging to the thumb if the hand is not trained well.

Damage: bruised kidneys, cracked spine.

Result: kidney damage, extreme pain, death may result.



Seventy-Eight: Ridge Hand to Back of Head



Damage: broken neck.

Result: attacker will be knocked out; may be permanently crippled, may die.

Seventy-Nine: Ridge Hand to Side of Neck

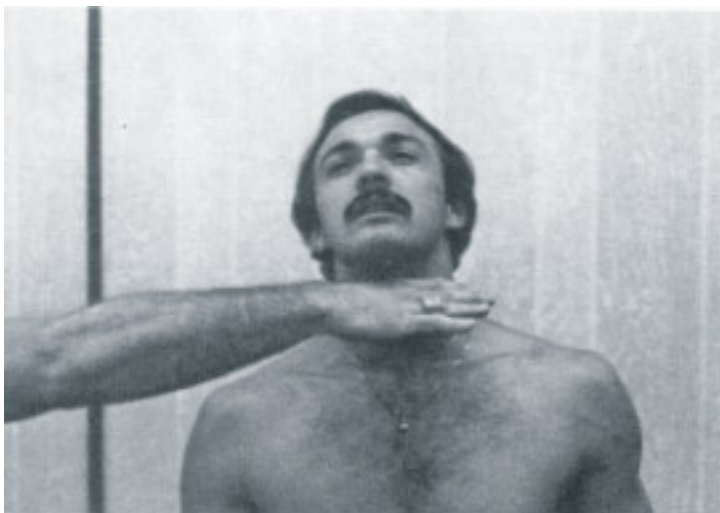


Damage: broken neck, eardrum , loss of blood to brain.

Result: attacker will be knocked out for a few minutes.



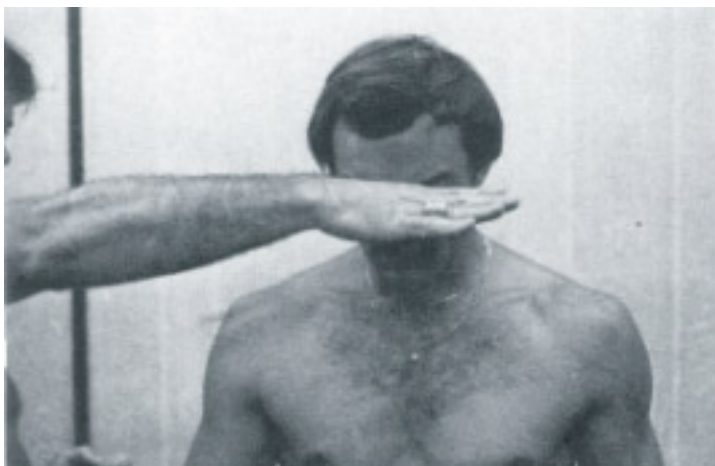
Eighty: Ridge Hand to Throat



Damage: crushed throat, broken Adam's apple.

Result: attacker will die unless given immediate medical attention.

Eighty-One: Ridge Hand to Bridge of Nose

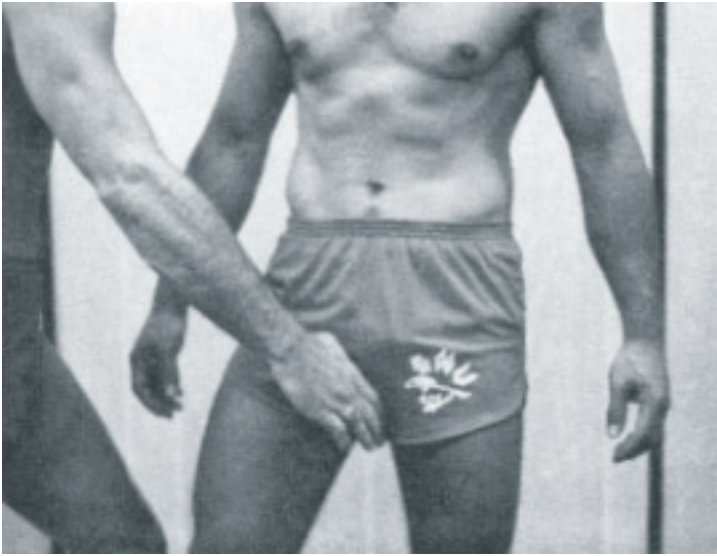


Damage: broken nose, loss of vision, concussion.

Result: attacker will be knocked out for several minutes.



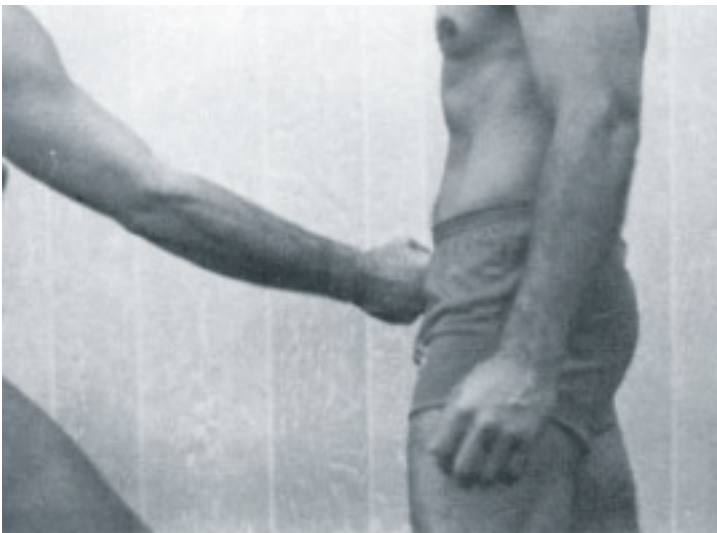
Eighty-Two: Ridge Hand to Groin



Damage: bruised or crushed testicles, cracked pelvis.

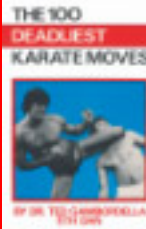
Result: attacker will be unable to stand for several minutes; may be crippled.

Eighty-Three: Punch to Groin



Damage: cracked or broken pelvis, bruised testicles.

Result: attacker will be unable to stand for many minutes; may be crippled.



Eighty-Four: Punch to Heart



Damage: cracked ribs, cracked sternum, loss of breath, stop- page of heart.

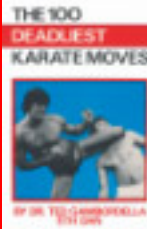
Result: attacker will be unable to breathe for many minutes; may die.

Eighty-Five: Punch to Throat



Damage: broken Adam's apple, crushed throat.

Result: attacker will be unable to live unless given medical attention.



Eighty-Six: Punch to Bridge of Nose



Damage: broken nose, teeth knocked out, eye damage.

Result: attacker will lose consciousness for several minutes or will be unable to see.

Eighty-Seven: Punch to Temple



Damage: broken jaw, teeth knocked out, loss of blood to brain.

Result: attacker will be knocked out for many minutes or go into a fit.



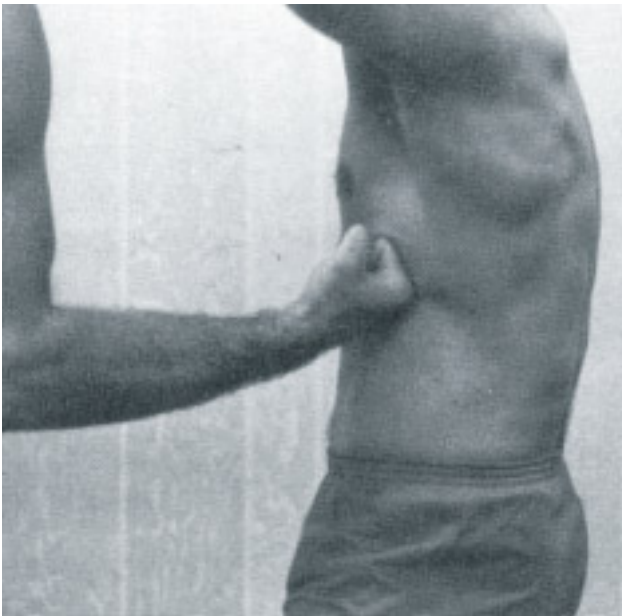
Eighty-Eight: Punch to Chin



Damage: broken jaw, teeth knocked out.

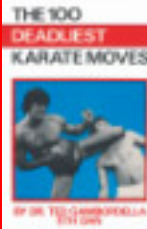
Result: attacker will be knocked out for several minutes.

Eighty-Nine: Punch to Ribs

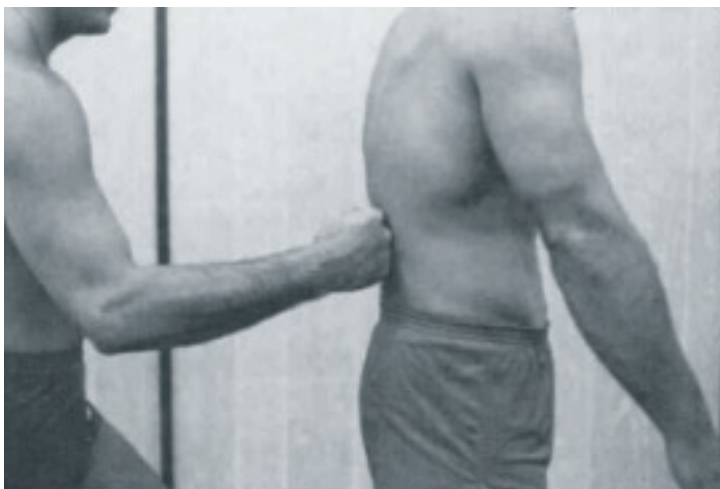


Damage: broken ribs, possible lung damage.

Result: attacker will be unable to breathe for several minutes.

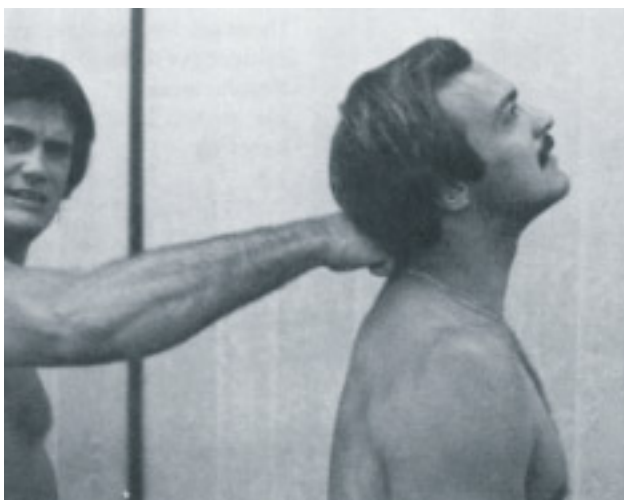


Ninety: Punch to Kidneys

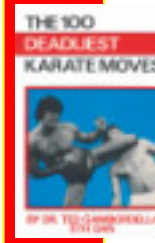


Damage:bruised ribs, internal damage, broken back,
Result: attacker will fall down, usually have internal damage requiring medical help.

Ninety-One: Punch to Back of Neck



Damage: broken neck.
Result: attacker will be knocked out, usually crippled; rmay die.



Ninety-Two: Two-Finger Eye Strike



Damage: loss of eyes or scarring of eyes.

Result: attacker will be in great pain, and lose eyesight, perhaps permanently.

Ninety-Three: One-Finger Eye Strike



Damage: loss of eye, permanent eye damage.

Result: attacker will lose eye, or will lose sight for a long time.



Ninety-Four: Eye Gouge, Thumb



Damage: loss of eye, permanent eye damage.
Result: extreme pain, loss of vision, loss of eye.

Ninety-Five: Double-Eye Gouge



Damage: loss of eyes, loss of vision.
Result: attacker will lose vision, maybe lose eyesight forever.



Ninety-Six: Eardrum Strike



Damage: broken eardrums, cracked jaw.

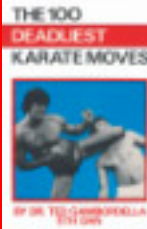
Result: attacker will be in great pain, lose balance and willingness to fight.

Ninety-Seven: Tiger Claw to Throat



Damage: collapse of larynx.

Result: attacker will die unless pressure is relieved.



Ninety-Eight: Head Butt to the Bridge of Nose



Damage: broken nose, teeth knocked out, cracked skull.

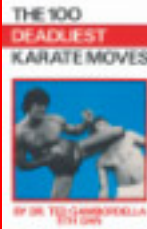
Result: loss of consciousness, internal damage.

Ninety-Nine: Forefinger Strike to Throat

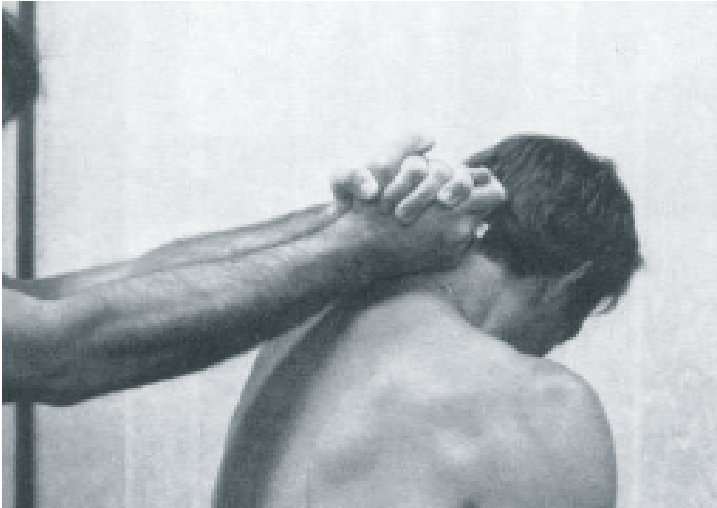


Damage: crushed throat.

Result: attacker will die unless given medical attention.

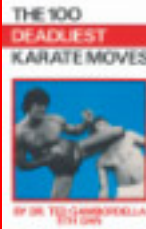


One Hundred: Two-Handed Strike to Back of Neck



Damage: broken neck.

Result: attacker will be knocked out for many minutes, usually crippled; may die.



Street Fighting Applications

The following chapter contains some practical applications for the use of deadly moves in certain situations. I am not showing all of the techniques you have just learned, but rather I am going to illustrate practical applications of some techniques to get your mind working about how to put techniques to use. Each situation that you might find yourself involved with in the street requires hundreds of different actions, and all must be done immediately. There is no best technique or action, but you should always try to do what works best for you, after you have practiced all of the techniques.

I do not condone that under any circumstances, short of your imminent death or the impending death of another, that you use these techniques on anyone in the street.

Situation One: You are standing by your car ready to get in when an attacker with a crowbar tries to kill you.

Response: You have several courses of action. You may turn quickly and snap a FRONT KICK into his throat.



Street Fighting Applications

Situation Two: You are getting into your car with your wife when two thugs attack you with a crowbar, trying to kill you.

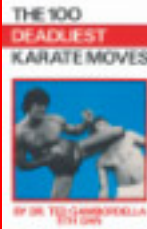
Response: You both react with kicks; the man with a SIDE KICK to the face; the woman with a BACK KICK to the groin. You then finish them off with STOMPS to the throat and neck.



Street Fighting Applications

Situation Three: You are walking with your wife when two thugs start to attack you.

Response: The man reacts with a SHUTO to the neck; the woman with a SNAP KICK to the groin. The man finishes them off with a STOMP to the groin and the woman KNEES the face of her attacker.



Street Fighting Applications

Situation Four: A woman is walking down the street when a would-be rapist grabs her.

Response: She reacts with a ROUNDHOUSE to the groin. She continues to turn and thrusts a HEEL KICK to the throat, kicking him down where she finishes him off with a STOMP to the head.



Street Fighting Applications

Situation Five: You are at the cash wash when two men attack you.

Response: You react with a SIDE KICK to the throat of one man. A PUNCH to the jaw of the other. Then, back to the fist with an ELBOW SMASH to the jaw. Finishing both of with STOMPS to the groin.



THE 100
DEADLIEST
KARATE MOVES



BY DR. TED GAMBORDELLA
5th Dan



Street Fighting Applications

Situation Six: You are at the cash wash when two men jump you and manage to grab you. One gets you into a bear hug.

Response: You react to the one in front of you with a SNAP KICK to the groin. Then you do a REAR LIFT KICK to the groin of the man holding you. They come around with an ELBOW SMASH to his face, knocking him down. You finish him with a STOMP to the face, with the other one you use a SHUTO to the throat.

