

Elbow Boxing: Foundational Elements of the Brutal Art

Elbow boxing is an ancient and brutal martial art that utilizes the elbow as the primary weapon. It is a highly effective form of self-defense, as it allows practitioners to inflict devastating damage with minimal effort. In this article, we will explore the foundational elements of elbow boxing, including its history, techniques, and strategies.

History of Elbow Boxing

Elbow boxing has its roots in ancient Southeast Asia. It is believed to have originated in Cambodia, where it was used by the Khmer Empire as a form of combat training. Elbow boxing was also practiced in Thailand, Laos, and Vietnam, where it was used by warriors and bandits alike.



Elbow Boxing 2: Foundational Elements of the Brutal

Art by Chuck Callaway

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In the 20th century, elbow boxing was introduced to the West by American servicemen who had served in Southeast Asia. It quickly gained popularity

as a form of self-defense and a competitive sport.

Techniques of Elbow Boxing

Elbow boxing utilizes a variety of techniques to inflict damage on an opponent. These techniques can be divided into two main categories: strikes and grapples.

Strikes

Elbow boxing strikes are powerful and devastating. They can be delivered from a variety of angles and positions, making them difficult to defend against. Some of the most common elbow boxing strikes include:

- **Vertical elbow strike:** This strike is delivered with the elbow pointed downwards, and is used to strike the head or neck.
- **Horizontal elbow strike:** This strike is delivered with the elbow pointed sideways, and is used to strike the ribs or abdomen.
- **Back elbow strike:** This strike is delivered with the elbow pointed backwards, and is used to strike the head or neck from behind.
- **Flying elbow strike:** This strike is delivered with the elbow pointed downwards, and is used to strike an opponent who is lying on the ground.

Grapples

In addition to strikes, elbow boxing also utilizes a variety of grapples. These grapples can be used to control an opponent, take them down to the ground, or inflict damage.

Some of the most common elbow boxing grapples include:

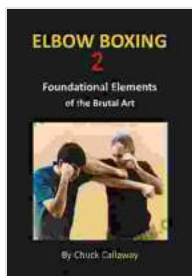
- **Elbow lock:** This grapple is applied by placing the elbow behind the opponent's neck and locking it in place. This grapple can be used to control an opponent or to choke them out.
- **Elbow choke:** This choke is applied by placing the elbow across the opponent's throat and squeezing. This choke can be used to render an opponent unconscious.
- **Elbow sweep:** This sweep is applied by placing the elbow behind the opponent's knee and sweeping their leg out from under them. This sweep can be used to take an opponent down to the ground.

Strategies of Elbow Boxing

In addition to techniques, elbow boxing also utilizes a variety of strategies to defeat an opponent. These strategies include:

- **Aggression:** Elbow boxing is a brutal art, and practitioners must be willing to use aggression to their advantage. This means being willing to strike first, strike hard, and follow through with your attacks.
- **Timing:** Timing is essential in elbow boxing. Practitioners must learn to time their strikes and grapples to maximize their effectiveness.
- **Distance:** Distance is also important in elbow boxing. Practitioners must learn to keep their distance from their opponents to avoid being hit, and to close the distance when they are ready to attack.
- **Tactics:** Elbow boxing practitioners must also learn a variety of tactics to defeat their opponents. These tactics include using feints, traps, and counters.

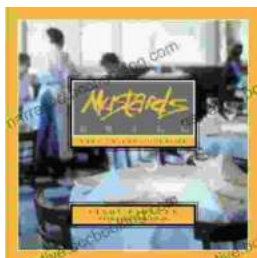
Elbow boxing is a powerful and brutal martial art that can be used for self-defense and competition. By understanding the foundational elements of elbow boxing, you can learn to use this ancient art to protect yourself and defeat your opponents.



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