

THE POWER GENERATION

All technique measured, feet planted on impact	All measurements taken with a rigidly mounted StrikeMate
Best- one inch punch (RULES APPLY) TKD	4,000 (f)
Typical - adult male punch untrained	5,000(f)
Best- adult male head-butt	7,500 (f)
Typical -adult male Black Belt Karate	10,000(f)
Best - longhorn sheep (Truman, on National Geographic)	15,000(f)
Best- female 80Kg punch, MMA	15,000(f)
Best- female 55Kg Back Fist, ITF Tae-kwon do	18,000(f)
Best – 20” steel police ASP (expanding steel)	18,000(f)
Best -jab punch welterweight Pro-Boxer 75Kg	25,00(0f)
Best-hook punch welterweight Pro-Boxer 75Kg	33,000(f)
Best-rear hand punch Pro-Boxer, Welterweight 75kg	36,000(f)
Best- baseball bat wielded by 90Kg adult male	42,000(f)
Best-back fist by an OAP 95Kg Black Belt karate(me)	50,000(f)
Best reverse punch Karate Master 8th Dan 85Kg	56,000(f)
Best-hook punch Britain’s strongest man 175Kg	57,000(f)
Best-elbow strike by a power lifter , adult male 100kg	61,000(f)
Best-rear hand punch male heavyweight Pro-Boxer	69,000(f)
Best- back hand strike 90Kg adult male. Systema	70,000(f)
Best –rear hand punch 84KG MMA Pro	97,000(f)
Best-turning kick (roundhouse) Kung Fu/Karate male 65Kg	102,000(f)
Best-hook punch MMA 102Kg	109,000(f)
Best-inner forearm strike by an MMA fighter, adult male 95Kg	136,000 (f)
Best-turning kick (roundhouse) MMA male 102Kg	179,000(f)

Scale of human force measured in franklin’s(f)