A PRESSING PROBLEM

Bet you can't keep your fists together!

THE SETUP
Here is the perfect trick to try on someone who is stronger than you. Have the strong person stand with arms extended, one fist on top of the other. To win, the strong person must keep the fists in this position as you try to separate them.

INSIDER INFORMATION
This is child’s play. It is so easy to separate the fists that you only need to use your index fingers. With a quick strike, you push sideways on the back of each fist. They should move apart easily. (If the trick doesn’t go as planned, check to see that the strong person isn’t cheating by locking the lower thumb inside the upper fist.)
The strangest thing about this trick is that the harder the strong person tries to press the fists together, the easier it is for you to separate them. So urge your opponent to try harder!
In an effort to keep the fists together, the strong person concentrates all of his or her force in an up-and-down direction. Almost no strength is exerted sideways, which is where your attack comes from. Again, your independent force is in a different direction from your opponent’s. That’s why it is effective.
In addition, the fully extended arm cannot deliver nearly as much strength as a flexed arm. The force in a fully extended arm comes from the shoulder. In a flexed arm, the force to the fist comes from the elbow at a much shorter distance.