

Wow 98

Chapter 98: Exertion Technique

"Before we begin the training, there are some professional concepts you should bear in mind, and consciously reinforce during your practice."

As Dan spoke, he twisted his body and suddenly threw a punch forward, the wind from the punch messed up the hair of the soldiers at the very front.

While maintaining his punching stance, Dan slapped his punching right arm with his left hand, "About 38% of the force delivered in a punch comes from the arm itself, approximately 45% of the force is from the twisting motion of the upper body, and around 17% is from the muscle groups on the back of the thighs.

People who haven't been trained often overlook the power generated by the lower limbs, which is where the gap between masters and average people widens the most. With the same physical attributes and weight, training can increase the force exerted by the lower limbs to about 2.2 times, leading to an overall increase in power exerted to about 1.2 times—that's a significant margin."

Dan retracted his right arm, maintaining the punching posture while continuously swinging back and forth to illustrate, "Moreover, each punch takes about 0.05 to 0.25 seconds, but the muscles need about 0.6 to 0.8 seconds to transmit and release the maximum force. Our reflex attributes and training will affect this duration.

An ordinary person with a reflex of 8, without any training, might only be able to utilize about 15% of muscle strength within 0.05 seconds, while I can now mobilize about 40% muscle strength. This determines how much of our body's power we can exert in a quick punch.

Knowing this, we also know what we should focus on in training, like leg strength and muscle activation..."

[You are observing a master's martial demonstration, gaining insights...]

[Tutorial: Feeling the opponent's professional expertise, you decide to pay a certain price (combat/general experience) to learn corresponding abilities. (Exchange ratio: every 2 points of combat/general experience can be exchanged for 1 point of specialized experience.)]

A familiar prompt appeared.

Study?

Impossible.

Bai E knew the importance of prioritizing; biting off more than one could chew would get them nowhere.

The current load of experience storage was already somewhat overwhelming, Yue Ying's long-range weapons training and the specialty—Overlimit Drive—were still unknown in terms of how much experience needed to be invested, and there was no certainty about reaping players' rewards, so he couldn't waste resources lightly.

When faced with too many choices, one must decide rationally.

The allure of the All-around Ability Extraction Card was indeed tempting, but this was not something to achieve overnight.

Besides, didn't this task have no time limit? The instructor herself said it—without defeating her, graduation wasn't happening, so why not practice slowly?

Bai E was very open-minded about the whole thing.

"Next, you will practice on your own! Time limit, thirty minutes; after that, I will check each person's progress one by one. Now, begin!"

[Side quest triggered—Power Striking Technique.]

[Power Striking Technique: As your body becomes more and more formidable, you need to learn the techniques to maximize your physical capabilities. Task requirements: Increase your martial arts mastery experience by at least 0/10 points before the training time ends. Task reward: Martial Mastery Experience +20 points. (Countdown: 1 hour 58 minutes 22 seconds)]

"emmmm..."

Such low requirements, such a low reward.

The last similar task was to swing a sword 1000 times, but that also earned 50 points of specialized experience.

So this time... is the training goal too vague, or is there no benchmark for reference?

Or perhaps the difficulty in mastering martial arts is a bit more challenging than the previous Heavy Weapons Mastery?

[Low is low...]

It's not like he can't go on without a task.

Standing still, Bai E recalled what the instructor had said, trying to initiate the punch with as much power as possible starting from the muscles on the back of his thighs, driving through his waist and hips, and finally thrusting his arm forward with force.

[You simulate a punch without any improvement over the standard level, Martial Mastery Experience +0.]

"..."

That's quite difficult, isn't it?

Try again!

[You simulate a punch without any improvement over the standard level, Martial Mastery Experience +0.]

+0

[You simulate a punch with a 0.32% improvement over the standard level, Martial Mastery Experience +0.]

+0

+0

+0

...

[...Improvement of 1.01%, Martial Mastery Experience +1.]

[You have earned one point in the Martial Mastery experience, "Side Quest—Power Striking" progress 1/10.]

Lord almighty! Bai E casually swung his arms, the difficulty was indeed damn high!

Glancing at the time for the task, 5 minutes had already passed, and that was just the first point gained.

Keep it up! Having found a bit of insight, it should be easier now, right?

+0, +0, +0, +0, +1

"..." .net

Dan's gaze swept up and down each soldier, pausing for at least 30 seconds on almost each one.

She treated them all equally.

There was no need to target anyone in particular, nor was there anything that required special attention.

To her, this batch of recruits was her responsibility to train.

The superior officer's command had only one option: to be carried out.

Not to mention, she hadn't observed any particularly outstanding new recruits in this batch, including... that much-talked-about "great hero."

Rumor had it he was all-around capably, even some of the experienced soldiers in the camp might not be able to best him in their areas of expertise.

But now, it seemed he was nothing more than mediocre, certainly not the all-around competent as the rumors suggested... At least, in hand-to-hand combat, he hadn't shown any eye-catching talents.

Glancing at her watch, Dan walked over to a soldier standing at the very front.

"Hit me with your best punch," she said, dressed in her sleek black uniform, and added, "with all your strength."

Each soldier's physical attributes were different, and the camp didn't have anything to measure the proportion of skill to attribute performance, so she could only feel it for herself in her own way.

The addressed soldier seemed stunned, hesitantly looking at his own fist then at Dan's granite-like chest.

"Hmm?"

Dan looked him in the eye, reinforcing his power, and confirmed his assumption was correct, "Hmm."

"So, I hit you?"

The only response to the instructor's request was compliance, no matter how preposterous it sounded.

"Hit."

"Whew~" The soldier took a deep breath, spinning and throwing a punch with exaggerated and deliberate motion.

"Bang!"

A dull thud rang out; the soldier crouched on the ground, clutching his fist and gasping for air.

"Hiss~hiss~"

She casually patted her chest and continued to look at the soldier on the ground with an expressionless face, "Continue, this time with a quick punch."

Comparing the posture and the force of the punch...

The contrast between the two was enough for Dan to judge the soldier's progress.

"...Yes," replied the soldier, clutching his wrist and struggling to his feet.

The sensation of punching Dan's chest felt almost like hitting a steel plate, just a tad softer, clearly much of the force had been absorbed; otherwise, his wrist might have been ruined.

Instructors were indeed monsters.

As a new recruit, he recalled once more the horror of being dominated by an instructor.

"Ready..."

"Swish!"

Dan stared blankly at the fist halted in front of her chest, and after a moment's pause, she managed to squeak out the rest, "prepare to start..."

A slight improvement, but not much...

Next!

Dan, following the lineup, let her chest serve as a test instrument for each recruit.

Her special talent was resilience in defense, and the attacks from these recruits were no more than an itch to her.

Next...

Next...

Arriving in front of Bai E, Dan looked him straight in the eye, "Your turn..."

[...Improvement of 1.89%, Combat Mastery Experience +1.]

[You have earned one Combat Mastery experience, "Side Quest - Apply Force" progress 7/10.]