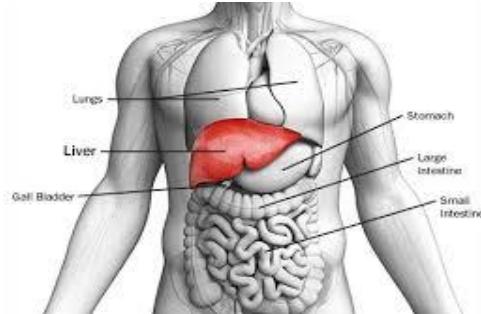


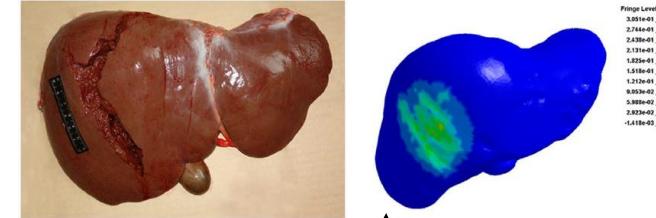
Where is the liver?

The liver is situated between the lungs and large intestine, where most is covered by the ribcage and the lower portion of the liver exposed, unlike any other organ in the body. It takes about 2.5% of a humans weight and is responsible for the detoxification of harmful substances, digestion and protein synthesis.



How easily can the liver be damaged?

According to a 2013 study on liver injuries, if a healthy adult make was to take a direct liver punch at 5 m/s, It would cause liver injury. The average male punches at a speed of 6 m/s, with proffesional fighters almost double that. This could cause the liver to be ruptured, which could cause low blood pressure, a fast pulse and in extreme cases, death.



Why does a liver shot hurt so much?

Amer Al-Hadad

What happens in a liver shot?

Your liver compresses on one side and then protrudes on the other side, as a result of dynamic pressure changes and the liver being flexible and pliable. The liver is surrounded by nerves and these nerves get triggered and control the autonomic nervous system, responsible for involuntary actions such as a heartbeat, breathing and blood vessel dilation. This is as a result of the stimulation of the vagus nerve, located in the throat. This then causes a decrease in heart rate and dilation of blood vessels, which decreases blood pressure. This then causes the body to go into a horizontal position in order to counteract the dramatic change in blood pressure, causing the victim to collapse



Headshots vs Liver shots

Both target a vulnerable part of the body yet the effect of both are different. This is because a headshot does not hurt in the moment. It causes you to become disorientated so you don't necessarily process the pain which is the opposite of a liver shot. In a liver shot your body shuts down whilst you are fully conscious, so you are able to feel the full extent of the pain.

