



If there is a silver lining to the weirdly similar injuries suffered by the Cavs' Kyrie Irving and Indians' Nick Hagadone this past week, it's that they have raised public awareness about a very serious issue. Today, far too many professional athletes no longer know how to punch a wall properly. And they need our help.

As Cleveland fans, we have been uniquely trained from birth in the art of expressing sports-related frustrations through physical violence. After a half dozen decades of heartache and anguish, punching walls is about as natural to us as sarcastic applause, or chanting the names of players who have an "oo" sound in their names. I suppose that's why we've long taken it for granted that our sporting heroes would share our knack for cinder-block fisticuffs. It's only now—with two players lost for 6-to-8 weeks—that our responsibility to educate these naïve youngsters has become so painfully evident. So, without further ado... Mr. Irving, Mr. Hagadone... please take notes. This is the easy 5-step tutorial for boxing those bricks without consequences. This is... "How to Punch a Wall: A Handy Guide for Cleveland Athletes."

### **Wall Punching 101: Let's Get Started!**

Much like the lost arts of bunting and free-throw shooting, wall punching is an action best mastered through repetition. It also requires a special attention to detail and good solid fundamentals. Admittedly, keeping all these elements in order when in the midst of a fiery, psychotic rage can be quite challenging, indeed. But that's where muscle memory comes in. If you follow these steps and punch a whole bunch of walls the RIGHT way, then you'll never

need to worry about punching another wall the WRONG way-- like you did last week. Morons.

### Step 1: Choosing Your Wall

Walls... they surround us, they're flat, and they connect the floor to the ceiling. This much we know. But did you know that walls come in thousands of different colors and textures? There are wooden walls, metal walls, plaster walls, [Paul Walls](#) . You name it. And no two walls have exactly the same give. This is why wall scouting is the all-important first step of a safe and successful wall punch. During the game itself, when that bad call sends you into a fit of temporary insanity, there won't be any time for careful, thoughtful assessments of your punching options. When this circumstance arrives, you should already have a specific wall in mind for your impending wrath. The key here is minimal density and optimal smoothness. Just don't be deceived into thinking the padding on the walls of basketball gymnasiums is equivalent to a wallpuncher's hall pass. Those things are arguably less forgiving than the concrete behind them, and they will slice your knuckle sandwich into sliders.



