

Action of the stamping maul



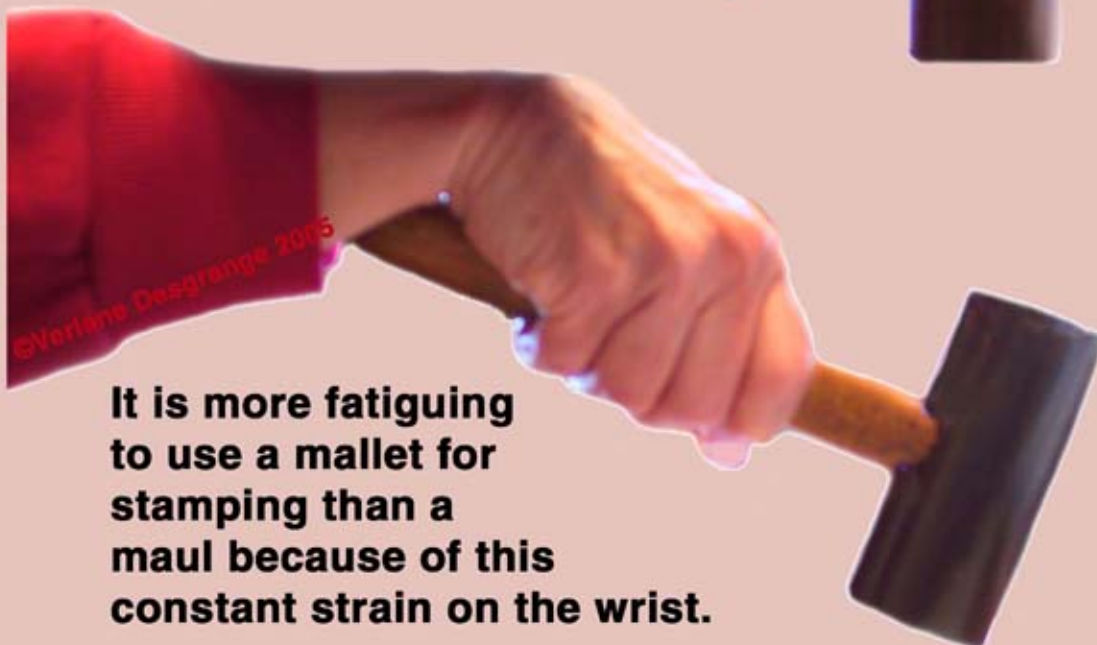
Entire arm rotates while wrist remains relatively stationary. This is an easy position to use for long periods of time.

Note where maul is held: directly behind weighted head.

Action of the stamping mallet



Notice how the wrist is flexed up and down each stroke of the mallet. Tendons are strained from the tension you see.



It is more fatiguing to use a mallet for stamping than a maul because of this constant strain on the wrist.