The FPH-2-H Positive Stop Punch Holder consists of four main parts. These are (1) the body (large threaded cylinder at left), (2) the rod (hardened, threaded plunger with one smooth end and a groove machined around the threads, right side of the picture), (3) the rod locking ring, which fits around the rod and is held by a neoprene friction washer on the bottom side of the ring, against the top of the body, and (4) the main lock nut, which is not shown but fits around the body and holds it from turning in the press head.

In order to use the punch holder, turn off the position switch and turn on the pressure switch on the CHP-1 Hydro-press. You can use the holding in a Hydraulic Mega-Mite press also, by simply stalling the ram against the face of the punch, then pressing the down button. Set the maximum pressure just slightly above the minimum required to do the job you need done, but in no case should the pressure exceed the die breaking pressure for your given size of die, as listed in the tables of the book Power Swaging.

Set the pressure reversing knob so that the ram will reverse just below the pressure setting on the drive pressure knob. Then, put the punch into the holder from the top, screw in the rod, and push the punch up by hand to find the point at which the punch will be stopped and held by the rod. Make sure the groove in the threaded rod is not visible above the top of the body! Make a test swage, and adjust the position of the body to stop the ram and cause it to reverse. Adjust the rod so that the punch is held the correct distance into the die to do the job you need done. Note that the punch will "float" and ride up into the body until it contacts the rod. The rod has a magnetic punch pickup to help you load and remove the punch. The copper ring and magnetic material can be seen in the end of the rod.

The FPH-2-H Positive Stop Punch Holder is used to stall the Hydro-press ram against the die face, bringing the ram to a positive stop, and using the PRESSURE REVERSE controls to stop, hold, and reverse the ram travel. Punches are dropped into the holder from the top, by first removing the threaded rod.

The depth of punch insertion into the die is controlled by the position of the threaded rod. The punch can slide back until it contacts the end of the rod, at which point pressure can be applied to the bullet, if the die face has not yet contacted the punch holder face. There is a groove machined in the threaded rod, which indicates the maximum safe adjustment of the rod. Do not operate with this groove exposed, as it means that too few threads remain to hold the rod into the punch holder. The groove must be hidden within the body when pressure is applied, to avoid stripping threads.