

stance: left foot slightly forward, left arm partly extended, and right arm held close to the body with the glove near the chin

Offensive moves



jab: a short left-handed punch

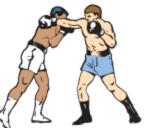
Defensive moves



hook or cross: a punch thrown with crooked arm



uppercut: a punch thrown upward from the lower part of torso



slip: inclining head to let punch pass



with gloves or forearm



block: stopping punch duck: bending to allow punch to pass over head

*All instructions represent right-handed boxers.

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3 WAYS TO THROW AN ELBOW STRIKE

HORIZONTAL **ELBOW STRIKE**



Performed similarly to a hook punch. While twisting your torso, pivot on your front foot like you're squishing a bug. Use the forearm side of your elbow for the impact point.

REVERSE **ELBOW STRIKE**



Performed similarly to a horizontal elbow strike, but in the opposite direction. Use the tricep side of your elbow as the striking point.

VERTICAL

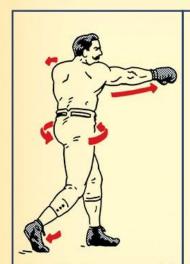


Performed similarly to an uppercut punch. Shift your weight from rear to front and bring elbow up towards the target's head. Use the forearm side or tip of the elbow for the impact point.

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How to Throw a Left Hook Punch MANTINESS





hook is to begin with a right cross. (See "How to Throw a Dynamite Straight Punch.")



Keep knees bent. Pivot your front foot, like you're squishing a bug. Transfer your weight into your right heel. At the same time, twist your torso.



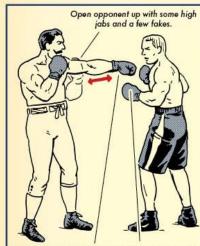
Aim for the chin or temple for a knock out punch or for the kidneys or liver for a devastating body shot.



Stop your punch before it over-rotates so you don't get countered. Don't just swing the punch all the way through.

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How to Throw a Dynamite Straight Punch



End sequence with jab from your non-dominant hand so your dominant hand is ready to throw the straight punch.

drops his guard, you're ready to throw your dynamite punch.



