



**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



**hook or cross:** a punch thrown with crooked arm



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

### Defensive moves



**slip:** inclining head to let punch pass



**block:** stopping punch with gloves or forearm



**duck:** bending to allow punch to pass over head

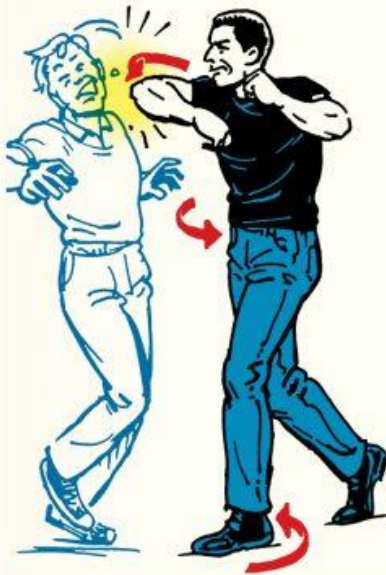
\*All instructions represent right-handed boxers.

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## 3 WAYS TO THROW AN ELBOW STRIKE



### HORIZONTAL ELBOW STRIKE



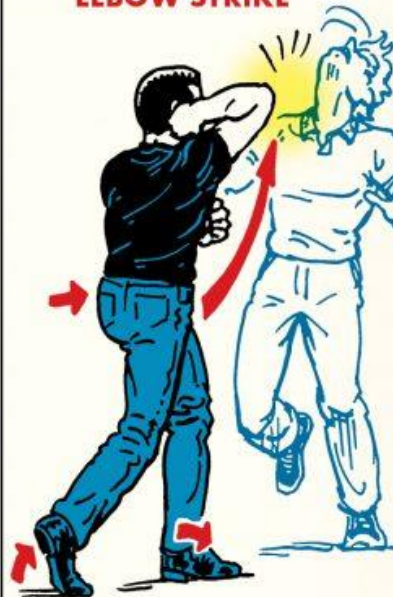
Performed similarly to a hook punch. While twisting your torso, pivot on your front foot like you're squishing a bug. Use the forearm side of your elbow for the impact point.

### 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.

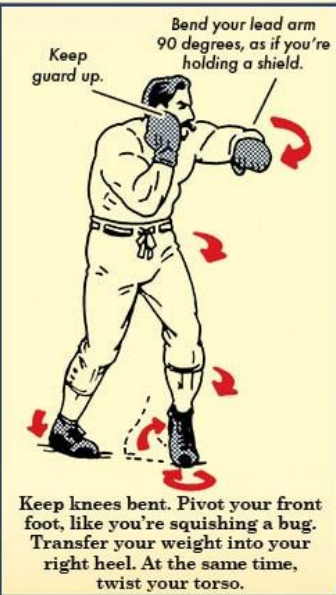
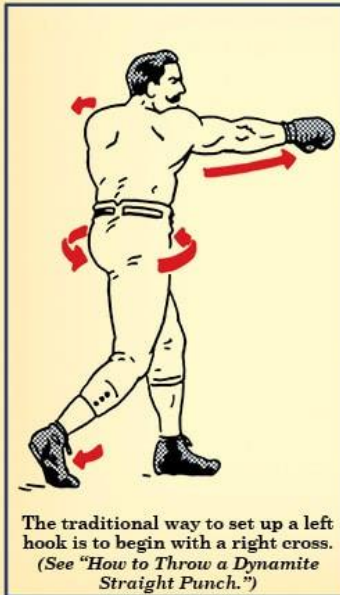
### VERTICAL ELBOW STRIKE



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



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# How to Throw a Dynamite Straight Punch

