

# THUMP

## BOXING

# WAITARA GUARD STANCE

Keep dominant leg back with knees slightly bent. Your body weight should be distributed evenly between left leg and right leg. Focus on keeping your weight on the balls of your feet with your feet approx hip width wide and two hip widths long.



Your hands must be kept up at your chin to protect your head, elbows in close to protect the body, abdominal muscles turned on to protect vital organs. Tuck in your chin slightly whilst keeping your eyes forward.