

THUMP BOXING

WAITARA THE CROSS

Start in the guard stance. The cross comes across the body and is done with your dominant hand (back hand). Your hip needs to lead your punch so your back heel lifts off the ground. Before your fist connects with the target make sure it twists so you're aiming with the top 2 knuckles with a straight line between your knuckles and your wrist for more power and to prevent injury to the wrist. GREAT POWER PUNCH!!

Lead with your hips and bend the front leg to increase your range. Pull the fist back to the start position using the same path back as it took on the way out. **Remember, the hardest punch to stop is a straight punch.**

