

THUMP

BOXING

WAITARA

THE JAB

Start in the guard stance. This Punch is thrown with your lead hand. Your lead hand is the same as the leg you have forward. 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.

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.**

