

THUMP

BOXING

WAITARA

THE UPPERCUT

Start in the guard stance. Left uppercut comes up underneath the chin and is driven by the legs. Make sure you do not drop your hands as you twist to your left to load your legs. Right uppercut comes up underneath the chin and is driven by the legs. Make sure you do not drop your hands as you twist to your right to load your legs.

Lead with your hip and keep your elbow away and in front of your hip with your elbow under your wrist to increase power. GREAT POWER PUNCH!! Pull the fist back to the start position. **Remember, the hardest punch to stop is a straight punch.**

