

HOW TO THROW THREE BASIC PUNCH COMBOS

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RELEVANCE

- **IT HAS COME TO MY ATTENTION THAT NOT ONLY WOMEN BUT EVEN SOME MEN DO NOT KNOW HOW TO PROPERLY THROW A PUNCH. KNOWING HOW TO DO THIS CAN HELP YOU IN MORE WAYS THAN ONE:**
 - **SELF DEFENSE**
 - **SELF-CONTROL**
 - **SELF – RELIANCE**
 - **GREAT CARDIO!**

A LITTLE ABOUT ME

- **I AM A BLACK BELT IN TAE KWON DO**
- **I HAVE ALSO TRAINED IN MUAY THAI AND BRIZILIAN JU JITSU**
- **I WOULD LIKE TO NEXT TRAIN IN KRAV MAGA WHICH IS SELF-DEFENSE ART LIKE THAT OF TAE KWON DO.**

ESTABLISHING A SOLID STANCE

- **HANDS ALWAYS UP TO PROTECT YOUR FACE!**
- **FEET SHOULDERS WIDTH APART.**
- **EYES ALWAYS ON YOUR TARGET.**
- **KEEP MOST OF YOUR WEIGHT OFF THE BACK FOOT.**



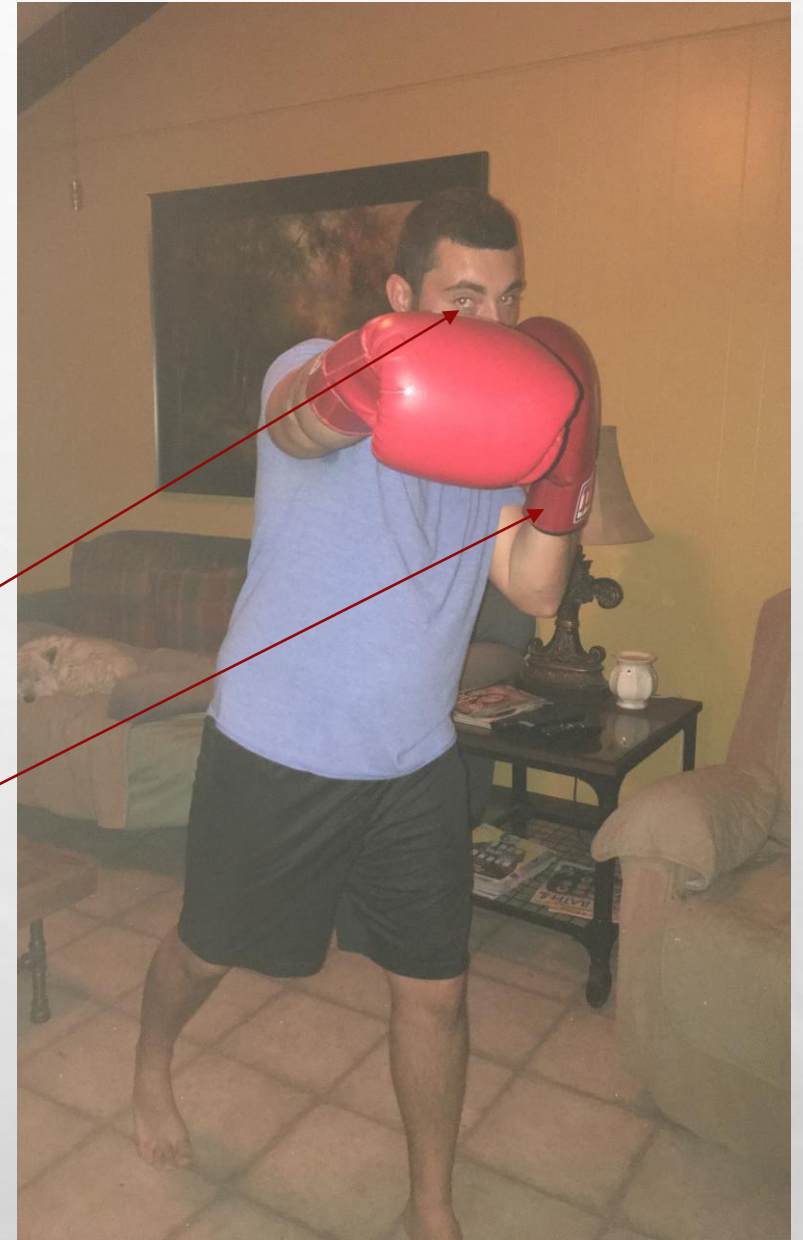


THE JAB

**THE JAB PUNCH IS A SWIFT, STUNNING, AND SHOULD BE EXTREMELY ACCURATE.
TO EXECUTE THIS YOU MUST:
KEEP YOUR NON-PUNCHING HAND UP FOR RETALIATION PROTECTION.
QUICKLY PUNCH TOWARD YOUR TARGET, TWISTING YOUR FIST AS SHOWN.**

THE CROSS

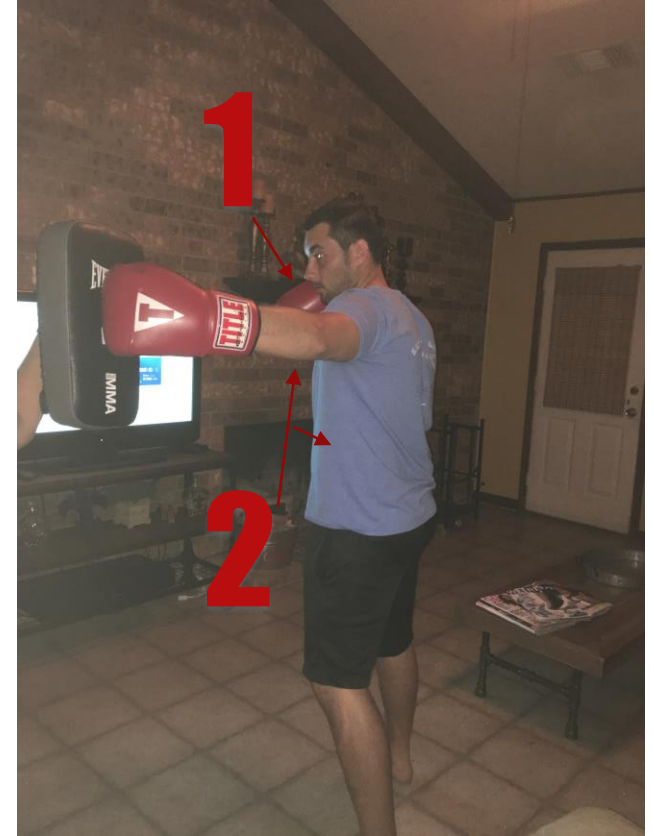
- **THE CROSS IS VERY SIMILAR TO THE JAB, HOWEVER IT IS CALLED THE CROSS ON THE ACCOUNT OF THE FACT YOU MUST THROW THIS PUNCH ACROSS YOUR BODY. ALSO, THE CROSS IS A MUCH MORE POWERFUL PUNCH WHICH LATER ON YOU WILL LEARN EXACTLY WHY.**
- **THAT BEING SAID THE MECHANICS OF THE CROSS ARE EXACTLY THE SAME AS WERE SHOWN TO YOU IN THE PREVIOUS SLIDE:**
 - **PUNCH TOWARD YOUR TARGET TWISTING IT SWIFTLY AS IT MEETS THE TARGET**
- **THINGS TO REMEMBER:**
 - **ALWAYS KEEP YOUR OFF-HAND (NON- PUNCHING HAND) UP WHEN THROWING A PUNCH.**
 - **ALWAYS KEEP YOUR EYE ON THE TARGET.**





THE HOOK

- **THE HOOK IS A VERY POWERFUL PUNCH WHEN THROWN CORRECTLY AND EFFICIENTLY.**
- **FIRST YOU MUST ALWAYS HAVE YOUR ELBOW UP CLOSE TO EVEN WITH THE SHOULDER WHEN THROWING THIS PUNCH.**
- **SECOND YOU MUST TWIST WITH THE PUNCH TO FULLY ENGAGE YOUR TARGET AND HIT IT WITH FULL FORCE.**
- **AND LASTLY ALWAYS KEEP YOU OFF-HAND UP TO PROTECT YOUR FACE.**



LET'S PUT IT TOGETHER

JAB- PUNCH QUICKLY KEEPING AS MUCH DISTANCE BETWEEN YOU AND THE TARGET AS POSSIBLE.

CROSS- 1. IMMEDIATELY AFTER THE JAB PULL YOUR PUNCHING HAND BACK TO COVER YOUR FACE 2. THEN CROSS WHILE KEEPING AS MUCH DISTANCE AS POSSIBLE TO INITIATE SOLID CONTACT.

HOOK- 1. AGAIN IMMEDIATELY PULLING BACK YOUR CROSS HAND TO COVER YOUR FACE 2. THEN INITIATE THE TWIST MOVEMENT OF YOUR BODY KEEPING YOU ELBOW EVEN WITH YOUR SHOULDER.