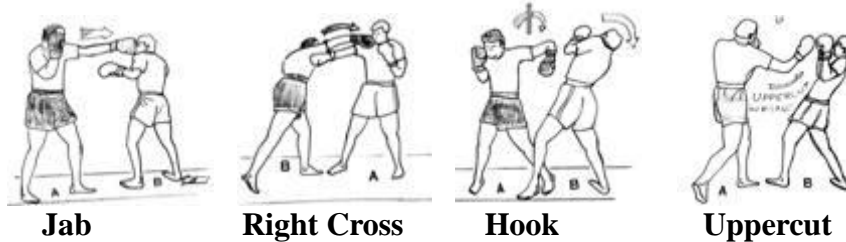


Punching Seminar

Using Boxing Techniques



Jab - A quick, straight punch thrown with the lead hand from the guard position. The jab is accompanied by a small, clockwise rotation of the torso and hips, while the fist rotates 90 degrees, becoming horizontal upon impact. As the punch reaches full extension, the lead shoulder can be brought up to guard the chin. The rear hand remains next to the face to guard the jaw. After making contact with the target, the lead hand is retracted quickly to resume a guard position in front of the face. The jab is recognized as the most important punch in a boxer's arsenal because it provides a fair amount of its own cover and it leaves the least amount of space for a counter punch from the opponent. It has the longest reach of any punch and does not require commitment or large weight transfers. Due to its relatively weak power, the jab is often used as a tool to gauge distances, probe an opponent's defenses, harass an opponent, and set up heavier, more powerful punches. A half-step may be added, moving the entire body into the punch, for additional power.

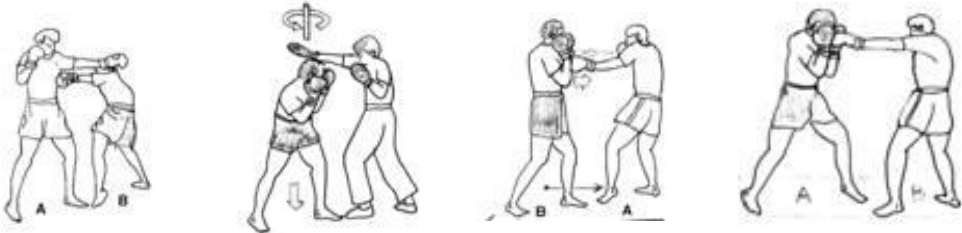
Cross - A powerful, straight punch thrown with the rear hand. From the guard position, the rear hand is thrown from the chin, crossing the body and traveling towards the target in a straight line. The rear shoulder is thrust forward and finishes just touching the outside of the chin. At the same time, the lead hand is retracted and tucked against the face to protect the inside of the chin. For additional power, the torso and hips are rotated counter-clockwise as the cross is thrown. Weight is also transferred from the rear foot to the lead foot, resulting in the rear heel turning outwards as it acts as a fulcrum for the transfer of weight. Body rotation and the sudden weight transfer is what gives the cross its power. Like the jab, a half-step forward may be added. After the cross is thrown, the hand is retracted quickly and the guard position resumed. It can be used to counter punch a jab, aiming for the opponent's head (or a counter to a cross aimed at the body) or to set up a hook. The cross can also follow a jab, creating the classic "one-two" combination. The cross is also called a "straight" or "right."

Hook - A semi-circular punch thrown with the lead hand to the side of the opponent's head. From the guard position, the elbow is drawn back with a horizontal fist (knuckles pointing forward) and the elbow bent. The rear hand is tucked firmly against the jaw to protect the chin. The torso and hips are rotated clockwise, propelling the fist through a tight, clockwise arc across the front of the body and connecting with the target. At the same time, the lead foot pivots clockwise, turning the left heel outwards. Upon contact, the hook's circular path ends abruptly and the lead hand is pulled quickly back into the guard position. A hook may also target the lower body and this technique is sometimes called the "rip" to distinguish it from the conventional hook to the head. The hook may also be thrown with the rear hand.

Uppercut - A vertical, rising punch thrown with the rear hand. From the guard position, the torso shifts slightly to the right, the rear hand drops below the level of the opponent's chest and the knees are bent slightly. From this position, the rear hand is thrust upwards in a rising arc towards the opponent's chin or torso. At the same time, the knees push upwards quickly and the torso and hips rotate anti-clockwise and the rear heel turns outward, mimicking the body movement of the cross. The strategic utility of the uppercut depends on its ability to "lift" the opponent's body, setting it off-balance for successive attacks. The right uppercut followed by a left hook is a deadly combination.

Defense

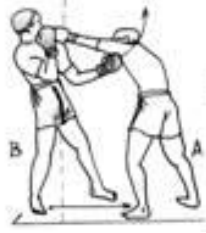
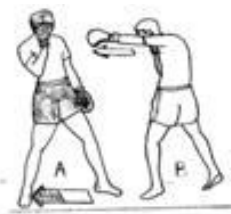
There are several basic maneuvers a boxer can use in order to evade or block punches, depicted and discussed below.



Slipping

Bobbing

Blocking (with the arms) Cover-Up (with the gloves)



Clinching

Footwork

Pulling away

- Slip - [Slipping](#) rotates the body slightly so that an incoming punch passes harmlessly next to the head. As the opponent's punch arrives, the boxer sharply rotates the hips and shoulders. This turns the chin sideways and allows the punch to "slip" past.
- [Sway or Fade](#) - To anticipate a punch and move the upper body or head back so that it misses or has its force appreciably lessened.
- Duck or Break - To drop down with the back straight so that a punch aimed at the head glances or misses entirely.
- Bob and Weave - [Bobbing](#) moves the head laterally and beneath an incoming punch. As the opponent's punch arrives, the boxer bends the legs quickly and simultaneously shifts the body either slightly right or left. Once the punch has been evaded, the boxer "weaves" back to an upright position, emerging on either the outside or inside of the opponent's still-extended arm. To move outside the opponent's extended arm is called "bobbing to the outside".
- Parry/Block - [Parrying](#) or [blocking](#) uses the boxer's shoulder, hands or arms as defensive tools to protect against incoming attacks. A block generally receives a punch while a parry tends to deflect it. A "palm" or "cuff" is a block which intentionally takes the incoming punch on that portion of the defender's glove.
- The Cover-Up - [Covering](#) up is the last opportunity to avoid an incoming strike to an unprotected face or body. Generally speaking, the hands are held high to protect the head and chin and the forearms are tucked against the torso to impede body shots. When protecting the body, the boxer rotates the hips and lets incoming punches "roll" off the guard. To protect the head, the boxer presses both fists against the front of the face with the forearms parallel and facing outwards. This type of guard is weak against attacks from below.

- The [Clinch](#) - Clinching is a rough form of [grappling](#) and occurs when the distance between both fighters has closed and straight punches cannot be employed. In this situation, the boxer attempts to [hold](#) or "tie up" the opponent's hands so he is unable to throw hooks or [uppercuts](#). To perform a clinch, the boxer loops both hands around the outside of the opponent's shoulders, scooping back under the forearms to grasp the opponent's arms tightly against his own body. In this position, the opponent's arms are pinned and cannot be used to attack. [Clinching](#) is a temporary match state and is quickly dissipated by the referee.

Guards

There are several defensive positions (guards or styles) used in boxing. Within each style, there is considerable variation among fighters, as some fighters may have their guard higher for more head protection while others have their guard lower to provide better protection against body punches. Many fighters vary their defensive style throughout a bout in order to adapt to the situation of the moment, choosing the position best suited to protect them.

Boxers who use an upright stance protect their chin with the rear hand in either the low or mixed guard styles depicted below. Crouch fighters tend to use the "peek-a-boo" style, discussed below.



Low guard

Mixed guard

Peek-a-boo

- [Peek-a-boo](#) - Sometimes known as the "earmuffs," the hands are placed next to each other in front of the face (like mentioned before fighters tend to vary the exact positioning in which they use it) and elbows are brought in tight to the body (this position can be achieved by bringing the elbows as close together while not straining yourself to do so). This defensive style is what a boxer is taught to do when he begins to box, after they gain experience he can decide to change or vary their guard. This style is middle-of-the-road style in terms of counterpunching and damage reduction. A boxer can counter punch from this stance, but it is difficult. However, there have been boxers who can do this very well. This defense covers up a fighter well, but there are holes. Hooks do damage by going around the hands and by hitting just behind the elbows.
- [Cross-armed](#) - The forearms are placed on top of each other horizontally in front of the face with the glove of one arm being on the top of the elbow of the other arm. This style is greatly varied when the back hand rises vertically. This style is the most effective for reducing head damage. The only head punch that a fighter is susceptible to is a jab to the top of the head. The body is open, but most fighters who use this style bend and lean to protect the body, but while upright and unaltered the body is there to be hit. This position is very difficult to counterpunch from, but virtually eliminates all head damage.