



Punching In Standard Stance

Following these rules will assist you in achieving an effective:

Reverse punch (gyaku-zuki) and front hand punch (mae-ken-tsuki)

The Stance

- **HIPS** – should maintain the SAME level
 - **KNEES** – tension should be maintained
 - **FRONT KNEE** – should be FORWARD and OUT
 - Watch for front knee **'turn in'** when performing front hand punch (mae-ken-tsuki)
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The Punch

- **HIPS** – should not drop
 - **HIPS** – must twist
 - **BODY** – should not drop
 - **BODY** – must twist
 - The punch must be focussed
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