



Basic Punching



Basic kiba-dachi (saddle-leg or straddle leg stance). Weight is even on both legs, feet point straight ahead and legs are bent over the feet at the knees. Elbows are close to the body and pulled back at the sides. Hands are in fists palm side up just above the hips.



Basic punching with the right hand. Punch is to the center of the body. The arm moves forward rubbing the sides of the body. Once the elbow is in front of the body the fist turns over palm side down. Contact is made with the two fore-knuckles.



Basic punching with the left hand. This time the right hand turns over palm side up and is withdrawn to the side of the body. This “withdrawing arm” helps add strength and speed to the punch.



Punching over the forward foot is called a straight punch as this punch is in a back stance.



A punch over the rear foot is called a reverse punch. Notice the low stance and that the body is held upright.