

HOOK= LE CROCHET

Find the order of these pictures:

A = Guard position

B = Raise the arm and the elbow

C = pivot on the support foot and touch the opponent



.....



.....



.....

Now, try to do the same punch:

1). Without moving, one boxer at a time.

2). Move, one boxer offers a target (actually, his glove) on the side of his face, when he wants, and the second boxer try to touch his partner with this punch.

3). In turn.

