



STANCE AND #'s

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Fighting Stance: If you are left handed, put your right foot forward. You will lead with your right jab and your left hand will be your power hand. If you are right handed (orthodox stance), put your left foot forward. You will lead with your left jab and your right hand will be your power hand. Your stance will be a shoulder width with your weight centered and balanced – flat on the front foot and on the ball of the back foot. Your left hand will be slightly out in front of you with your left shoulder in front of your You will be light in your stance, shifting your weight from one foot to the other, always balanced and centered. Your body is on an angle forward, but not bent at the waist. Gloves up high and protecting the chin, elbows pulled together tight and down protecting ribs. The abs are contracted to protect abdominal area. Chin pulled down. Eyes up and open. Shoulders are in front of hips. Head is straight forward. Stance is relaxed and moving.

When throwing boxing punches, you will use your body for power. Rotate on the ball of the foot that you are throwing a power punch. (Right Cross: rotate on your right foot throwing your hip forward into the punch for power) and snapping the hip prior to throwing the punch. This is done without throwing your weight forward off of your center. Keep your head straight and rotate your body on an axis. Always returning your punch with speed for protection.

A boxer must have a good stance, footwork and balance. Concentrate on being able to move in your stance, throw, defend and take a punch without losing your balance. Lower your center of gravity by bending your knees. Center yourself by keeping your elbows in tight against your ribs, gloves against cheeks and make yourself little. Stay on the ball of your back foot. Shifting your weight appropriately for the movement.

#1 JAB (off **front** foot –straight quick punch forward-dominating punch)

#2 CROSS (off **back** foot – straight power punch forward, snapping the hip prior to releasing the arm, stay solid in the ball of the back foot allowing you to push off the floor for power.)

#3 HOOK (off **front** foot –tight inside punch with elbow up even with shoulder, bent arm, snapping the front hip and heel for power.)

#4 UPPERCUT (off **back** foot –squat, using legs for power, rotate the shoulders back and forward, releasing a tight inside punch.)

#5 UPPERCUT (off **front** foot – squat, snapping my shoulders for power, planting my front foot to drive out of it and releasing a tight inside punch.)

#6 HAYMAKER (off **back** foot – hook of the back foot, used for outside fighting and power.)

#7 HOOK TO BODY “BODY SHOT” (off **front** foot – #3 to the body)

#8 HAYMAKER TO BODY “BODY SHOT” (off **back** foot - #6 to the body)

BOXING STANCE FUNDAMENTALS

BY: RYAN GRUHN

Rear Hand On Temple/Cheek Bone – These are called reference points. They help avoid knockouts, as the rear hand/arm is up protecting the chin. By having it on the head you know your hands are up, as opposed to having the hand floating where you can't see it. When the hand is off the head in fighting, you are unable to tell if it is at the correct height because you cannot feel the hand touching the reference point.

Elbows In – By having the elbows in, you conserve energy that would otherwise be spent if your shoulders were supporting the arms. Test this yourself; keep your elbow tight into the body and feel your deltoid muscle, they will feel loose. Then move your elbows away from the body and feel again; the deltoid will now feel tense. Elbows being in also allows for faster defense, since the arms are closer to the body.

Eyes Forward & Head Straight (Looking Through Brow) – This tells you that your chin is down and hidden. If you were to turn your head in such a way that it's not straight forward, you are more likely to expose the side of the chin, exposing yourself to knockouts.

Lead Hand Out In Front of Face – This allows you to defend with your lead hand, while still having the ability to punch. The arm should be bent at a ninety degree angle with the hand at brow height.

Chin Down / Lead Shoulder Tucked – This helps you to avoid knockouts, since the chin is hidden behind the shoulder and close against the chest. Knockouts usually happen because the chin/head is not tucked into on the body. Make sure the shoulder is coming up to meet the chin, not the chin turning to meet the shoulder.

Shoulders Shrugged w/ Slight Hunch – This helps stabilize the head and hide the chin. It should be done as if you are pulling a towel over your shoulders.

Hips Forward – This allows you to obtain power from both sides of the body. When the hips are turned so the body is bladed, there is more risk of telegraphing punches from the rear side of the body. Turning the body so it is more bladed, tends to be a more of a defensive posture, because less of the body is exposed. You however are looking for power. Each hip should be on opposite sides of the opponent.

Weight Towards Front 60%/40% – This gives you the ability to rotate your rear heel and deliver a powerful cross. It also allows you to slip and bob & weave with more agility. This is not to say that the weight does not change from this position. It is simply the most prevalent weight distribution in a good boxing stance.

Knees Bent – This allows you to have more spring in your step. Similar to how volley ball, baseball or football players keep their knees bent, it gives you more options for movement. This also facilitates more power and increased agility.

Rear Heel Up – The heel being up allows you to push off with the rear foot like a sprinter. This facilitates good mobility and increases the ability to rotate for more powerful rear punches. It also gives you a place to go if you are pushed backwards. If you are on the heel rather than the ball of the rear foot, it is easier to fall backwards.

Toes Facing Forward – It is very unnatural for you to stand with your feet shoulder width apart and have the toes facing forward. Your body tends to turn the rear foot so the feet are perpendicular to each other. The problem with perpendicular footwork is the risk of telegraphing, along with cutting off power from the rear side of the body. It is also harder to move when the rear foot is turned out to the side. By keeping the toes facing forward, you maximize mobility while improving rear power. A 45 degree angle in the rear is acceptable but people trained this way almost always regress back to the parallel foot stance. Think about how you walk and run; this is the way the toes should face.

Feet Shoulder Width Apart – This assures proper balance, along with the ability to move in all directions. If your stance is too narrow, your balance is off and it can be hard to move. In addition to mobility, having your feet shoulder width apart allows you to create power from both sides of the body.

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