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# THE LEFT JAB

*By Coach Dimitris Papazoglou  
BSc Sports Science & Physical Education*

## MECHANICS OF PUNCHING

In punching, the arms act as the vehicles of force with the power coming from a violent pivot of the hips and shoulders. Both sides of the body remain firm yet relaxed.

- ✓ The arms are extended after the hips and shoulders turn through the central axis.
- ✓ Punch through the target. The hands return to the punching position on the same line.
- ✓ Make the fist, folding the thumb comfortably on outside between the first and second joints of the forefinger. The wrist is turned inward.
- ✓ For straight punching rotate the forearm. The fist makes contact with the knuckles up and the thumb inward.



## THE LEFT JAB

Sound technical boxers rely heavily in the use of the left jab as this hand is carried nearest to the opposing target from the normal orthodox stance. This punch with its



many variations is really the foundation on which to base the boxer's technique. The main purpose of the jab is to keep the opponent off balance and to expose him to a series of more solid follow-up punches. The jab should be thrown at speed. Successful jabbing depends upon judgment of distance, timing and deception.

## COACHING TIPS

- ✓ Aiming for the point of the chin with the back knuckles, snap the relaxed arm away from the body with a slight pivot at hip and shoulder.
- ✓ Forearm rotates in the last third of the distance to the target. Punch a matter of inches through the target landing with knuckles up and palm down.
- ✓ The left foot slides forward before impact. The right glove is held open in a guard position with the elbows tucked in to protect the body.
- ✓ Retract the jabbing hand quickly along the same path as the delivery
- ✓ This is a smooth movement which should not upset the balance stance.