



Str8 Power



- Use the [Jab \(1\)](#) to Set-Up the Straight Power Punch (2)
- Initiate the Straight Power Punch by pulling the lead shoulder back, the lead elbow hard to the body and lead fist to your cheekbone, shifting 60% of your weight from the back leg to the anchored front leg
- For a full Follow-Through, point the right toe to 12 o'clock, penetrating wrist deep through the target, palm down, striking with the knuckles
- Keep your chin tucked behind your shoulder, looking through your eye brows

Coaching Points

- Think with “3 points for power”; shoulder, hip and toe.
- Stay in balance by keeping you “[nose behind your toes](#)”