

## How to punch harder

---

This is quite complete and detailed tutorial how boxers, gladiators or anyone who want to train martial how to have more accurately and punch harder, knockout your competitors

Before talking about power of the punch, you need to know some basic theory about how the power is created from your body. Then you will learn how to place and use the positions on your body so that all your strength and body weight are effectively transferred into the punch. You will then learn more about punching techniques to figure out how to punch harder. Finally, there will be tips on how to cause maximum damage to your opponent, as if how to punch harder.



### **The basic theory you need to understand about to punch harder**

- Speed is not the strength, but the acceleration

The power of the punch is not only speed, but also a force (or a weight) goes with it. A fast punch is not enough to be a strong punch unless you carry it a little bit more of your body weight..

- Body movement

Your whole body move in a distance X will make much more powerful punch more than just only moving your arm in distance X.

You have to move your whole body so that you can carry the maximum weight with the punch. The secret here is not to focus on moving your body over great distances. Let's move all at the same time as a whole.

- Footwork

The largest muscles in the body will produce the greatest strength. Those who punch with just their arms will never fully get the real power of the punch.

- Distance

The punch only maximizes strength when it is in range. In particular about the jab, you punch with all the momentum, the maximum straightening, but really your ideal punch line, will be shorter than this maximum distance.

- Angles

Punching in different angles will give you more chances to hurt your opponent. And of course, the more hurt, the more effective of the punches.

**“IN THE BOXING  
RING OF LIFE,  
IT’S NOT HOW  
HARD YOU CAN  
HIT, BUT  
RATHER HOW  
MANY TIMES  
YOU CAN GET  
HIT AND KEEP  
MOVING  
FORWARD.”**

*~rocky*

## **Flow of energy**

- **Foot:**

- + Located on the ground with a bit wider shoulder width.
- + At the start, the heel will lift up.
- + When punched, the legs will rotate in the direction of the punch.
- + When you punch continuously, your feet will stay and push in different directions as you roll different fists.
- + Your feet will never leave the ground when you strike a strong punch.

- **Legs**

- + The knees are always bent.
- + When punching, your weight will be placed more on your knees than more bent.

- **Hip**

- + Spin your hip. Twist them as you punch by your hips

- **Upper body**

- + Your body swivels as much as possible, and throws punches from your shoulders.
- + A full body rotation with a short arm open, will punch harder than with a small body rotation with large arm.
- + Do not lean forward. Do not try this. Spin your body instead of doing it.

- **Shoulder**

- + Release your shoulder while punching, give the punch more comfortable, save your strength and faster, much stronger
- + Try to raise your shoulders, this will help the punch stronger, because we use more of the shoulder muscles.

- **Arm**

- + Your arms should be release.
- + While punching, your arm is just open wide enough to strike the opponent.
- + If your arm open too much, can easily be counterattacked.
- + Do not bend your hands before releasing a punch. It is a sign for your component see that you are about to punch.



- **Hand**

- + When you haven't punched yet, let it be relaxed. You can release your fists to rest your muscles, but do not clench your fist at all times.

- + While punching, your fist should be gripped tightly before the impact, As hard as possible.

- + Keep your wrist straight, if not it will be easy to sprain, mismatch.

- + [have best boxing gloves](#)

- + have [boxing shoes brands](#)

- + Remember to get your hand back quickly. Where the punch start, where it is over.

- + Your fist should be turned horizontally with the jab. But with the hook, it can remain so vertical.

- **Head**

- + Breathe out when punching.
- + Your eyes should be highly concentrated. Always observe your component.
- + Your chin should be slightly lowered, to be protected more or less by the shoulders.

Everything above is called the flow of energy. It needs to be started from the feet, going through your entire body and coming out of the fist. If you feel that part of your body is not involved in energy transport, you need to work harder to get those parts engaged actively in the punch.

### Going in details

- You need to find out yourself the distance of your own punches. Do it again with a quick step forward. Try to punch with your range, so the punch will really be effective.
- Do not punch too close or too far, both of which will reduce the power of the punch
- The Left Jab:
  - Combined with the fast step up, will make your punch harder. Raise your shoulders and throw your punch forward so that the jab really hits the opponent. Do not dash with the punch, remember that left jab will give you the momentum to turn your body to the right.
- The Right Jab:
  - Spin your hip, spin and spin and spin your hip.
  - Maybe you will be a little surprised, but the strongest point of this punch is not in front of you. Imagine, you launch a left jab, your opponent dodge to your left to avoid. Well, it's this slightly left-sided point that is the strongest point of a right jab. Still not believe, you can try with sandbag.

Source: [Boxing Punch](#) 

---

Author: andy tran

Article downloaded from page [eioba.com](#)