

How to.... Uppercut

How to perform an Uppercut

The uppercut is a punch used in Northern Freestyle that usually aims at the opponent's chin. It is, along with the reverse punch, one of the two main power punches.

Left uppercut

Right hand up
protecting jaw



Chin below
shoulder

Punch driven up
through the middle

Uppercuts are useful when thrown at close range, because they are considered to cause more damage when at close range.

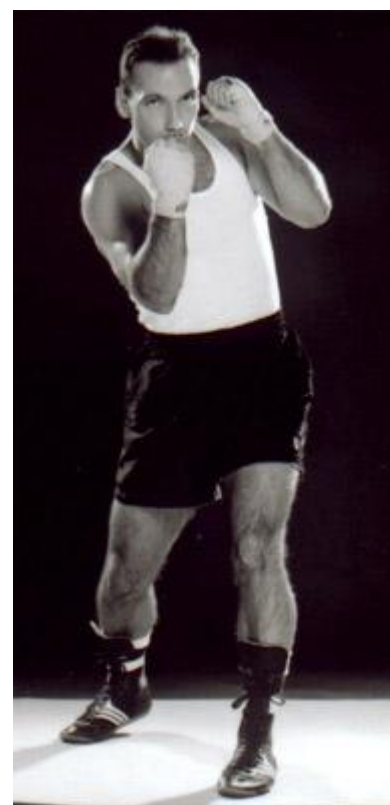
Additionally, it is likely that an uppercut would miss if it is thrown when the opponents are apart. Uppercuts usually do more damage when landed to the chin, but they can also cause damage when thrown to the body (particularly the solar plexus) or when landing on the nose or eyes.

As far as the punch's movement, the name says it all: the punch usually initiates from the attacker's belly, making an upward motion

before landing on the opponent's face or body. In a conventional combination, it is often the second punch thrown, after the jab, but it can either initiate or finish a combination.

When performing an uppercut, the attacker should stay close to their opponent, so as to prevent them from detecting that the punch is coming, and countering with a straight punch. An uppercut from distance also loses some of its power because the arm is no longer bent at the elbow at 90 degrees and cannot effectively transfer the total body's force in the upward movement.

To hit with a rear hand uppercut, stand in a fighting stance holding the back (right) knee bent. Lower the right shoulder to turn the right side of the trunk to a semi-crouch position; consequently, body weight transfers to the left leg. Pay attention to the head protection - keep the left fist up by the chin to cover your head. Now as you turn the hips forward, push the ball of the back foot, and punch the right fist up towards your target. The right heel lifts from the floor with the ball of the foot pushing from the floor. The right shoulder with the right side of the back will follow through with the rotation of the hips. The right arm always stays close to the body and turns up in a semicircle. Bear in mind that this punch is effective only at short distances - stay close to your opponent. If the uppercut is delivered from the outside, the opponent will be able to find out easily that the strike is coming and counterattack with an efficient straight jab.



Develop all the single hand techniques (jab, uppercut, etc) to perfection, and then use them in combinations. Watch good sparer's in action, study their moves. You will pick up some good tips that way and your self defence arsenal will be enriched.

Countering the Uppercut

<http://www.youtube.com/watch?v=CugMiFMFBBM>

Defence

Move your head to the right or away from the uppercut; this will reduce the chances of a direct hit on the vulnerable part of your chin. At the same time move your hand downward at your opponent's arm or wrist. You have "caught" the blow-on your arm-not the chin.