

How to.... Turning Punch

How to perform a Turning Punch

Generally, the turning punch is thrown at a greater distance than the one covered by the hook. The favourite targets of the swing are around the jaw line or as low as the ribs. This punch could be thrown when there is a gap on the opponent's body or face. When the punch hits the target, make sure that the hand is turned so the knuckles bear the brunt of the impact not the thumb.



The turning punch can be executed using either hand. The arm is extended out similar to a jab or reverse punch but aimed slightly to the side of the target. When the arm reaches maximum extension it is hooked rapidly inwards to the target, impacting with a tight fist and the big knuckle of the hand.

The turning punch is easy to block because of its motion, however as part of a combination or as a set up punch for kicks it is an essential part of your arsenal.