

How to.... Vertical Punch

How to perform a Vertical Punch.



The picture to the left shows the correct fist formation although held too high as the punch should come from the waist.

With the elbow kept close to the side and the shoulder is relaxed and dropped. The punch is usually targeted at the solar plexus, or lower ribs, not higher at the face or head. The punch strikes with the first two knuckles of the hand and then snapped back - much like cracking a whip. At the completion of the punch the hand and arm are left in a position ready to punch again immediately with no wind up. Care should be taken in practice and application to prevent the elbow from becoming injured by keeping the joint somewhat bent upon delivery.

This is especially important when practicing without actually striking an object. Vertical punches are short range and may follow outward blocks. It is possible to land three of these punches as this punch is not only faster, but more powerful than a reverse punch; you are moving the same mass as a reverse punch does, but with much more speed.

Beginning at the fist and moving up the arm: The fist is made by holding the hand open and then slowly curling the fingers from the most distal knuckle until a fist tight enough to completely hide the fingernails is made. Then the thumb is pressed down on the second knuckle of the index finger. The fist is held straight, lining up the bones behind the first two knuckles to distribute the impact to both the radius and ulna.

1. Face forward in fighting stance.
2. After an outward block drop you rear hand to your belt and bend you leg to drop down below attackers strike, push your block into the attackers shoulder to slightly rotate your attacker.
3. Pull your elbow back at a 45-degree angle ready to push fist forward.
4. Punch out with your arm in a straight line like it was stuck in a tube toward the target, with the palm is facing sideways and the knuckles are

aligned vertically. The striking surface is the first two knuckles (index and middle fingers).

5. Pull back your rear arm at the same time to increase the power of the punching arm.
6. Retract your arm immediately after the strike to its original position chambered at the side, if necessary strike again, if so retain push and block position on partner.

