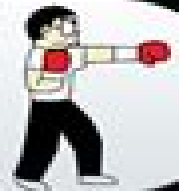


BASIC BOXING PUNCHES

BEFORE YOU STEP IN THE RING, YOU SHOULD MASTER THESE BASIC BOXING PUNCHES.

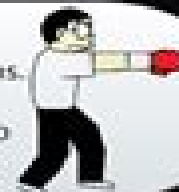
JAB

A quick, basic punch used to set up other shots, most often power punches. It can also be used to distract your opponent and create space.



CROSS

Can be used as a lead punch, a counterpunch, or in combinations. It's thrown by your rear hand, which moves across your body to hit the target.



HOOK

One of the most powerful punches. Most of the power comes from the torso and legs, and since the approach is from the side - the opponent often doesn't see it coming.



UPPERCUT

A devastating punch to use at close range. It can deal excruciating damage under the chin.



Basics Of Longstyle Boxing

Sun Lu Tang



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Women of China ,2004-07

Basics of Long-Style Boxing Huikun Cheng,1996

El gran libro del Kung-fu

Wushu Roger Itier,2020-07-09 Kung Fu significa en chino trabajo duro y representa el recorrido necesario para el aprendizaje de una disciplina Es el arte marcial por excelencia e incluye aspectos deportivos de combate autodefensa espectral y de ejercicio físico y mental Las técnicas y los estilos son muy diversos este libro le invita a descubrir los más conocidos y difundidos desde aquellos que tienen como finalidad el desarrollo de la energía física hasta las técnicas gimnásticas respiratorias y meditativas orientadas al crecimiento de la energía interior Un método que le permite mejorar su salud una forma de meditación dinámica que le ayuda a purificar la mente y el cuerpo International Books in Print ,1997

Whitaker's Books in Print ,1998

New China Quarterly ,1988

Xing Yi Quan Xue Sun Lu Tang,2001 The name

Sun Lu Tang rings familiar to almost anyone who has studied one or more of the major internal styles of Chinese martial arts Because Sun was highly skilled in Xing Yi Quan Ba Gua Zhang and Tai Ji Quan he wrote five different books on these subjects and synthesized the three arts to invent Sun Style Tai Ji Quan His name has become well known wherever Chinese martial arts are practiced Sun Lu Tang's treatise on Xing Yi Quan published in 1915 was his first work and it was the first book published publicly in China which integrated the theories of martial arts with Chinese philosophy and Daoist Qi cultivation theories In addition to the original text of Sun's Xing Yi Quan book this English translation also includes a detailed biography of Sun Lu Tang and an interview with his daughter Sun Jian Yun Book jacket **Life** ,1923 **Peter Gzowski** R.B.

Fleming,2010-08-27 Born in 1934 Peter Gzowski covered most of the last half of the century as a journalist and interviewer This biography the most comprehensive and definitive yet published is also a portrait of Canada during those decades beginning with Gzowski's days at the University of Toronto's The Varsity in the mid 1950s through his years as the youngest ever managing editor of Maclean's in the 1960s and his tremendous success on CBC's Morningside in the 1980s and 1990s and ending with his stint as a Globe and Mail columnist at the dawn of the 21st century and his death in January 2002 Gzowski saw eight Canadian Prime Ministers in office most of whom he interviewed and witnessed everything from the Quiet Revolution in Quebec to the growth of economic nationalism in Canada's West From the rise of state medicine to the decline of the patriarchy Peter was there to comment to resist and to participate Here was a man who was proud to call himself Canadian and who made millions of other Canadians realize that Canada was in what he claimed was a Canadian expression not a bad place to live **The Asian American Encyclopedia** Franklin Ng,1995 Explores the experience of Asian immigrants and the communities which they and their descendants have created in the United States and offers information about the history language and culture of Asian Americans diverse countries of origin

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