



# Lead Hook



- Use the [Straight Power Punch](#) (2) to Set-Up the Left Hook (3)
- Initiate the Lead Hook by dropping your back heel to the ground (shifting 60% of your weight from the front leg to the back leg), pulling the power side shoulder back, the elbow hard to the body, fist to the cheek bone.
- medium hook 90 degrees, long hook 135 degrees, short hook 45 degrees
- For a full Follow-Through, point the lead toe to 3 o'clock (9 o'clock for left handed boxers), penetrating elbow deep through the target (amateur style – elbow up/palm down; professional and MMA – thumb up like you're holding a coffee mug)

## Coaching Points

- Use [Medicine Ball Swings](#) to practice shifting your weight and staying in balance when throwing hooks and combinations