



# The JAB



## The Jab

a visual  
example  
from  
multiple  
angles

- **Begin from stance. Hands up, head down, elbows in, knees and hips slightly bent, on the ball of your rear foot**
- **To execute, think with the front elbow, not the hand. Lift the elbow then drop the elbow**
- **The hand travels in a straight line, from your face and right back to the same position**
- **At the last few inches of the punch turn your hand over so you strike with the flat of your fingers and knuckles, with your palm down**
- **Keep your rear hand in place, and do not let it “fly away”**

Variation: [Stepping with the Jab for Balance](#)