

# Boxing Punches Cheat Sheet

We're so happy to have you join us for PD-specific boxing within the PWR!<sup>®</sup> Virtual Experience! This sheet details the 6 punches you'll use in class.

The punches on this sheet assume that you're a right-handed fighter, like Nancy. You'll want to mirror her here and in class. If you're left-handed, your stance and punches will be reversed.

## Non-dominant Arm (Right-handed)

## Dominant Arm (Right-handed)

### 1. Left Jab



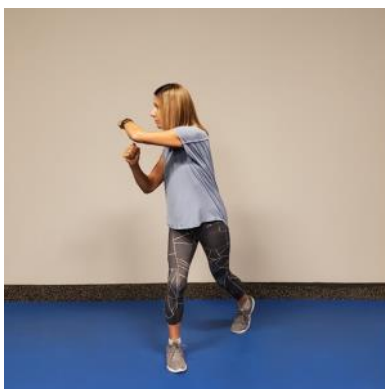
### 2. Right Cross



### 3. Left Hook



### 4. Right Hook



### 5. Left Uppercut



### 6. Right Uppercut



## Thinking about Handedness

### Right-handed fighters (Also called "orthodox")

You've got it easy—throw your punches as pictured!

- 1, 3, and 5 are left (non-dominant) handed punches
- 2, 4, and 6 are right (dominant) handed punches
- Your stance will also match Nancy's

### Left-handed fighters (Also called "southpaw")

You'll throw your punches as the reverse of Nancy's.

- 1, 3, and 5 are right (non-dominant) handed punches
- 2, 4, and 6 are left (dominant) handed punches
- Your stance will be opposite to Nancy's

For more info about the PD-specific boxing available as a PWR! Virtual Experience Member, click [here](#).

Want to get the most out of your exercise? [Schedule a wellness consult](#) with our PD exercise specialists today!

