

UNITED STATES MARINE CORPS
FIELD MEDICAL TRAINING BATTALION-EAST
PSC BOX 20042
CAMP LEJEUNE, NORTH CAROLINA 28542-0042

STUDENT READ-AHEAD MATERIAL

EXECUTE PUNCHES

MCCS-TAN-1002

MARINE CORPS EXPEDITIONARY AND COMBAT SKILLS TRAINING

M03L753

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EXPLAIN/DEMONSTRATE

.25 HR

1. **Purpose.** The purpose of a punch is to stun your enemy or to set him up for a follow-up finishing technique. Punches should be practiced until they become instinctive and can be applied with speed and force.

2. **Principles.**

a. **PRINCIPLES OF PUNCHES:**

(1) **Relaxation.** Muscle relaxation must be emphasized at all times during instruction on punches. The natural tendency in a fight is to tense up, which results in rapid fatigue and decreased power generation.

(a) The fighter who can remain relaxed during a close combat situation generates greater speed, which results in greater generation of power.

(b) Relaxing your forearm generates speed and improves reaction time. At the point of impact, clench your fist to cause damage to the opponent and to avoid injury to your wrist and hand.

(2) Weight Transfer. Weight transfer is necessary to generate power in a punch. This is accomplished by:

(a) Rotating the hips and shoulders into the attack.

(b) Moving your body mass forward or backward in a straight line.

(c) Dropping your body weight into an opponent. Your body's mass can be transferred into an attack from high to low or from low to high.

(3) Rapid Retraction. When delivering a punch, rapid retraction of the fist is important. Once your hand has made contact with the target, quickly return to the basic warrior stance. Rapid retraction:

(a) Enables you to protect yourself from your opponent's counter-attack by returning your hand and arm to the basic warrior stance.

(b) Prevents the opponent from being able to grab your hand or arm.

(c) Permits the hand and arm to be "chambered" or "re-cocked" in preparation for delivering a subsequent punch.

(4) Telegraphing. Telegraphing a strike is informing your opponent of your intentions to launch an attack through your body movements.

(a) Often, an untrained fighter will telegraph his intention to attack by drawing his hand back in view of his opponent, changing facial expression, tensing neck muscles, or twitching. These movements, however small, immediately indicate an attack is about to be delivered.

(b) If your opponent is a trained fighter, he may be able to evade or counter your attack. If your opponent is an untrained fighter, he may be able to minimize the effect of your attack.

(c) Staying relaxed helps to reduce telegraphing.

EXPLAIN/DEMONSTRATE

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b. PRINCIPLES OF A BASIC FIST. Punches are executed using the basic fist. To make the basic fist:

(1) Curl the fingers naturally into the palm of the hand and place the thumb across the index and middle fingers.

(2) Do not clench the fist until movement has begun. This increases muscular tension in the forearm and decreases speed and reaction time.

(3) Just before impact, apply muscular tension to the hand and forearm to maximize damage to the opponent and reduce injury to the Marine.

(4) Contact with the fist, should be made with the first two knuckles of the index and middle finger.

(5) When striking with the basic fist, it is important that the first two knuckles are in line with the wrist to avoid injury to the wrist.

EXPLAIN/DEMONSTRATE :

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3. FUNDAMENTALS. There are four types of punches.

a. LEAD HAND PUNCH.

(1) Purpose. The lead hand punch is a snapping straight punch executed by the forward or lead hand. It is a fast, unexpected punch designed to stun an opponent and to set up for a follow-on attack. A lead hand punch conceals movement and allows you to get close to the opponent. If possible, lead hand punches should strike soft tissue areas.

(2) Striking Surface. First two knuckles of your fist.

(3) Target Areas. Soft tissue areas, nose, jaw, throat.

(4) Technique.

(a) Assume the basic warrior stance.

(b) Snap your lead hand out to nearly full extension, while rotating your palm to the deck. Do not over extend your elbow because this can cause hyperextension of the joint and injury.

(c) Keep your rear hand in place to protect your head.

(d) Rapidly retract your hand, resuming the basic warrior stance.

(e) The fist travels out and back in a straight line. A common mistake is to pull back low and then reset. This is incorrect and leaves you open to a counter attack.

IMITATE/PRACTICE:

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Fault check student's performance. Check:

- Relaxation.
- No over extension of the arm.
- Contact made with the first two knuckles of the fist.
- Rapid retraction to the basic warrior stance. Enforce safety precautions.

DEMONSTRATE/IMITATE:

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b. REAR HAND PUNCH.

(1) Purpose. The rear hand punch is a snapping punch executed by the rear hand. It is a power punch designed to inflict maximum damage on your opponent. Its power comes from pushing off your rear leg and rotating your hips and shoulders.

(a) Striking Surface. First two knuckles of your fist.

(b) Target Areas. Soft tissue areas, nose, jaw, throat.

(3) Technique.

(a) Assume the basic warrior stance.

(b) Forcefully rotate your hips and shoulders toward the opponent and thrust your rear hand straight out, palm down, to nearly full extension.

(c) Shift your body weight to your lead foot while pushing off on the ball of your rear foot.

(d) Your rear heel may raise or flare off the deck.

(e) Keep your lead hand in place to protect your head.

(f) Make contact on the opponent with the first two knuckles of your fist.

(g) Rapidly retract to the basic warrior stance.

(f) The fist travels out and back in a straight line. A common mistake is to pull back low and then reset. This is incorrect and leaves you open to a counter attack.

PRACTICE :

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The lead and rear hand punches are effective at distances of approximately an arm's length from an opponent.

DEMONSTRATE/IMITATE :

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c. UPPERCUT.

(1) Purpose. The uppercut is a powerful punch originating below the opponent's line of vision. It is executed in an upward motion traveling up the centerline of the opponent's body. It is delivered in close and usually follows a preparatory strike that leaves the target area unprotected. When delivered to the chin or jaw, the uppercut can render an opponent unconscious, cause extensive damage to the neck, or sever the tongue.

(2) Striking Surface. First two knuckles of your fist.

(3) Target Areas. Soft tissue areas, nose, jaw, throat.

(4) Technique.

(a) Assume the basic warrior stance.

(b) Rotate your fist so your palm is facing you. Ensure your lead hand stays up and in place to protect your head.

(c) Power is generated from low to high. Start with your body weight low; legs slightly bent. Exploding upwards with your legs, hips, and shoulders, drive your fist straight up through the target area.

(d) Rapidly retract your hand, resuming the basic warrior stance.

(e) Your fist should never drop below your chest level or rise above the opponent's head when executing this punch to the target area of the jaw. A common mistake is to "bowl" or drop the hand all the way to your waist during execution. This is done in an effort to get all the power from the arm executing the punch. This is incorrect. Its power derives from the use of the lower body.

DEMONSTRATE/IMITATE:

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d. HOOK.

(1) Purpose. The hook is a powerful punch that is executed close in and is usually preceded by a preparatory strike.

(2) Striking Surface. First two knuckles of your fist.

(3) Target Areas. When delivered to the chin or jaw, the hook can render an aggressor unconscious or cause extensive damage to the neck. When delivered to the body it can cause pain, cause shortness of breath, and even break ribs.

(4) Technique.

(a) Assume the basic warrior stance.

(b) Rotate your rear fist, this will parallel your fist and forearm to the deck.

(c) Power is generated from side to side by driving with your legs and rotating your hips and shoulders. Your body's rotation drives the fist through your target area (making contact with the first two knuckles of the fist) as your lead hand stays up and in place to protect your head.

(d) Rapidly retract your hand, resuming the basic warrior stance.

(e) A common mistake is to "reach" or extend the fist all the way out in an effort to get all the power from the arm executing the punch. This is incorrect. The power derives from the use of the legs and rotation of the upper body.

Explain:

Punches are not the preferred method of attack using your hands but you must train the techniques so that they may be learned and executed at an instinctive level.

PRACTICE :

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The uppercut and hook are used when close to an opponent. A hook is thrown in close to the opponent so as not to telegraph the punch and enable the opponent to counter or evade the attack.