



## The Punch Count

Attributing a number to a punch makes it easier and faster to call out single punches or punch combinations for your partner or student to perform i.e. saying “1, 2, 3, 6” is much more efficient than saying “jab, cross, lead hook, rear uppercut”.

Most boxing gyms will use a punch count. The following is ours:

1. Jab
2. Cross
3. Lead hook
4. Rear hook
5. Lead uppercut
6. Rear uppercut
7. Lead rip
8. Rear rip
9. Lead overhand
10. Rear overhand

You may notice that all the odd punch numbers are lead hand punches and all the even punch numbers are rear hand punches. This principle remains the same if you are in Orthodox or Southpaw stance – this is not a left vs right hand attribution it is a lead hand vs rear hand attribution.

Excluded from this list is the Wing Chun Basic Punch, which is a vertical fist punch thrown from the Wing Chun guard. Any reference of “basic punch”, “Wing Chun punch” or “vertical punch” in the grading material means the Wing Chun Basic Punch as described here.