

Kickboxing:



Punches and kicks by numbers:

1. Left punch (Jab)
2. Right punch
3. Left hook
4. Right hook
5. Left uppercut
6. Right uppercut

7. Left front kick
8. Right front kick

9. Left roundhouse
10. Right roundhouse

- A. Left elbow
- B. Right elbow

Odd Numbers – Left Hand side
Even Numbers – Right Hand side

