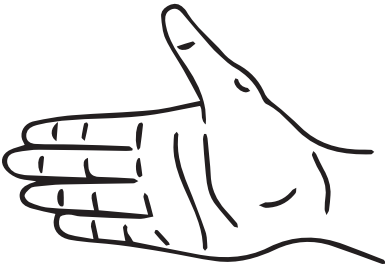


UFA Martial Arts Academy

How to make a FIST

1



1. Open Hand fingers extended with the thumb pointing upward

2



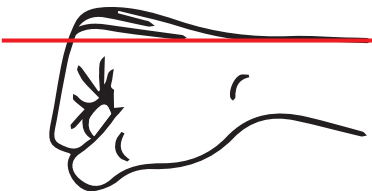
2. Close your fingers tightly, roll fingers closed from the top into the palm of your hand

3



3. Bend your thumb closed on the outside of your fingers. **Never place your thumb inside your palm with the fingers over the top, as this is dangerous for your thumb**

4



4. The wrist should be firm and straight with the line from the top of the wrist/forearm extending through with approximately 1/2cm - 1cm of knuckle above the line of the wrist/forearm.

5



5. On extending your punch, roll you fist past the horizontal plane so your pinky finger is higher then your pointer.

6



6. The two knuckles used on impact should be the MIDDLE and POINTER finger knuckles which join the fingers to the hand