



How to Punch (Self-Defense)

Martin J Dougherty

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Punching. Although it seems like one of the simplest forms of self-defense, this ancient form of combat is actually more complex than you would ever imagine. Now, in this fully illustrated and easy-to-use book, the art of punching is decoded for readers everywhere. This book will teach you the elements of the perfect punch, including:

- How to make a fist and not break your fingers
- Crashing in
- Taking a punch
- Striking first
- A knockout blow

Combining the best punching techniques from various schools of martial arts, including karate, boxing, and Krav Maga, *How to Punch* by Martin J. Dougherty offers valuable advice for both the beginner and the experienced martial art practitioner who wants to learn about fighting.

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