

Name: \_\_\_\_\_

### Elevation Punch Numbers Worksheet

This week in class we went over our punch and elbow numbers. It is important to have all your punch and elbow numbers memorized, to understand our combinations better.

#### Task 1

Write out your favourite combination, and draw a picture of yourself doing it!

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#### Task 2 - Mix and Match Punches!

Write the punch number beside the punch name (the punches are not in order)

Punch Name	Punch Number
Jab	
Lead overhand	
Rear body	

Cross	
Rear hook	
Lead uppercut	
Rear overhand	
Lead body	
Lead hook	
Rear uppercut	

## Answer Key

### Task 2 - Mix and Match Punches

Punch Name	Punch Number
Jab	1
Lead overhand	7
Rear body	10
Cross	2
Rear hook	4
Lead uppercut	5
Rear overhand	8
Lead body	9
Lead hook	3
Rear uppercut	6

### Practice on your Own!

Here are our punch numbers 1-10 in order for you to review and practice for your test:

Jab = 1

Cross = 2

Lead Hook = 3

Rear Hook = 4

Lead Uppercut = 5

Rear Uppercut = 6

Lead Overhand = 7

Rear Overhand = 8

Lead Body = 9

Rear Body = 10