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Properly, Your Hook Punch Will Often Take Your Opponent By Surprise Because It Travels Outside His Line Of Vision. Although Weak When Thrown As An Arm Punch,

When Thrown With The Force Of Your Body Behind It, The Hook Punch Can Be A Devastating Finishing Technique. Combinations With The Hook Include The Jab-hook (1-3), The Mar 7th, 2024

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Apr 1th, 2024

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