

Apex World Champion and UFC Fighter  
**JEFF "THE INFERNO" JOSLIN**

Developing The

**KO**

**PUNCH**

**12 Secrets to  
Knockout Power!**

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# Developing The KO Punch

## 12 Secrets to Knockout Power!

Published by: Jeff Joslin MMA  
436 Concession Street  
Hamilton, Ontario  
L9A 1C2

E-mail: [info@jeffjoslinmma.com](mailto:info@jeffjoslinmma.com)  
Web: [www.jeffjoslinmma.com](http://www.jeffjoslinmma.com)

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Developing The

# KnockOut PUNCH

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## 12 Secrets To Drastically Improve Your Punching Power!

**Learn How To Make Your Opponent Fear You With Punching Power That Could Knock Them Out Cold At Any Moment...**

By Jeff Joslin, Apex World MMA Champion and UFC Fighter

I'd like to start off by sharing a little information about my personal martial arts journey. It's been a very long one filled with a many highs and a few lows. I was born in 1975 and began training martial arts when I was around 5 years old. My father was a 3-time Canadian Karate/ Kickboxing Champion and had begun teaching martial arts sometime during 1967, first at a local YMCA center then later at the same place that our school currently resides in Hamilton, Ontario, Canada.

As a teenager I competed in many tournaments. Some months I would compete every single weekend, often doubling up with one event on a Saturday and another one the very next day. Those were some great times! I learned a lot about dealing with the nervousness that facing another person in one on one competition created within me.

In 1994, when I was around nineteen years old I came across some instructional tapes that changed my life forever. They were titled "Brazilian Jiu-Jitsu". Before that point, my love for the striking arts left me with no interest in



ground fighting even though I had seen Royce Gracie dismantle every one of his opponents with ease in the early UFC events. Once I sat down and watched one of those "BJJ" tapes it was like bam! I was hooked! Without an instructor to guide me I studied the techniques found on those tapes and began to practice them like a madman.

Soon I had picked up some other sets of tapes, as one or two Brazilian Jiu-Jitsu artists started to make put them up for sale. My learning process at that point was extremely slow. I managed to keep one step ahead of my training partners since I was the guy showing them stuff. I didn't have much of a social life at that point which my 700 page manual -which took over a year to create as I dissected and took notes on every single technique within my video collection-- is obvious proof of.

In time my fanatical dedication to the sport began to pay off a little. I travelled to a few authentic

Brazilian Jiu-Jitsu academies and held my own while rolling with some of the students there. It was around a year later when I received my Blue Belt from a well respected BJJ teacher named Romero "Jacare" Cavalcanti. Over the next decade I earned my purple, and brown belt under Jacare and won many tournaments including the 2002 Pan-American Brazilian Jiu-Jitsu Championship. That was a very proud moment for me as I had become the first Canadian in history to do so.

Once or twice a year I'd travel to train in Atlanta, Georgia at Jacare's Alliance BJJ academy. Even though I learned a lot during the week or two I would spend there, upon returning home it was up to me to drill, watch videos and attend seminars whenever I could in order to continue my learning. Training in this fashion wasn't the ideal situation for me to achieve my goal, which was to make it to the UFC, but I seemed to be making it work and was strongly determined to prove that it could be done.



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Wrestling and boxing were up next for me. I became friends with some highly skilled wrestlers who would teach me techniques and bring me to train with their wrestling team. I learned a lot during that time. Around the same time I fell in love with the combat sport of boxing after meeting up with an unbelievable boxing coach in Vito Brancaccio. Over many years Vito tweaked and tightened my striking skills, building upon the base that I had acquired in Karate/ Kickboxing under the tutelage of my father. He changed my game forever and I could never have accomplished my dream of making it to the UFC without his help.

At that point I was consistently sparring with national champion boxers and wrestling with some of the country's best on a regular basis. Things were great! I had earned my black belt in BJJ, acquired 5 wins by KO in pro mixed martial arts competition and had just won the Apex World Welterweight MMA Championship by knocking out a fighter that had never been knocked in nearly 40 fights despite having fought some tough guys such as Marcus Davis, Thiago Alves and many others.

Three weeks later it happened, Joe Silva from the UFC called my house! After realizing that it wasn't one of my friends

joking around with me, I put Mr. Silva in contact with my manager and the deal was inked. I was to fight Josh Koscheck at UFC Fight Night at Miramar Air Base in San Diego, California.

The first step I took into the octagon is still one of the memorable moments of my life. I had made it! All of the blood, sweat, and tears shed – plus the two teeth that I lost because of a head butt earlier in my career— were worth it.

The fight went well and although I ended up losing by decision I felt great in the octagon.

Unfortunately, while training for my second UFC fight, I sustained a concussion in training –the 7th in my career— that shook my entire world. I couldn't exercise, without feeling sick, irritable and confused, for over year. I had no choice but to put fighting on hold. The hold turned out to be permanent as I decided that, with two kids, a wife and my business to think of, the risks of jumping back in there was too great. It was one of the most difficult choices I've ever had to make.

Learning to live life as something different than a pro-fighter while dealing with the depressive symptoms that post concussion syndrome brings was insanely challenging, a

tougher task than facing any opponent in a ring or cage. Replacing the extreme high that fighting had given me for so many years presented even more of a challenge. The first few months after the injury were the most depressing and down times that I've ever had to experience in my life.

When my brain could handle the chore, I began reading many books in an attempt to fill my desire to learn. The same desire that I believe helped me become the best martial artist I could be. I'd read books about anything that I thought would improve myself as a person, teacher, father and husband . I quickly realized how much there was to learn but was really excited by it all.

My goal now is to become the best instructor I can be. I'm looking to pass on everything I've learned in my lifetime of martial arts training to all those that want to learn; those who are like I was, never satisfied with what they already know, looking to improve themselves constantly.

It's so amazing, that through the power of the internet, my articles, videos, and training tips can reach anyone in the entire world. I'm excited at the enormous amount of possibilities to help others achieve their dreams.



**There are many benefits to having the ability to punch hard.**

**The best part is that you can learn how to do it!**

Throughout my fighting career I've consistently worked on increasing my punching power. I've used countless drills, and numerous exercises. I've hit heavy bags and sparred using many different approaches, all of which were designed to promote the development of my punching power.

My goal was to hit hard enough that my opponents would fear my strikes, knowing that I would then have the freedom to fight my style of fight. For some reason, during many of my bouts, I found myself wanting to win by knockout or TKO, often passing up submission opportunities in favour of stand-up striking or heavy ground and pound. The crowds seemed to really enjoy that fact.

Heavy handed punchers enjoy many benefits inside the cage. Hitting your opponent with significant power, with every strike you land, will rob your opponent of his confidence, and chip away at his will,

making him easy prey later on in the fight. That's when the real fun begins!

Your reputation will grow quickly as an exciting fighter. Fight fans absolutely love strikers with power! If you're already fighting at a professional or amateur level –or are looking to do so in the future-- ,developing more power in your punching will without a doubt gain you fanfare. Knock a few people out and watch, you'll become the up and comer than everyone is raving about.

Many people believe strong punchers are born with "heavy hands" and that it is an innate ability that cannot be taught.

I don't believe that is completely true...

Some fighters may appear to have the gift of so called "Heavy Hands", seeming to be able to knockout everything and everyone that their four ounce gloves hit, but if you look at their punching technique they are often doing a few important things right.

By learning and

employing my power punching secrets, you too can pack a punch that is extremely capable of knocking your opponent out, a punch that will stop any adversary in their tracks. At any moment during a bout that same punch could win the fight for you in dramatic fashion. It will take some practice but the fact that you

**"I want to hit him, step away and watch him hurt. I want his heart." -**

**Joe Frazier**

are reading this report tells me you have exactly what it takes to do so.

Over the Last 30

years of martial arts training I've learned a lot about punching mechanics. I've gathered a total of 12 principles that will help you punch with a ton of power. It's been my focus on these important principles that has allowed me to achieve Knockouts -- or Technical Knockouts-- in every single victory I've achieved in professional mixed martial arts competition.

Enough talk about the many advantages of having a strong punch, let's get to the good stuff. Next up are the 12 secrets that will get you punching harder than ever before!



### Secret #1 - Keep Yourself Well Balanced

Punching with great power is impossible without the support of a strong base beneath you. No matter how hard you try or how fast your body moves, a punch will never reach its full power potential if it's thrown from a weak, unstable fighting stance.

An ideal fighting stance begins with your feet roughly shoulder width apart. I like to keep my feet pointing in the same direction, pointed slightly inward in comparison to my opponent where my opponent is standing, so that my upper body is in a very natural, comfortable position, at an angle that provides me with maximum protection versus my opponent's strikes. Forcing me to fully rotate on all of my punches, this type of full body positioning is essential for powerful punching.

To help you attain the ideal fighting stance I'll describe it further.

Keep your lead shoulder in front and your other shoulder

back quite a bit. It's tough to put into words but know that the change to the angle of your shoulders may be drastic enough that it may feel very uncomfortable at first.

To find the optimum upper body angle, assume a fighting stance and extend your forward side arm completely in the jab position. Next, with your jab still extended, turn your shoulders slowly from side to side until you find the angle that allows your jab to reach the greatest distance to the front.

**"Jeff Joslin's got some very good strikes!"**  
- Joe Rogan at UFC Fight Night

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That's it! At that angle your arm—the one further from your opponent—will be cocked back, far from the target, in perfect power punching position.

Continue by retracting your arms bringing them close to your face, assuming the guard position. Bend your knees slightly, with your weight evenly distributed between your two feet, and rock your hips back as your head and upper body lean forward a bit. Remember to keep your body locked

in this new position because it can be challenging to do so at first. Be mindful during every aspect of your training until it becomes a habit.

Many fighters are well balanced when standing in one place or while working with a stationary target such as a heavy bag. Add a little movement to their drills or put them inside the ring or cage against a moving opponent and many of them lose their balance easily and often. Less balance equals less power, so it's vital that you spend the necessary time to perfect your fighting stance, first while standing still and then after adding in some footwork.

### Secret #2 - Position Your Arms in Optimal Position (Before Punching)

Keep your elbows in close to your body! This simple statement will do wonders in improving your knockout rate. Do the opposite and watch your opponent easily shake off every punch you hit him with—even worse he may even smile at you after you hit him, which is scary!—during your bout or sparring session.



Locking your arms closely against your own body keeps your weapons in tight where you are the strongest. It will promote the proper sequence of punching mechanics needed to hit hard. Your strike will build its power from the ground up incorporating your feet, your knees, your hips and so on.

You'll be less susceptible to injury when all of your punching motion is compact and close to your torso. I've seen shoulders torn apart and biceps ripped from bone simply because an aggressive punch was thrown wildly. An injury like those could put you on the sidelines for a long time.

### Secret #3 - Lock In Vertically

A common mistake made by many fighters is that they allow their bodies to rise up as they punch. This action is often made unknowingly but occasionally a fighter believes that it will add power to their punch. It does exactly the opposite. Lowering the body as you throw

your power punch can also affect your power –unless it's a body shot or overhand punch-- in negative ways.

The responsibility to maintain a steadiness in body positioning lies with both the upper body and lower body. Try to keep your head locked in vertically while you punch, avoiding any rising or dropping motion as you throw your strike. What's the result? Improved balance, less effort required and much more power! I guarantee you'll feel the difference.

**"Fitch is being hunted by Joslin!" - Stephen Quadros, after Jeff hit Jon Fitch with a power punch that forced Fitch to call a timeout!**

### Secret #4 - Lean Into Your Punches

Think about which direction your opponent is standing in relation to you during sparring. Hopefully to your front! If not, work on getting him there before proceeding.

Many people drastically weaken their punching by

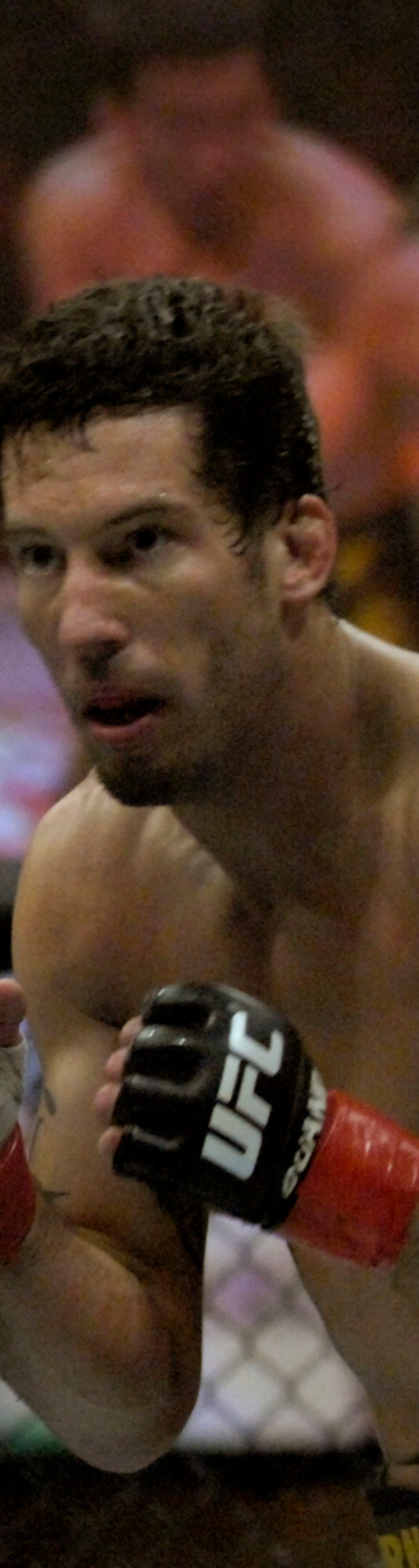
learning back slightly, sometimes even a lot when punching forwards. They do it because they are more worried about getting hit than landing their own strike. If they keep repeating this same mistake again and again there's no doubt they'll



soon find themselves lying on their back snoring and twitching after getting KO'd.

Be sure to lean into your punches, driving the knee of your front leg over top the toes to maximize your power. This will make you punch with a lot more power. Additionally, You will also be less likely eat a punch because your punching arm will protect your face and jaw far more than when you opt to lean backwards during an attack.

Be careful when shifting your weight to the front, making sure that you don't lean to one side more than the other because that type of improper weight distribution will lessen your power and make your follow up attacks and defences far less effective.



### Secrets #5 and #6 - Use Full Rotation & Strong Arm Positioning (During the Punching Motion)

You've come a long way already in your quest to knock dudes out. You're now standing in a well balanced stance with your elbows in tight to your body, ready to drive your weight and rear hand's fist into your opponent's face. The next step is crucial if you want your punch to strike fear into the heart of its recipient.

As you start your attack by transferring your weight forward, begin to turn your body before any motion is made with your power punching arm. The

rotation begins down at your rear leg foot as its heel begins to lift off of the ground, the ball of that foot digging into the floor. That point on the ground beneath your foot is where all your power and leverage will come from. Your rear leg knee will turn next. I focus on turning it inwards until my knee cap is pointing directly

at my opponent. I then make certain that my hips continue to rotate, followed by the forward turning movement of my rear shoulder so that my two shoulders nearly reach the starting point of it's opposite.

Once your back heel is off the floor, pointing your rear leg's kneecap directly at your opponent and your hips and shoulders are turned almost completely, you can then begin to extend your punching arm towards its intended target.

Extension of that arm should be done with the fist in a thumb pointing upwards position until the arm

**HEAVY BAG  
POWER DRILL**  
Do 10 x 1 Minute  
Rounds on the  
Heavy Bag focusing  
on POWER!

Throw every  
straight punch,  
hook and uppercut  
with knockout  
intentions.

Rest for 1 minute  
between each  
round

is ninety percent straight. At that point make a quick snappy rotation of the wrist turning it into a palm down position before impact. This keeps your elbow in tight throughout the entire strike, maximizing speed and more importantly power. Be sure that you keep your wrist strong and straight to avoid injury. Also, try to

make impact with the two knuckles closest to your thumb and they are the strongest bones in the hand.

Immediately after impact, twist the punch arm back into the thumb up position as you retract it to guard the side of your face once again. This secondary motion is more for defense than power but is very important nonetheless. If you get knocked out early in a fight you won't be hitting anyone hard so I'd thought I'd throw it in.

### Secret #7 -Stay Relaxed and Loose

A relaxed strike is a powerful strike. That concept is simple to grasp but very difficult to put into action. When anger, fear, fatigue and other emotions kick in during a fight, the body often tenses up making ultra-powerful punching very difficult. A fighter's lack of experience or lack of technical training often results in them throwing stiff, slow, laboured punches. Even worse the telegraphed punches they attack with are usually thrown by themselves, not within a combination that could drastically increase any chances of scoring a knockout.





In training, think of your arm as two different parts, the fist and the arm. The arm must take on the attributes of a piece of rope, hanging loose as it swings to and from your upper body. Alternately the fist must tighten, with its thumb on the outside, remaining clenched as if it were an iron ball hanging from that rope. At first you will find this extremely challenging to do and you'll quickly realize that it's going to take a lot of practice and focus to get things just right. As you tighten your hand you will often feel your entire arm tighten and vice versa with your hand becoming too loose when you allow your arm to relax. Just keep trying!

You'll know when you get it right because you will instantly multiply the power of your punch and lessen the amount of effort it takes to throw it. That's when your true punching power will begin to emerge.

Okay, so now you find yourself in a perfectly balanced fighting stance while carrying your arms in a strong position,

leaning nicely into all of your punches and rotating your body to the maximum, all the while keeping your punching arm totally loose with its fist clenched tight. Awesome job!

What's next? Let's bring some speed into the equation.

### Secret #8 - Speed Things Up!

The speed in which you apply the proper mechanics of a punch directly influences its power. A quick and relaxed rotation of the legs, torso and shoulders from a strong balanced position will make a precisely aimed punch much more damaging to everything it hits.

Speed up every part of the punching movement and you'll immediately notice an increase in your overall power. Actually, it's more

likely that your opponent will notice it during sparring and competition, the two places when having the ability to punch harder benefit you the most.

The great thing about punching faster is that it really doesn't take

much extra energy to do so. You simply have to concentrate a bit more at first to condense every aspect of your punching motion into an ultra fast burst.

Punch with speed while shadowboxing, when working on the hands mitts, on the heavy bag and any other time you're practice striking with your hands. Soon all of you punching attacks will be quick and extremely powerful.

### Secret #9 - Use the "Snap Back"

You can add some serious snap to your punch but doing what I call the "Snap Back". The snap back is a very important action that many fighters forget—or were never taught—to use when punching. It's essentially the icing on the cake, making an already powerful punch even more powerful by adding the element of snap at the moment of impact. The snap back combined with all of the proper punching mechanics we've gone over extensively in this report is what will cause you to knock your opponents out time and time again.



Looking at the snap back motion you will notice that it is your complete punching motion reversed. Beginning as soon as your arm is roughly ninety- five percent extended –if you punch to 100% extension, a missed punch may result in a painful hyperextension of your arm— with your body fully rotated, power originating from the drive of the rear leg against the floor, the snap back returns you quickly to your fighting stance. That means you pull your arm, shoulder, hip and foot back into your initial fighting stance position simultaneously. Execute these retraction motions with as much speed as you used to rotate your body and extend your punch to attack a split second earlier.

Your punch will instantly become more effective due to the snap this movement creates and you will find yourself back in your fighting stance immediately ready to attack again or defend yourself if necessary. It will also keep you from overextending into poorly balanced

positions when you miss a punch so be sure to practice it constantly.

**Secret #10 - Get Stronger**

Once you master, through hours and hours of practice, all the technical details of throwing a power punch you can work on hitting even harder by becoming physically stronger and more explosive. My trainer



Eric Wong has me do a ton of core work including prone bridges, hands walk-outs and explosive medicine ball tosses before every one of my fights. I definitely notice that I punch a lot harder during those periods of time. Any exercise that strengthens your legs, hips or core will increase your explosiveness and overall punching power.

**Secret #11 – Aim True**

Eye your target at all times. I like to watch my opponent’s chest rather than their head which gives me a good sense as to when they will attempt to punch and kick me. Some guys are very

**“Every fighter’s got a plan until they get hit.” - Mike Tyson**

elusive and slick with head movement so the fact that I don’t stare solely at their head helps me to not to get overwhelmed or dazzled by their slickness.

I fire and aim my punches at a level slightly higher than the place my eyes focus on. Never guess at your impact point!, Aim directly at their chin ,jaw or temple. This type of focus is very important not only for increasing your chance to knock out but for your own safety as well. If you punch wildly and connect with the top of his head, which is extremely strong area of bone, you could really hurt yourself.

**Secret #12 - Knocking Them Out on the Ground**

Knocking your opponent out when you both are on the ground can take a special touch.

For instance, when you are in the mount position it can be very difficult to score a KO using only straight punches. I think this is because the ground often acts as a brace, keeping the head of your opponent from snapping back fully.



The hardest punches I've ever landed were thrown by me during a fight that took place a few years ago. I was in the mounted position and pounding my opponent in the face repeatedly as hard as I could. I still remember being puzzled as to why he was still awake after absorbing them all.

As I thought about it after that fight I realized something very important. Circular punches may be more effective than the straight ones when striking on the ground.

So when you find yourself in the top positions; Within the guard, mounted, or with your knee on the stomach, start adding some arc to your punches. Utilize hooks and hard swinging hammerfists in addition to your regular punches. The rotational force created by these types of strikes will greatly increase your chances of knocking out

your adversary. In the end you may win some extra money because of it and may even earn yourself some new fans.

**Well that's it! Now you know all of my secrets to punching hard.**

The easy part has been reading them. Now it's up to you to get your butt in the gym and practice them over and over and over again. Through hard work and attention to detail you'll embed these power improving details into muscle memory and reap all the rewards that a powerful punch will bring you. More confidence, more wins, and more fans!

Train hard, train smart and most importantly have fun!





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Feedback is very important to me. Let me know what you like about this report and what you don't like because my goal is to make this an extremely valuable resource for you.

If you have any questions or comments, please do not hesitate to ask. I can personally be contacted at [info@jeffjoslinmma.com](mailto:info@jeffjoslinmma.com) and will reply within 48 hours.

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## About the Author

Jeff "The Inferno" Joslin is a martial artist in the truest sense of the term. Born and raised in Hamilton, Ontario, Canada, Jeff grew up engulfed in the martial arts. His father, Rick, a three-time Canadian karate champion, opened up the family academy back in 1967.

Starting his training at only five years of age, Joslin has developed tremendous depth in his martial arts skills. A black belt in both Karate (5th Degree) and Brazilian Jiu-Jitsu, Jeff has won over 200 first place titles in striking, Brazilian Jiu-Jitsu and submission wrestling competition spanning two decades. Jeff took gold at the Pan American BJJ championships -- the first Canadian in history to do so-- as a purple belt, is a Grappler's Quest U.S Nationals submission wrestling champion and won the Arnold/Gracie World BJJ Championships open weight division as a brown belt.

Jeff possesses a unique mixed martial arts striking style that blends the best of his extensive karate and kickboxing background with the strong boxing skill set he developed through many years of training with some of Canada's best boxers and trainers.

In mixed martial arts competition, Jeff is the Apex fighting Welterweight World Champion. He has fought in the Ultimate Fighting Championship (UFC), TKO, Hardcore Championship fighting, and a number of other MMA events.

Jeff currently co-hosts an MMA show, "In the Cage!", along with the morning show's Ben and Kerry, on Y108 Radio. The three of them talk about current MMA related events, upcoming fight cards and much more. Jeff, with his extensive background as both a coach and professional fighter, provides the listeners with an excitingly unique behind the scenes perspective on the rapidly growing sport of mixed martial arts.

Jeff also works as a professional commentator and has commentated numerous mixed martial arts events several of which have been broadcasted on national television. He has also been a featured guest on TSN's popular television show "Off the Record" and has discussed, debated and explained the sport of mixed martial arts on many other television programs.

He is the founder of [www.jeffjoslinmma.com](http://www.jeffjoslinmma.com), a mixed martial arts site dedicated to helping others develop their MMA skill sets through online training videos, live video streaming, useful training tips and more.



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