

# 7 Common Punching Mistakes (And How to Fix Them at Our Ventura Gym)



Whether you're stepping into the ring for the very first time or you've been lace-up for years, boxing is a sport of constant refinement. Here at **MV Boxing & Fitness**, we believe that mastery isn't about being perfect; it's about being better than you were yesterday. In the world of **ventura boxing**, technique is everything. A punch isn't just about moving your arm; it's a full-body kinetic chain that starts at your toes and ends at your knuckles.

Even the pros have "tells" and bad habits that creep in when they get tired. That's why our coaching staff focuses so heavily on the fundamentals. We aren't just here to help you break a sweat; we're here to help you develop a skill set that builds confidence, discipline, and power. If you've been searching for a **boxing gym ventura** where you can actually learn the "sweet science" without feeling judged, you're in the right place.

Let's break down the seven most common punching mistakes we see on the mats and, more importantly, how we help you fix them so you can level up your game.

## 1. THE EXPOSED CHIN DURING THE JAB

The jab is your most important weapon. It sets the distance, blinds your opponent, and sets up your power shots. However, many beginners (and even seasoned fighters) tend to lift their chin or lean too far forward when they throw it. This turns your best offensive tool into a defensive liability. If your chin is up, you're essentially "handing" your jaw to your opponent on a silver platter.

**HOW TO FIX IT:** Keep your chin tucked behind your lead shoulder. As your arm extends, your shoulder should naturally rise to protect your chin. At the same time, your rear hand should stay glued to your face, protecting the other side. During our [All Levels Group Boxing](#) sessions, we often have

coaches throw a light counter-hook while you jab to remind you to keep that defensive structure tight.

## 2. DROPPING THE REAR HAND DURING A HOOK

This is arguably the most dangerous mistake in boxing. When you throw a lead hook, your body naturally wants to balance itself by moving the rear hand. Many people let that rear hand drop to their chest or waist. This leaves your entire right side (or left, if you're a southpaw) wide open for a counter-hook.



**HOW TO FIX IT:** Think of your rear hand as a shield that never moves unless it's firing its own shot. When you throw the hook, imagine there's a piece of string connecting your rear glove to your cheekbone. We use intensive mitt work to build the muscle memory required to keep that hand high. If you want specialized attention on this, our [personal 1-1 boxing sessions](#) are the perfect place to iron out these habits.

## 3. LOW SHOULDER POSITION

When you punch, there shouldn't be a "window" between your shoulder and your chin. If your shoulders stay relaxed and low during the impact phase, your head remains an easy target. High shoulders act as built-in armor.

**HOW TO FIX IT:** Focus on "shrugging" your shoulder into your chin as the punch reaches full extension. This requires staying relaxed until the moment of impact. If you're too tense, your shoulders won't move fluidly. Our coaches at our **boxing gym ventura** focus on "relaxed power," teaching you to stay loose so your defense is just as fast as your offense.

#### 4. TELEGRAPHING THE POWER HAND

We've all seen it: a fighter pulls their right hand back like they're winding up a baseball pitch before throwing the cross. This is called "telegraphing." It tells your opponent exactly what's coming, giving them plenty of time to slip, block, or counter.

**HOW TO FIX IT:** Your punch should travel in a straight line from your face to the target. No "wind-up," no "dip." To fix this, we often use the heavy bags to practice "firing from the holster." We'll even record your form during a session so you can see exactly where that hand is dropping. Check out our [gallery](#) to see our members in action, working on that lightning-fast, straight-line delivery.

#### 5. FLARING YOUR ELBOWS (THE "CHICKEN WING")

When people try to generate power, they often wing their elbows out to the sides. This "flaring" not only slows down the punch but also signals your intent and leaves your ribs wide open for body shots. A flared elbow means the force isn't being transferred efficiently through your skeletal structure.



**HOW TO FIX IT:** Keep your elbows "tucked" to your ribs. Your punches should "pipe" out from your center. Imagine you are punching through a narrow hallway where your elbows can't touch the walls. This creates a "stinging" jab and a "piercing" cross. Keeping those elbows in also makes you a much smaller target to hit.

## 6. THE "LAZY" LEAD HAND

Throwing a punch is only half the battle; bringing it back is the other half. A "lazy jab" is when a fighter throws the punch and then lets their hand drop to their waist before bringing it back to their face. This is the #1 way to get hit with a counter-cross.

**HOW TO FIX IT:** The retraction of the punch should be just as fast, if not faster, than the extension. "Snap" the hand back to your face like it's attached to a rubber band. We emphasize this during our 25-minute 1-1 sessions, where the pace is high and the focus on "hand-retraction" is relentless.

## 7. PUSHING THE JAB

Instead of snapping the punch, many beginners "push" it. This usually involves leaning your weight too far forward over your lead toe. While you might feel like you're reaching further, you're actually sacrificing balance and making yourself easy to knock off-center.

**HOW TO FIX IT:** Your power comes from the ground and your hips, not from leaning. Keep your weight centered between your feet. Use your lead foot to step into the jab for reach, but keep your spine vertical. At **MV Boxing & Fitness**, we treat footwork as the foundation of every punch.



## WHY FUNDAMENTALS MATTER FOR EVERYONE

You might be thinking, "Manolo, I'm just here for the workout, do I really need to worry about my shoulder position?"

The answer is **yes**.

First, proper technique prevents injury. Boxing is a high-impact sport, and throwing "ugly" punches is a fast track to wrist, elbow, and shoulder issues. Second, there is a massive mental benefit to learning a skill correctly. When you master a complex movement, you build **resilience** and **focus** that carries over into your work and personal life.

At our **ventura boxing** facility, we pride ourselves on being a supportive environment. We know that walking into a gym can be intimidating. That's why our monthly membership is designed to get you into a routine where these fixes become second nature.

## THE MV BOXING & FITNESS DIFFERENCE

What sets us apart from any other **boxing gym ventura**? It's the community. We are a family of people who are all striving to be the best versions of ourselves. Whether you're a pro looking to sharpen your defense or a beginner looking to lose weight and gain confidence, you are welcome here.

### Our Benefits Include:

- **Expert Coaching:** We don't just stand there and yell; we teach. We show you the *why* behind every movement.
- **Judgment-Free Zone:** Everyone started at Day 1. We celebrate progress, not perfection.
- **Holistic Growth:** We focus on physical strength, but we're just as invested in your mental discipline and camaraderie with your fellow members.
- **All Skill Levels:** Our programs are tailored to meet you where you are today.



## **READY TO FIX YOUR FORM?**

If you're tired of the same old "box-o-size" classes where nobody corrects your form, come see us in Ventura. We'll get your hands up, your chin down, and your confidence soaring. Boxing is a journey, and we'd be honored to be your partner in it.

### **Take the first step today:**

- Check out our [Gym News](#) for the latest updates.
- New here? Start with our [1st & Last Monthly Enrollment](#) to commit to your transformation.
- Not sure yet? Browse our [Boxing Programs & Trials](#) to find the right fit for you.

Stop "pushing" your punches and start "snapping" them. We'll see you at **MV Boxing & Fitness:** where we turn mistakes into mastery. **Join us today!**