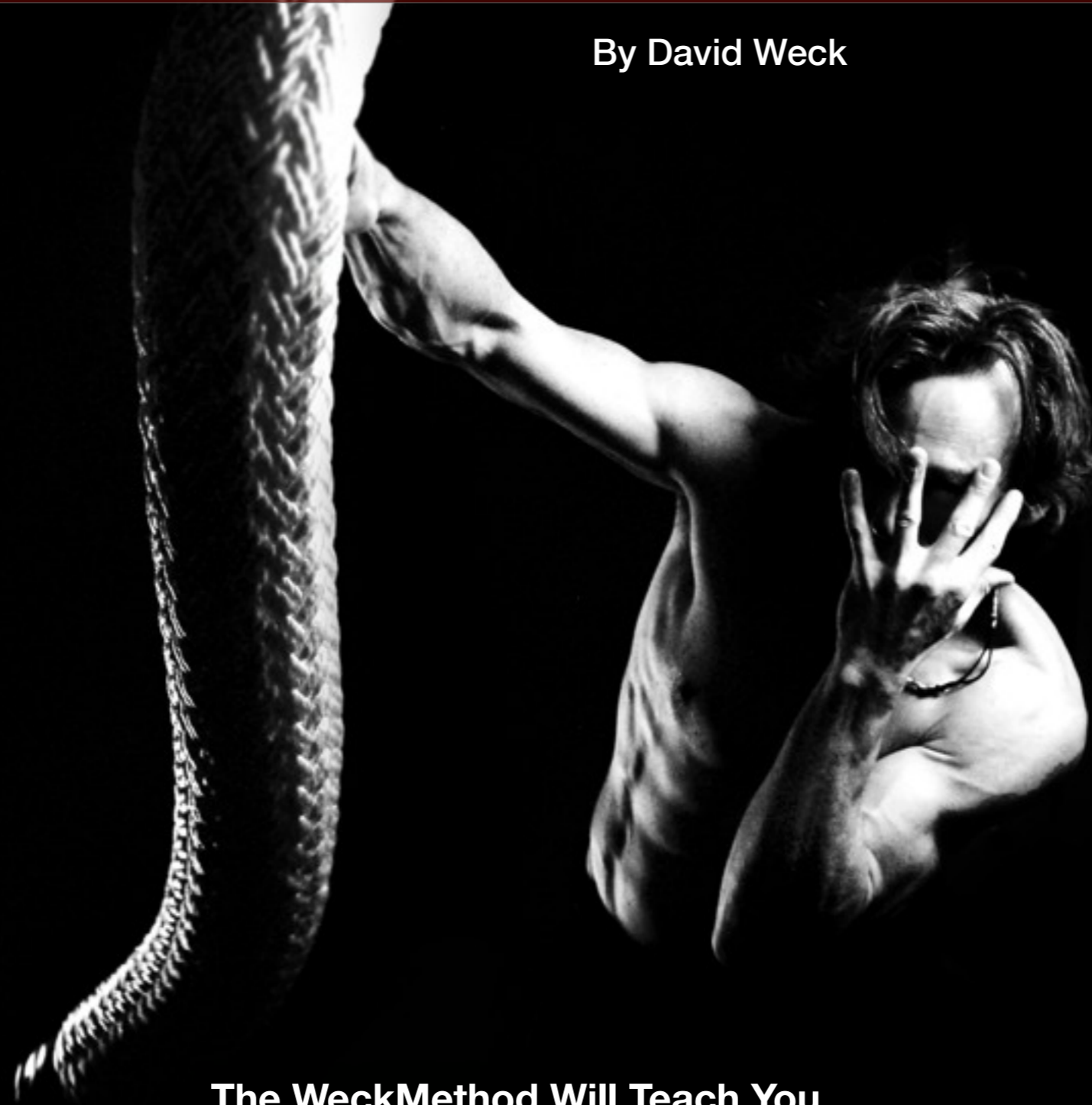


How To Throw Your Best Punch with the WeckMethod™

By David Weck



**The WeckMethod Will Teach You
How To Throw Your Best Punch And So Much More**

From the Inventor of the BOSU® Balance Trainer

Copyright © 2012 David Weck & BOSU Fitness, LLC. All Rights Reserved.

WECKMETHOD™

TRAINING

CERTIFICATION

PRODUCTS

Your Responsibility Agreement, Liability Waiver & Release



The information contained in this book will teach you how to increase your “Response Ability” for Self Defense, Combat Sports and Martial Arts regardless of your style or discipline. By reading and applying this information you Waive Any and All Claims and Agree to Release From Any and All Liability and Hold Completely Harmless David Weck, BOSU Fitness, LLC, and any and all of its affiliates for any and all of your actions henceforth. YOU AGREE TO ONLY ENGAGE IN LAWFUL ACTIONS RELATING TO ANY AND ALL OF THE CONTENT IN THIS BOOK YOU MAY LEARN.

You are Solely Responsible for the Consequences of Your Actions and Assume Any and All Liability and Assume Any and All Risks for any and all actions you may engage in henceforth. **IF YOU DO NOT AGREE WITH THESE TERMS AND CONDITIONS, DO NOT READ THIS BOOK.**

Acknowledgements,
Copyright & Trademarks

Learn What Bruce Lee Didn't Know

Bruce Lee was one of the most important and influential figures in Martial Arts. We owe him tremendous gratitude and respect. However, the WeckMethod advances the Martial Arts through better understanding of Martial Science.

This e-book will teach you one of the key components of the WeckMethod - how to make the CoreFIST™ Connection - with the best fist a human hand can make. A structurally superior fist that is the foundation for harder punching and much more that you will learn when you practice with the WeckMethod.





The Secret to throwing your best punch

is creating total bone alignment throughout your entire body. This enables you to get all of your weight and muscular power into your punch. A conventional fist does not align the bones of your hands optimally. You cannot throw your best punch using a conventional fist.

David Weck's discovery is the key to complete bone alignment throughout your body to the tips of your fingers. Correct alignment through your hands stabilizes your wrists and balances your shoulders. Using proper body mechanics and making the CoreFIST™ Connection is how you throw your best punch.