

Striking Combinations

J = Jab, C = Cross, H = Hook, U = Uppercut, COV = Cover, P = Parry, R = Right, L = Left, K = Round Kick, S = Switch Kick, T = Teep

Focus Mitts

1. J – C – H
2. J – C – J – C – J – C (Holder should retreat)
3. J – C – LH – LH (1st H body, 2nd H head)
4. C – H – C
5. J – J – J – H – C

Defense

- Defend the Jab, Catch and fire
- Defend the Cross, Front hand to forehead
- Defend the Hook, Back hand to cheek
- Defend the Uppercut, Both elbows in or catch

Combos with Defense

Basic - Holder fires at the end of basic combo, Puncher defends and fires back with counter punching combo, either H – C – H or C – H – C

Pop – Holder calls “Pop” after calling the combo number, Punchers fires back counter punch combo after defense with the same arm he defended with

Holder holds for Jab between combos

Holder fires jabs between combos, Puncher catches and fires
Up – Holder calls “Up” after calling the combo number, Puncher fires back with U – H – C or U – C – H

Jab Out – Puncher throws at least three jabs and circle away from the power hand at the end of each combo

Combos with Kicks

Offense

Round Kicks – Holder holds for either round kick or switch after basic combo or at the end of counterpunching he could alternately call “10” for a rear leg round kick and “9” for a switch kick after calling the combo number

Teep – Holder calls “Teep” after calling the combo number; Puncher throws a teep at the end of the combo

Defense

The holder fires a round kick and holds for a Cross– the Puncher beats it with a Cross

The holder fires a Switch kick and holds for a Jab– the Puncher beats it with a Jab

The holder fires either a round Kick or a Switch Kick at the end of the Punchers combo; The Puncher checks the kick and fires back with a Jab, Cross, Hook

Combos with Takedowns

J + J + Double Leg

J + C + K + Single Leg

J + C + T + Double Leg