

# The Workout

Wow... there's a lot of stuff to incorporate this week.

## 'Punching into 45 degree Step-Arounds'

We're going to start out with 45 degree step arounds... meaning if you're facing the North wall of your gym, after one punch you'll be facing the north west (assuming you're a righty), and after 2 punches, you will be facing west... a full 90 degree turn.

**Throw 30 Right Crosses with a 45 degree step-around** (orthodox stance)

**Throw 30 Right Hooks with a 45 degree step-around** (orthodox stance)

\*\*\*Switch your stance\*\*\*

**Throw 30 Left Crosses with a 45 degree step-around** (southpaw stance)

**Throw 30 Left Hooks with a 45 degree step-around** (orthodox stance)

## 'Punching into 90 degree Step-Arounds'

Now you will be adding to the degree of pivot and angle change. This is the type of 'hinge step' that will really add a ton of power. Each step should leave you facing a different wall in your gym.

**Throw 30 Right Crosses with a 90 degree step-around** (orthodox stance)

**Throw 30 Right Hooks with a 90 degree step-around** (orthodox stance)

\*\*\*Switch your stance\*\*\*

**Throw 30 Left Crosses with a 90 degree step-around** (southpaw stance)

**Throw 30 Left Hooks with a 90 degree step-around** (orthodox stance)

## 'Uppercutting on your Second Step'

Now you will be throwing a cross, hinging 90 degrees, and as your second step drags back to your stance, you will fire your 'Head Juggling' uppercut.

**Throw 50 Right Crosses with a 90 degree step-around, and an uppercut on the second step**

**Throw 50 x 1-2's (Jab -Cross) with a 90 degree step-around, and an uppercut on the second step**

\*\*\*Switch your stance and fire the same combinations\*\*\*

**Throw 50 Left Crosses with a 90 degree step-around, and an uppercut on the second step**

**Throw 50 x 1-2's (Jab -Cross) with a 90 degree step-around, and an uppercut on the second step**

## 'The 5 Strike Combo'

Do not 'rest' between reps... in fact, you shouldn't have rested between any of the reps in this workout. Continue to move around and move as if setting up the next combination.

If you have a heavy bag, **use it...** if not, throw your switch kick and follow through as if you 'missed' a kick in a normal fight. For a reminder of that, watch the week #2. roundhouse video.

(In your normal stance)

**Execute 30 repetitions of 1-2 - (90 degree step around) - Lead Uppercut - Rear Straight - Switch Kick**

\*Optional\* Switch your stance and execute the same 30 combinations.

## 'The Second Step Hook'

10 x Right Cross - 90 degree step around - Second Step Left Hook (**FULL POWER**) (orthodox stance)

10 x Left Cross - 90 degree step around - Second Step Right Hook (**FULL POWER**) (southpaw stance)

## 'Side Kicks'

Warm up by throwing 20 side kicks on each leg, thinking about your form... and **pivoting** your standing leg effectively.

**2 Minutes Shadow boxing** (or Heavy Bag) - Work whatever combinations you like, but you need to throw at least 15**Lead Leg** side kicks before you can rest.

**2 Minutes Shadow boxing** (or Heavy Bag) - Work whatever combinations you like, but you need to throw at least 15**Rear Leg** side kicks before you can rest.

## 'Multi Kicks'

**Execute 2-10 Multi Kicks on your Lead Leg**

So, 2 kicks, then 3 kicks, then 4 kicks... through 10.

**Execute 2-10 Multi Kicks on your Rear Leg**

\*Repeat\*

## 'Partner Drills'

...which can be modified for solo work. If you're catching a **Front Kick** you need to blast backwards off of your front leg. If you're catching a **Roundhouse** you need to blast sideways. You can do this while shadow

boxing, to simulate working with a partner. *Visualize* the strike coming at you, and react.

Otherwise, just do it with a partner!

## Catching Front Kicks

**2 Minute Round catching Front Kicks** - If you have a partner, one guy kicks for the first 2 minutes, Rest 30 Seconds, and then switch.

**2 Minute Round Catching Front Kicks... and moving into the finish** - build onto the initial movement. First, just catch and drag. Then, catch drag, and move into your takedown.

**2 Minute Round catching Roundhouses** - If you have a partner, one guy kicks for the first 2 minutes, Rest 30 Seconds, and then switch.

**Also**, once your kick is caught, PULL IT BACK to work on your 'defense for a caught kick as well. If that's not in this week... then I apologize.

**2 Minute Round catching roundhouses and moving into the finish** - go all the way through the strike (don't actually hit your opponent), and your takedown.

AND THAT'S THE WORKOUT.

You will have built some essential brutal combinations, and some essential defensive patterns (that can end fights instantly). Enjoy.