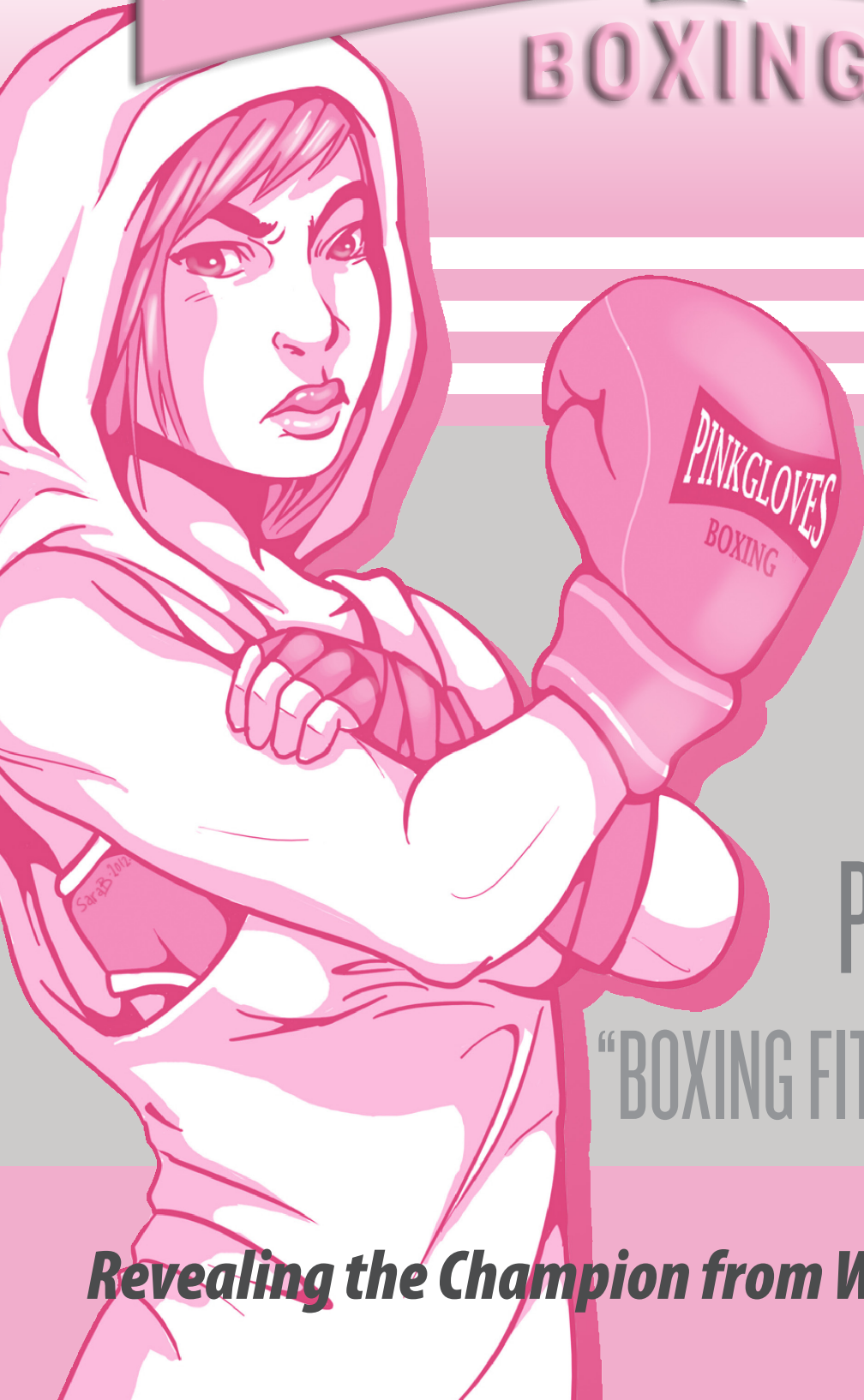


PINKGLOVES

BOXING



PGBTIER5

“BOXING FITNESS FOR WOMEN”

Revealing the Champion from Within Each Other™



TIER 5 WORKOUT PACKS

Are you ready for a new style of workout? As PGB members progress through the tiers, their advanced skills allow for more advanced workouts. The Tier 1 and 2 workouts used the PGB 5 Bout system. The Tier 3 and 4 workouts incorporated Partner Punching and Team Burnouts. In Tier 5, the choice is yours.

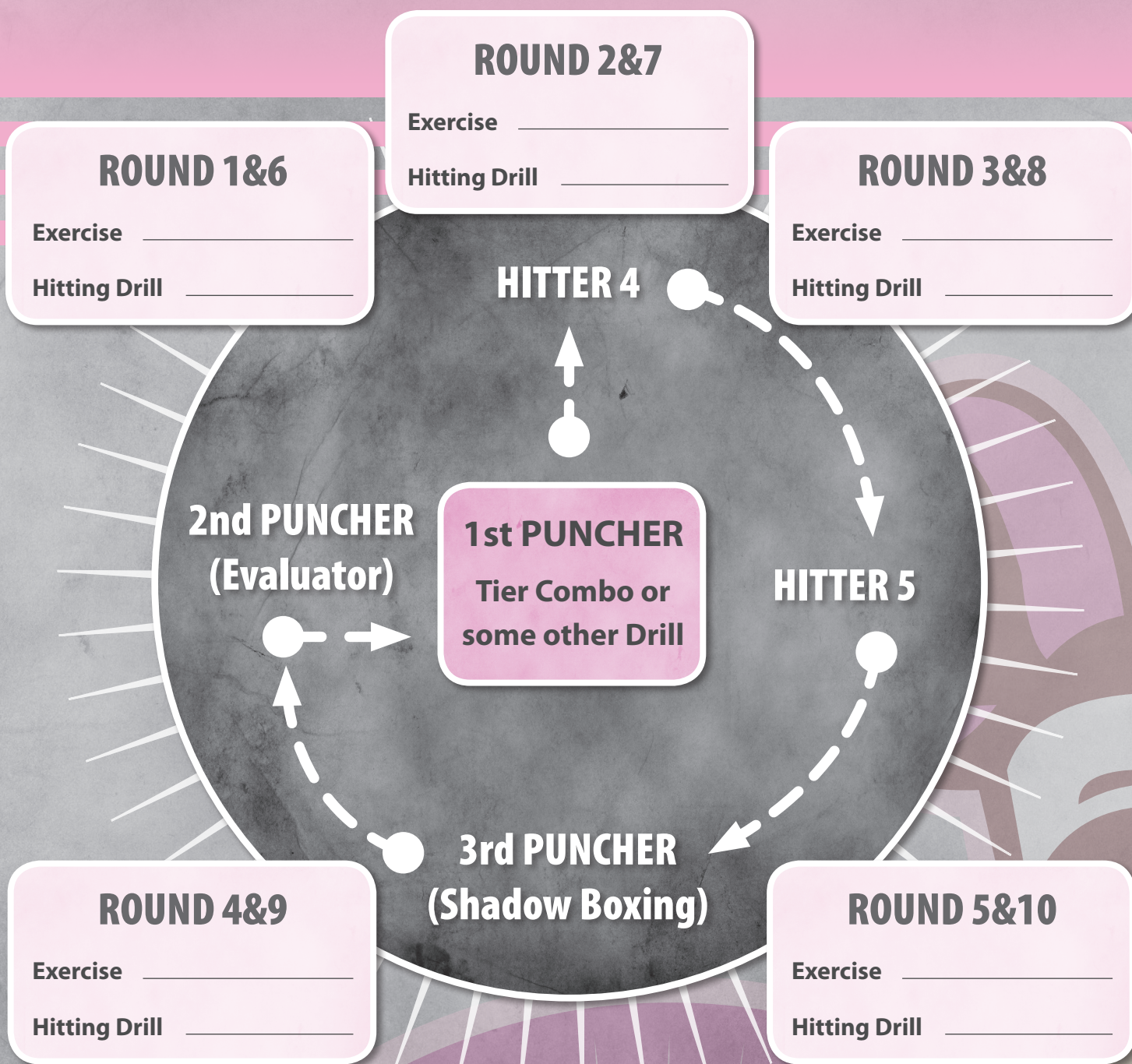
Before each class:

1. Choose one of the seven workout templates
2. Write in the daily boxing drills (as listed on the appropriate workout)
3. Write in your own Total Body exercises (use exercises from previous Workout Packs if you can't think of any)
4. Post the workout sheets in class
5. Let the fun begin

There may be some confusion the first time you try a new template. You have to trust your abilities and trust your members. It gets easier. After a couple of weeks, once everybody understands the flow of the class, you'll be able to put your own spin on the workouts and flex your creative muscles. For more information and videos about how to teach each template, visit pinkglovesboxing.com.



AROUND THE WORLD





AROUND THE WORLD

- This workout focuses on teamwork, interaction and giving constructive evaluations.
- The trainer holds for one member in the middle while the other members form a circle around them.
- The members around the circle perform a Total Body Exercise (chosen by the trainer ahead of time).
- The 2nd Puncher (next member to rotate into the center) does not do the Total Body Exercise, but instead, evaluates the 1st Puncher.
- The 3rd Puncher (next member to rotate to Evaluator) does not do the Total Body Exercise, but instead, Shadowboxes the Hitting Drill.
- Interval length: the smaller the group, the longer the interval can be, but no more than 45 seconds.
- If the group is larger than 10 members, split into 2 circles.
- If the group has 7-9 Members – you might want to add more variation to the Total Body Exercise or choose exercises appropriate for numerous repetitions (plank, squat holds, etcetera...)
- At the end of each round, the members can briefly trade feedback before starting the next round of exercises and hitting drills.
- Variations: A member can replace the trainer holding mitts in the center. Encourage all members to rotate as holders.



BUILD A COMBO

*Example Combination

HITTER 1

*Starts the combo
with a 3: 3-

HITTER 2

*Adds a 6: 3-6-

HITTER 3

*Adds a Slip:
3-6-slip

HITTER 4

*Adds 8:
3-6-slip-8

HOLDER

HITTER 5

*Adds a 5:
3-6-slip-8-5

*Adds a Duck:
3-6-slip-8-5-duck-

Exercises between sets:

- | | | | |
|----------|----------|----------|----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ |
| 5. _____ | 6. _____ | 7. _____ | 8. _____ |

Once an error occurs, all members perform drill (given by instructor) and holder rotates out to hitter. The next hitter rotates in as holder.



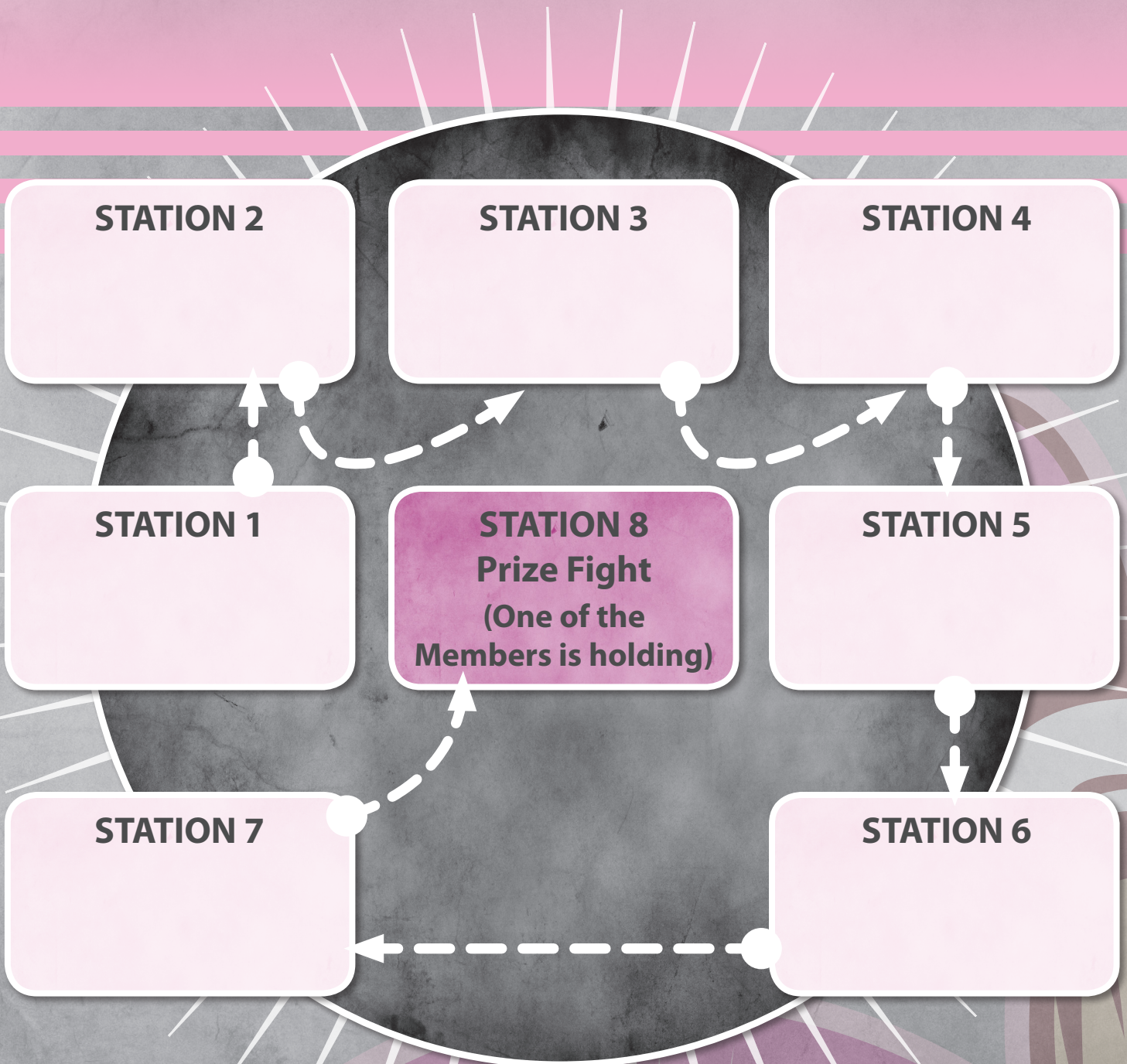
BUILD A COMBO

This drill challenges the memory and skill of both holders and hitters.

- The members (wearing gloves) form a circle around the trainer (wearing mitts).
- Instructor chooses a theme of skills learned in a specific Tier (reaction, switch foot, ambidextrilocious etc.)
- As the trainer rotates to each hitter, the hitter adds one new move to the previous hitter's combo.
- The challenge is to continue to add on to the combination with no errors by either hitter or holder.
- All members shadowbox the combination as it's being created. Everyone punches together.
- When an error occurs (at trainer's discretion), all members perform one of the preplanned exercises listed on the template (burpees, squats, lunges, push-ups, etcetera...) before starting the drill over again.
- Variations: a member can replace the trainer holding mitts. Encourage all members to hold.
- Variations: One round of the PGB 5 Bout Circuit or an additional cardio drill may be included if the Build a Combo drill finishes early.



GIANT CIRCUIT





GIANT CIRCUIT

- The number of stations equals the number of present Members MINUS ONE. Each Member gets her own station, the extra is holding.
- One of the members holds mitts in the middle for a FULL rotation of all the stations. The holder then rotates into Station 1, the Station 1 member rotates to holder. The next round the holder rotates to station 2, and so on.
- The length of each station will depend on how many members are present. More members = Less time.
- The Members rotate through each station (same holder).
- The instructor determines the drill at the Prize Fight station and should be giving feedback to both the hitter and holder.
- Stations should alternate between strength and cardio exercises.

- **EXAMPLE:**

8 Members = 7 stations

30 seconds per station (10 sec rest between stations) = 4:40 per round = ~37:10 total time for 8 Rounds (each Member holding one round)

Station 1: Burpees

Station 3: Squats

Station 5: Push Ups

Station 7: Prize Fight

Station 2: Tier 4 Footwork Drill

Station 4: Tier 4 Footwork Combo (shadowboxing)

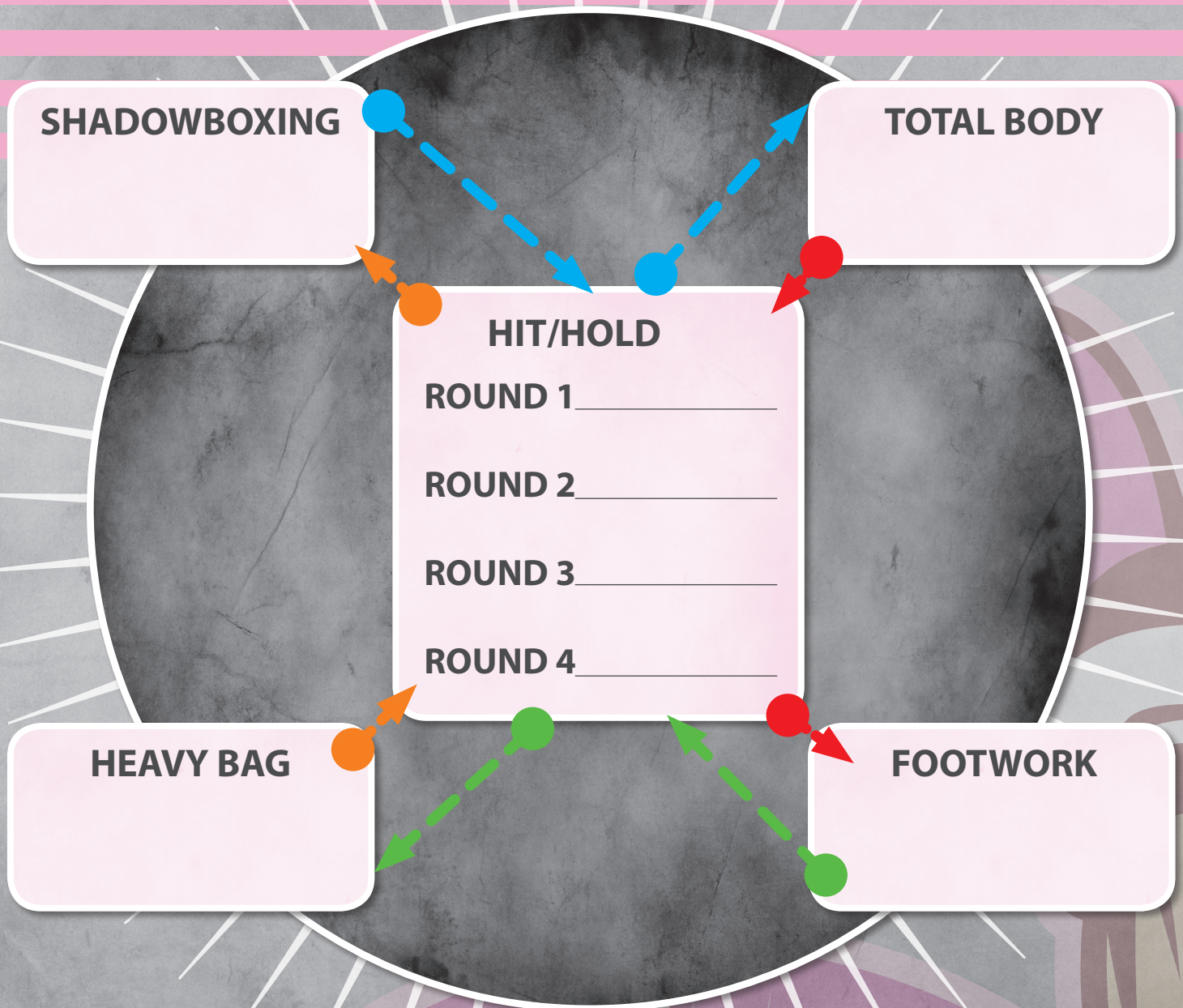
Station 6: Tier combos 1-3 (shadowboxing)

- If you are planning this template with a larger group, make sure to stay on track! Rotations take longer with more people. Maintain focus throughout the workout. Smaller groups, with 5-6 members, is more efficient and allows for longer rounds.



REGULAR CIRCUIT WITH EXTRA PRIZE FIGHTS

Diagram shows where each person would go for 1 round + transition





REGULAR CIRCUIT WITH EXTRA PRIZE FIGHT

- Members, in pairs, start at one of four stations: heavy bag, shadowboxing, total body, and footwork.
- They perform the exercise at their station, and then everyone goes to the center for a segment of hitting and holding.
- After both hitting and holding, the members rotate to the next station for another timed round.
- Return to the center to repeat hitting/holding and rotating sequence.
- Using the Workout Pack, the trainer chooses boxing drills for each Hit/Hold segment and teaches technique throughout the Prize Fight bouts.
- 2-minute rounds with 20-second rest = 28 minutes to complete a full rotation.
- 3-minute rounds with 20-second rest = 40 minutes to complete a full rotation.
- If there are more than 8 people in the class, it is okay to have two sets of members at one station.



LADDER WORKOUT

FORWARD LADDER

ROUND 1

Ladders _____

Holder 1 _____

Holder 2 _____

Hit/Hold _____

ROUND 2

Ladders _____

Holder 1 _____

Holder 2 _____

Hit/Hold _____

ROUND 3

Ladders _____

Holder 1 _____

Holder 2 _____

Hit/Hold _____

ROUND 4

Ladders _____

Holder 1 _____

Holder 2 _____

Hit/Hold _____

BACKWARD LADDER

HOLDER 1

HOLDER 2





LADDER WORKOUT

- This workout focuses on footwork and quick hitting.
- 2 members are holding mitts, the rest are spread out on the ladders wearing gloves. One Speed Ladder is designated FORWARD footwork, the other Speed Ladder is designated BACKWARD footwork.
- The members run through the ladder, hit the mitts, run through the next ladder and hit other mitts...
- 3-minute rounds – the Instructor chooses the ladder drill, and the Holding Members decide their drills (or it can be planned by the instructor ahead of time). It should be a quick drill – for example 3x through the 1-2-3-2 combo.
- After each Ladder round, the members partner up for two, 3-minute Hit/Hold rotations (3-min. holding/3-min. hitting). Then you start another Ladder round, with new holders and new drills. You can also have a Total Body exercise instead of Holders between the Ladders.
- Each round will take about a little less than 10 minutes. 4 rounds will be a little under 40 minutes.



TABATA BURNOUT

B. TABABTA

Hitter rotates to next holder
during 10 seconds rest

**HOLDER/HITTER
20 SECONDS**

**HOLDER/HITTER
20 SECONDS**

A. PRIZE FIGHT

ROUND 1

Hit/Hold Drill

ROUND 2

Hit/Hold Drill

ROUND 3

Hit/Hold Drill

**HOLDER/HITTER
20 SECONDS**

**HOLDER/HITTER
20 SECONDS**



TABATA BURNOUT

- This workout uses the Tabata format to focus on boxing Burnout drills
- The members rotate between form-focused Prize Fight segments and intense Tabata Burnout segments.
- **A. Prize Fight** – the members hit and hold the drill for each other. While the trainer rotates around each group helping to hold and teach proper technique.
- **B. Tabata Burnout** – After each member hits and holds, the teams move to the perimeter of the room. The holders pick a “burnout drill” while the hitters rotate between the holders using the Tabata format – 20 seconds to burnout/10 second to rotate. With 8 members, one rotation equals 2 minutes (a half Tabata) and two rotations equals 4 minutes (a full tabata). Hitters then switch to holders.
- To maintain form and technique, we recommend half Tabatas. For maximum intensity, try a full Tabata (two rotations) and ask the holders to choose a new burnout drill on the second rotation.
- After the members both hit and hold the Tabata Burnout, everyone returns to the Prize Fight segment.
- 2-minute rounds = 24 minutes total
 - Prize Fight hold – 2 minutes
 - Prize Fight hit – 2 minutes
 - Tabata hold – 2 minutes
 - Tabata hit – 2 minutes
- 4-minute rounds = 48 minutes total
 - Prize Fight hold – 4 minutes
 - Prize Fight hit – 4 minutes
 - Tabata hold – 4 minutes
 - Tabata hit – 4 minutes

x3 Rounds

x3 Rounds



TABATA TECHNIQUE

A. PRIZE FIGHT

**HIT/HOLD
WORKING ON FORM
AND TECHNIQUE**

ROUND 4

(1) Hit/Hold Drill

(2) Tabata Exercise

**HIT/HOLD
WORKING ON FORM
AND TECHNIQUE**

ROUND 1

(1) Hit/Hold Drill

(2) Tabata Exercise

**HIT/HOLD
WORKING ON FORM
AND TECHNIQUE**

ROUND 2

(1) Hit/Hold Drill

(2) Tabata Exercise

**HIT/HOLD
WORKING ON FORM
AND TECHNIQUE**

B. TABATA

ROUND 3

(1) Hit/Hold Drill

(2) Tabata Exercise



TABATA TECHNIQUE

- This workout focuses on boxing technique improvement with Tabata intervals for cardio improvement.
- **A. Prize Fight** – the members hit and hold the drill for each other in the perimeter of the room. While the trainer rotates around each group helping to hold and teach proper technique.
- **B. Tabata** – After first rotation of hitting and holding, all members move to center for team Tabata drill. Either a full, 4-minute Tabata (20sec work/10sec rest x8) or a half, 2-minute Tabata (20sec work/10sec rest x4). The Tabata may consist of one exercise (burpees) for the entire length of the drill or several exercises (mountain climbers, guard squats, push-ups) alternating throughout the drill.
- Members should choose a new partner for each Prize Fight segment.

- 2-minute rounds = 24 minutes total

- o Prize Fight hold – 2 minutes
- o Prize Fight hit – 2 minutes
- o Team Tabata – 2 minutes

x4 Rounds

- 4-minute rounds = 48 minutes total

- o Prize Fight hold – 4 minutes
- o Prize Fight hit – 4 minutes
- o Team Tabata – 4 minutes

x3 Rounds



STARTING OFF ON THE WRONG FOOT



Goal

Welcome back to another exciting semester. While there's so much new to learn, remember that there's even more old to practice and perfect. More importantly, look around and see all the friends you've made.

Think back to where you started. And look at where you are now. You've strengthened your skills and your relationships.

This semester will start switchfooted a.k.a. "the wrong foot forward".



Convo

What do you want to gain out of this semester PGB?



Poetic Punch

"Fit is a feeling, not an image."



Chapter 1

Punch System Switch (PSS): 3PCs (1-3s)

Switch means that Southpaw turns Orthodox, and Orthodox turns Southpaw. You never know when you need to mix it up and it's time to add a few new tricks to your bag.

Ex.)

1 - 2 - 3

1 - 2 - 2

1 - 2 - 1

1 - 1 - 2

2 - 1 - 2

2 - 3 - 2

3 - 2 - 1

3 - 2 - 3

STARTING OFF ON THE WRONG FOOT

Punch System Switch
(PSS): 3PCs (1-3s)

PINK GLOVES
BOXING

TIER 5
5 - 1



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3

1 - 2 - 2

1 - 2 - 1

1 - 1 - 2

2 - 1 - 2

2 - 3 - 2

3 - 2 - 1

3 - 2 - 3



STARTING OFF ON THE WRONG FOOT

Punch System Switch
(PSS): 3PCs (1-3s)

PINK GLOVES
BOXING

TIER 5
5 - 1

 **Bout**

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3

1 - 2 - 2

1 - 2 - 1

1 - 1 - 2

2 - 1 - 2

2 - 3 - 2

3 - 2 - 1

3 - 2 - 3

WORST FOOT FORWARD



Chances are you've probably experimented with switchfoot in the past. At first, it feels awkward – like wearing boxing gloves on your feet, but comfort will come with practice. Feel free, as you're practicing basic moves from your opposite stance, to switch back and forth. This will not only break up the monotony, but it will also help transfer skills from your dominant stance to your weaker stance.



When your name shows up on someone's Caller ID, what's the first word you hope they think?



Poetic Punch

"Leaders follow passions."



Chapter 1

PSS: 3PCs + Square Drill

Mix it up with a little movement.

Ex.)

1 - 2 - 1 - fwd

1 - 2 - 2 - right

1 - 1 - 2 - back

1 - 2 - 3 - left

**WORST FOOT
FORWARD**

PSS: 3PCs + Square Drill

PINK GLOVES
BOXING

TIER 5
5 - 2



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 - left

1 - 2 - 2 - back

1 - 1 - 2 - right

2 - 3 - 2 - back

Choose Two Combos

**WORST FOOT
FORWARD**

PSS: 3PCs + Square Drill

PINK GLOVES
BOXING

TIER5
5 - 2

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 + Square Drill

1 - 2 - 1 + Square Drill

1 - 1 - 2 + Square Drill

2 - 1 - 2 + Square Drill

2 - 3 - 2 + Square Drill

Choose Two Combos

RUN LIKE A SHOE



Goal

Begin working on your Childhood Reflections. What were your biggest accomplishments? What obstacles did you overcome? How did you prepare for those accomplishments? See your manual for more information.



Convo

What's the most memorable workout you've ever had (a run, a hike, a gym experience)?



Poetic Punch

"Integrity lies in those who don't."

RUN LIKE A SHOE

PSS: 3PCs (1-6)

+ Footwork Drill



TIER 5

5 - 3



Chapter 1

PSS: 3PCs (1-6) + Footwork Drill

Keep it movin'.

Ex.)

4 - 5 - 6

6 - 7 - 8

6 - 3 - 2

4 - 5 - 8



RUN LIKE A SHOE

PSS: 3PCs (1-6)

+ Footwork Drill



TIER 5

5 - 3



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

4 - 5 - 6

6 - 7 - 8

6 - 3 - 2

4 - 5 - 8

Choose Two Combos



RUN LIKE A SHOE

PSS: 3PCs (1-6)

+ Footwork Drill



TIER5
5 - 3



Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

4 - 5 - 6 + Square Drill

6 - 7 - 8 + Square Drill

6 - 3 - 2 + Square Drill

4 - 5 - 8 + Square Drill

Choose Two Combos



CENT OF SENSE



As you reflect back on your past, think about how hard you worked and how much focus you had to have. All the characteristics that led to your accomplishments are still within you. How can you use those natural traits to help with future accomplishments?



You're at a wishing well that actually works. You get one wish; what is it?



Poetic Punch *"Is what you see really me?"*



Chapter 1

PSS: 5MDs

Five moves. Endless potential. If you feel like you've got it down, try adding the combos into the Square Drill.

- Ex.)** 1 - 2 - slip - 2 - 1
 1 - 2 - duck - 2 - 1
 1 - 2 - duck - 4 - 5
 2 - 5 - slip - 3 - 6
 1 - slip - 1 - 6 - 3
 1 - 2 - 3 - duck - 3



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - slip - 2 - 1

2 - 3 - duck - 3 - 2

3 - 2 - duck - 2 - 3

1 - 2 - slip - 6 - 3

2 - 5 - slip - 3 - 6

3 - 6 - duck - 2 - 3

1 - 6 - duck - 2 - 5

Choose Two Combos

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - slip - 2 - 1
2 - 3 - duck - 3 - 2
3 - 2 - duck - 2 - 3
1 - 2 - slip - 6 - 3
2 - 5 - slip - 3 - 6
3 - 6 - duck - 2 - 3
1 - 6 - duck - 2 - 5

Choose Two Combos

PUNCH-A-HOLIC



Goal

If hope lived without a fear
Life would vanish in a year
Day is day because of night
Black is black because of white
And only when clouds disappear
Will the sky be truly clear



Convo

What fears have you outgrown? What fears have you yet to outgrow?



Poetic Punch

"Fear finds those who fear to look for themselves."



Chapter 1

PSS: 1-8 (8 Punches of Pink Gloves with Slips)

We know you can do it, but how good can you do it? Work on your rhythm and making the punches flow into each other. Try adding slips between each combination. Sometimes it's one slip and sometimes it's two slips, but don't worry... you always slip back to your lead hand. Think about your slips as not just a defensive move, but as a way of setting up your offense. In this case, you are always setting up your jab.

Ex.) 1 - slip

1 - 2 - slip - slip

1 - 2 - 3 - slip

1 - 2 - 3 - 4 - slip - slip

1 - 2 - 3 - 4 - 5 - slip

1 - 2 - 3 - 4 - 5 - 6 - slip - slip

1 - 2 - 3 - 4 - 5 - 6 - 7 - slip

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - slip - slip



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - slip

1 - 2 - slip - slip

1 - 2 - 3 - slip

1 - 2 - 3 - 4 - slip - slip

1 - 2 - 3 - 4 - 5 - slip

1 - 2 - 3 - 4 - 5 - 6 - slip - slip

1 - 2 - 3 - 4 - 5 - 6 - 7 - slip

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - slip - slip

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - slip

1 - 2 - slip - slip

1 - 2 - 3 - slip

1 - 2 - 3 - 4 - slip - slip

1 - 2 - 3 - 4 - 5 - slip

1 - 2 - 3 - 4 - 5 - 6 - slip - slip

1 - 2 - 3 - 4 - 5 - 6 - 7 - slip

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - slip - slip

PAINTED PINK



Goal

As you look down at where you now stand, think about what it took to be where you are. You stand on a collection of past consequences – good and bad – facing a future of opportunities. Continue to work on your Childhood Reflections.



Convo

If you could create a television advertisement for the whole world to see, what would it be?



Poetic Punch

“In my dog’s mind, all cats are lions.”



Chapter 1

PSS: Tier 1 Combo

Nothing tricky. Just plain ol' fashion punches. Can you remember when you first started testing the Tier 1 Combo? How does your first try with your opposite hand compare to your first try with your dominant hand?

Ex.)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip - 5 - 6

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip - 5 - 6 - 3 - 8

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip - 5 - 6 - 3 - 8 - 1 - 2



Bout Bags

Heavy

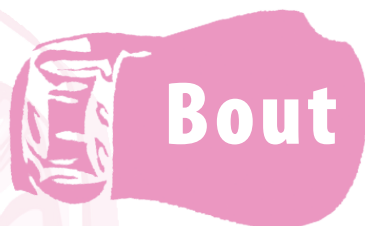
1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip

5 - 6 - 3 - 8 - 1 - 2

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip - 5 - 6 - 3 - 8 - 1 - 2



Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip

5 - 6 - 3 - 8 - 1 - 2

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip - 5 - 6 - 3 - 8 - 1 - 2

THE DUCKSWITCH ITCH



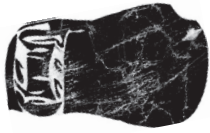
To a boxer, balance is everything... in training and in life. Can you maintain your balance as you switch from orthodox to southpaw, the gym to life?



If you could dedicate a workout to someone unable to workout, who would it be?



"Did you ever wonder if boxing was meant to be called 'the sweat science' but a typo forever tagged it as 'the sweet science'?"



Chapter 2

Duck-DuckSwitch Part 1

DuckSwitch is a defensive move to duck a hook and retreat. But the retreat isn't only for defense; it opens up new angles for your offense. Start the Duck-DuckSwitch by ducking to the back. Start by practicing these combos from your dominant stance.

Ex.)

2 - duck - duckswitch

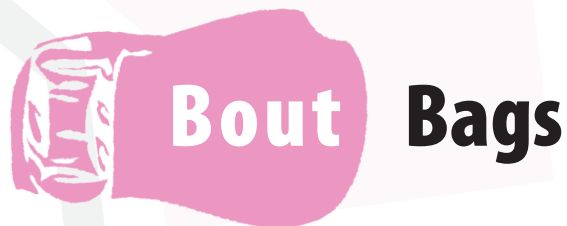
1 - 5 - duckswitch

1 - 3 - duckswitch

1 - 2 - duck - duckswitch

1 - 8 - duck - duckswitch

1 - 6 - duck - duckswitch



Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8

15 sec (1st round only)

2 - duck - duckswitch

1 - 5 - duckswitch

1 - 3 - duckswitch

1 - 2 - duck - duckswitch

1 - 8 - duck - duckswitch

1 - 6 - duck - duckswitch

Choose Two Combos

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8

15 sec (1st round only)

2 - duck - duckswitch

1 - 5 - duckswitch

1 - 3 - duckswitch

1 - 2 - duck - duckswitch

1 - 8 - duck - duckswitch

1 - 6 - duck - duckswitch

Choose Two Combos

FOREVER SAY EVER



We know the importance of speaking the truth to those we meet.

However, we sometimes forget that we must also speak the truth to ourselves. You know your potential. Settling for less is a form of a lie.



What's the worst/funniest photo ever taken of you?



Punch

"You can untie a lie, but you can't untell one."



Chapter 2

Duck-DuckSwitch Part 1 AGAIN

Work on perfecting your DuckSwitches. When you think you've got it down, practice some more.

Ex.)

2 - duck - duckswitch

1 - 5 - duckswitch

1 - 3 - duckswitch

1 - 2 - duck - duckswitch

1 - 8 - duck - duckswitch

1 - 6 - duck - duckswitch



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8

15 sec (1st round only)

2 - duck - duckswitch

1 - 5 - duckswitch

1 - 3 - duckswitch

1 - 2 - duck - duckswitch

1 - 8 - duck - duckswitch

1 - 6 - duck - duckswitch

Choose Two Combos

**FOREVER SAY
EVER**

**Duck-DuckSwitch -
Part 1 Again**

PINK GLOVES
BOXING

TIER5
5 - 8

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8

15 sec (1st round only)

2 - duck - duckswitch

1 - 5 - duckswitch

1 - 3 - duckswitch

1 - 2 - duck - duckswitch

1 - 8 - duck - duckswitch

1 - 6 - duck - duckswitch

Choose Two Combos

NO EYE DARE YOU



Many of the true joys in life exist outside your habits of comfort. Dare yourself to try something new during class and after class.



What's something fun you have experienced, that you would dare the rest of the group to do at some point in their lives?



"Dare yourself to scare yourself and never compare yourself. That's what it means to care for yourself."



Chapter 2

Duck-DuckSwitch + Square Drill Part 1

This can be tricky so start slow. Work on a couple moves at a time. Use the 5 Gears and slowly build up to full speed.

Ex.)

Fwd - duckswitch - right - duckswitch

- back - duckswitch - left

PINKGLO
BOXING



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8

15 sec (1st round only)

2 - duck - duckswitch

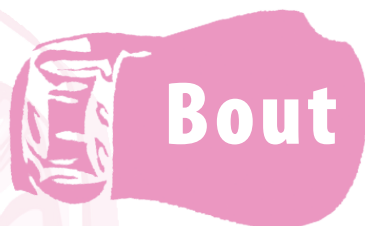
1 - 5 - duckswitch - 2

1 - 3 - duckswitch - 2

1 - 2 - duck - duckswitch - 2

1 - 6 - duck - duckswitch

Choose Two Combos



Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

Fwd - duckswitch

Fwd - duckswitch - right

Fwd - duckswitch - right - duckswitch

Fwd - duckswitch - right - duckswitch - back

Fwd - duckswitch - right - duckswitch - back - duckswitch - left

Choose Two Combos

ALL DAY OPEN ARMS



Goal

You know what this means. It's PGB Core Habit time. The ten Core Habits are nothing new to you. You've been implementing them for several years. Notice how your depth of understanding has grown deeper.

Continue to dive and find even more meaning.

Core Habit #1: Welcome with Open Arms



Convo

What's a group activity/event that your PGB class could do outside of the gym?



Poetic Punch

"No matter what friends you find, not one is greater than your mind."



Chapter 8

Duck-DuckSwitch + Square Drill + 3PC Combo

At first, build it slowly. Progress to a medium pace. Until you no longer hold back.

Ex.)

1 - 2 - 3 - fwd - duckswitch

1 - 2 - 3 - fwd - duckswitch - 2 - 3 - 4 - right

1 - 2 - 3 - fwd - duckswitch - 2 - 3 - 4 - right -

duckswitch - 3 - 4 - 5 - back

1 - 2 - 3 - fwd - duckswitch - 2 - 3 - 4 - right - duckswitch

- 3 - 4 - 5 - back - duckswitch - 4 - 5 - 6 - left...

ALL DAY OPEN ARMS
Duck-DuckSwitch + Square
Drill + 3PC Combo



TIER5
5 - 10



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8

15 sec (1st round only)

2 - duck - duckswitch - 2

1 - 5 - duckswitch - 2

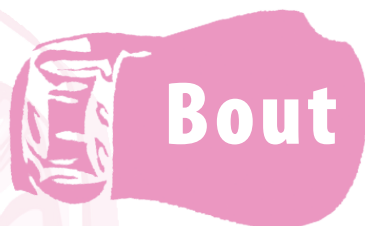
1 - 3 - duckswitch - 2

1 - 2 - duck - duckswitch - 2

1 - 6 - duck - duckswitch

Choose Two Combos





Bout

Shadowboxing

MIRROR

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 - fwd - duckswitch

1 - 2 - 3 - fwd - duckswitch - 2 - 3 - 4 - right

1 - 2 - 3 - fwd - duckswitch - 2 - 3 - 4 - right - duckswitch -
3 - 4 - 5 - back

1 - 2 - 3 - fwd - duckswitch - 2 - 3 - 4 - right - duckswitch -
3 - 4 - 5 - back - duckswitch - 4 - 5 - 6 - left...

CURIOSLY CONFIDENT



Goal

When we see champions on TV, it's easy to believe that their confidence comes from their accomplishments. Are they confident in themselves because they are champions? Or are they champions because they were confident in themselves? Confidence is a decision, and that decision is up to you.

Core Habit #2. Be Confident Yet Humble



Convo

What movie role do you wish you'd starred in? (or what book do you wish you'd written?)



Poetic Punch

"Confidence comes before credentials."



Chapter 2

RDuck-DuckSwitch + 3PC Combo + Footwork Drill

Duck-DuckSwitch + 3PC Combo + Footwork Drill

Ex.)

1 - 2 - 3 - pvt

1 - 2 - 3 - pvt - duckswitch

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch - 3 - 4 - 5

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch - 3 - 4 - 5 -

back - duckswitch

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch - 3 - 4 - 5

- back - duckswitch - 4 - 5 - 6 - leap - duckswitch - 5 - 6 - 7 - pvt

- duckswitch - 6 - 7 - 8



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 - pvt

1 - 2 - 3 - pvt - duckswitch

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss

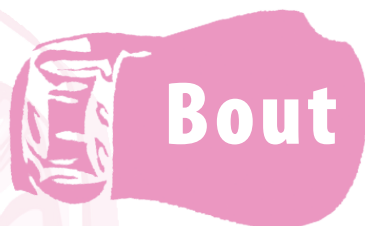
1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch - 3 - 4 - 5

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch - 3 - 4 - 5 - back -
duckswitch

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch - 3 - 4 - 5 - back -

duckswitch - 4 - 5 - 6 - leap - duckswitch - 5 - 6 - 7 - pvt - duckswitch - 6 - 7 - 8



Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 - pvt

1 - 2 - 3 - pvt - duckswitch

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch - 3 - 4 - 5

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch - 3 - 4 - 5 - back -
duckswitch

1 - 2 - 3 - pvt - duckswitch - 2 - 3 - 4 - ss - duckswitch - 3 - 4 - 5 - back -

duckswitch - 4 - 5 - 6 - leap - duckswitch - 5 - 6 - 7 - pvt - duckswitch - 6 - 7 - 8

MORE GRACE THAN SPACE



Goal

I am nothing more than a plain piece of paper with simple words. But, if you are reading these words, you should be proud. Look at how far you've come. Congratulations. Seriously. A compliment isn't about the words you receive, it's about how you accept and view those words. Just say thanks... because you deserve it.

Core Habit #3. Validate



Convo

What's the best compliment you've ever received?



Poetic Punch

"Nothing tastes better than a hearty compliment."



Chapter 3

LeapHook Combo Part 1

LeapHook: Close the distance and start the exchange.

Ex.)

leap 3

leap 3 - 6

leap - 3 - 6 - 5

leap 3 - 6 - 5 - 8

leap 3 - 6 - 5 - 8 - 3

leap 3 - 6 - 5 - 8 - 3 - 2

**MORE GRACE THAN
SPACE**

LeapHook Combo Part 1

PINK GLOVES
BOXING

TIER 5
5 - 12



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

leap 3

leap 3 - 6

leap - 3 - 6 - 5

leap 3 - 6 - 5 - 8

leap 3 - 6 - 5 - 8 - 3

leap 3 - 6 - 5 - 8 - 3 - 2

**MORE GRACE THAN
SPACE**

LeapHook Combo Part 1

PINK GLOVES
BOXING

TIER 5
5 - 12

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

leap 3

leap 3 - 6

leap - 3 - 6 - 5

leap 3 - 6 - 5 - 8

leap 3 - 6 - 5 - 8 - 3

leap 3 - 6 - 5 - 8 - 3 - 2

HARD WORKING HEARTS



Write about 5 people in PGB who have inspired, motivated or encouraged you to Reveal your Champion. Share it at Test day.

Core Habit #4. Gift from the Heart.



What's the most memorable gift you've received?



"The receiver never gets the best part of the gift."



Chapter 3

LeapHook Combo Part 2

LeapHook Combo + Square Drill

Ex.)

leap 3

leap 3 - fwd

leap 3 - fwd - leap 3

leap 3 - fwd - leap 3 - right

leap 3 - fwd - leap 3 - right - leap 3

leap 3 - fwd - leap 3 - right - leap 3 - back

leap 3 - fwd - leap 3 - right - leap 3 - back - leap 3

leap 3 - fwd - leap 3 - right - leap 3 - back - leap 3 - right



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8

15 sec (1st round only)

leap 3

leap 3 - 6

leap - 3 - 6 - 5

leap 3 - 6 - 5 - 8

leap 3 - 6 - 5 - 8 - 3

leap 3 - 6 - 5 - 8 - 3 - 2

 **Bout**

Shadowboxing

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

leap 3

leap 3 - fwd

leap 3 - fwd - leap 3

leap 3 - fwd - leap 3 - right

leap 3 - fwd - leap 3 - right - leap 3

leap 3 - fwd - leap 3 - right - leap 3 - back

leap 3 - fwd - leap 3 - right - leap 3 - back - leap 3

leap 3 - fwd - leap 3 - right - leap 3 - back - leap 3 - right

FIGHTNING AND FUNDER



A young 2x4 sat in the lumberyard and said, "I'm bored." An older 2x4 replied, "If you weren't board, what other wood you be?"

There's a difference between funny and corny. That joke is proof.

Core Habit #5 Make Your Own Fun



What author would you choose to write your memoir?



"Would you rather be a boring piece of wood or a happy board?"



Chapter 3

LeapHook Combo Part 2 AGAIN

LeapHook Combo + Footwork Drill

Ex.)

leap 3

leap 3 - pvt

leap 3 - pvt - leap 3

leap 3 - pvt - leap 3 - ss

leap 3 - pvt - leap 3 - ss - leap 3

leap 3 - pvt - leap 3 - ss - leap 3 - back

leap 3 - pvt - leap 3 - ss - leap 3 - back - leap 3

leap 3 - pvt - leap 3 - ss - leap 3 - back - leap 3 - leap



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

leap 3

leap 3 - pvt

leap 3 - pvt - leap 3

leap 3 - pvt - leap 3 - ss

leap 3 - pvt - leap 3 - ss - leap 3

leap 3 - pvt - leap 3 - ss - leap 3 - back

leap 3 - pvt - leap 3 - ss - leap 3 - back - leap 3

leap 3 - pvt - leap 3 - ss - leap 3 - back - leap 3 - leap

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

leap 3

leap 3 - pvt

leap 3 - pvt - leap 3

leap 3 - pvt - leap 3 - ss

leap 3 - pvt - leap 3 - ss - leap 3

leap 3 - pvt - leap 3 - ss - leap 3 - back

leap 3 - pvt - leap 3 - ss - leap 3 - back - leap 3

leap 3 - pvt - leap 3 - ss - leap 3 - back - leap 3 - leap

TODAY TURNS INTO YESTERDAY



Begin working on the Tier 5 Combo. Find the rhythm. Make it flow.

Core Habit #6. Live Now



What adjectives do you hope describe you when you're 80 years old?



"Every day that has ever been, and every day that will ever be, dreams of this very moment."



Chapter 4

Tier 5 Combo (Part 1)

Put the pieces together.

Ex.)

Punch System Switch (PSS)

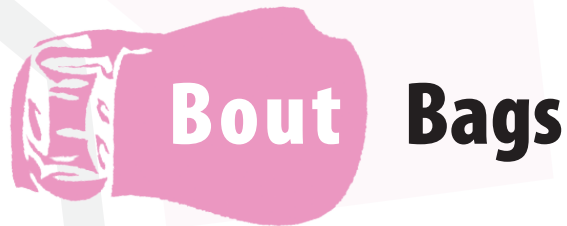
1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

Duck - DuckSwitch

duck - duckswitch - duckswitch - duckswitch

Leap Hook Combo

Leap 3 - 6 - 5 - 8 - 3 - 2



Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - duckswitch -
duckswitch - duckswitch

duckswitch - leap 3

leap 3 - 6 - 5 - 8 - 3 - 2

duckswitch - leap 3 - 6 - 5 - 8 - 3 - 2



Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - duckswitch -

duckswitch - duckswitch

duckswitch - leap 3

leap 3 - 6 - 5 - 8 - 3 - 2

duckswitch - leap 3 - 6 - 5 - 8 - 3 - 2

ORDINARY WEIRDNESS



Get a headcount for test day and remind your trainers to place the gear order with PGB Central.

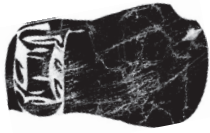
Core Habit #7. Be a Little Weird.



What hidden talents do you have that no one knows about?



"There's nothing more ordinary than weirdness."



Chapter 4

Tier 5 Combo (Part 2)

Continue to perfect the combo.

Ex.)

Punch System Switch (PSS)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

Duck - DuckSwitch

duck - duckswitch - duckswitch - duckswitch

Leap Hook Combo

Leap 3 - 6 - 5 - 8 - 3 - 2



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - duckswitch -
duckswitch - duckswitch

duckswitch - leap 3

leap 3 - 6 - 5 - 8 - 3 - 2

duckswitch - leap 3 - 6 - 5 - 8 - 3 - 2



Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - duckswitch -

duckswitch - duckswitch

duckswitch - leap 3

leap 3 - 6 - 5 - 8 - 3 - 2

duckswitch - leap 3 - 6 - 5 - 8 - 3 - 2

SMILE FIRST



Goal

Smile as much as possible today. Smile when you're all by yourself. Smile at random strangers. Smile just to smile. Try it, and at the end of the day, if you don't feel any better, smile again.

Core Habit #8. Be a Millionaire of Smiles



Convo

Who is the most memorable teacher you've ever had?



Poetic Punch

"A moment that passes with a smile will never return with a frown."



Chapter 5

RRedefine Your Combo (Part 1)

Take your combo to the next level with all the new skills you've learned. Out with the old and in with the new (keep your favorite parts – just refine it). You should be the best in the world at your own combo.

Ex.)

Trainer helps member Redefine Combo



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

Redefine Your Combo



Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

Redefine Your Combo

QUIT LATER



Goal

Do an extra repetition of everything today. If you already have this habit, add an extra to your extra. If you already add two extras, add three. If you...well...you get the idea.

Core Habit #9. Go the Extra Mile



Convo

Which one of the world's problems do you wish you could solve?



Poetic Punch

"Quitting is the best habit to give up."



Chapter 5

Redefine Your Combo - Part 2

Keep working on your combo. Freestyle the bag if you get bored.

Ex.)

Trainer helps member Redefine Combo



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

Redefine Your Combo

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

Redefine Your Combo

BUYING A DREAM



Recap on your goals. Are you where you want to be? If not, how can you be? What's one thing you can do today that will make you one step ahead, tomorrow?

Core Habit #10. Set Goals that Make You Better



What do you need/want more of in life?



"Goals alone will not bring benefits, but not having goals will bring many consequences."

BUYING A DREAM
Practice Your Partner's
Combo



TIER 5
5 - 19



Practice Your Partner's Combo

Trade Personal Combo's with your partner for the day.

Ex.)

Trainer helps member work on chosen combo



BUYING A DREAM
Practice Your Partner's
Combo



TIER5
5 - 19



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

Practice Your Partner's Combo



BUYING A DREAM
Practice Your Partner's
Combo



TIER 5
5 - 19

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

Practice Your Partner's Combo



TRAVELING MIND



Start sharing your Childhood Reflections during the Cool-down.



What's the most extreme purchase you've ever made on vacation?



*"The world outside awaits your travels.
The world inside awaits your discovery."*



PSS + Reaction Mitts

Continue working on your opposite stance using all 12 reaction mitts.

Ex.)

Trainer works on Reaction Mitts while member is
switchfooted



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - slip - 1 - 2 - slip - 2

3 - 2 - 3 - 8 - duck - 8

8 - 3 - duck - 3

6 - 3 - 2 - 5 - 8 - 3



Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - slip - 1 - 2 - slip - 2

1 - slip - 1 - 2 - slip - 2 - block 2 --- 2 - 3 - 2 - block 3 --- 3 - 2 - 3

3 - 2 - 3 - 8 - duck - 8

1 - slip - 1 - 2 - slip - 2 - block 2 --- 2 - 3 - 2 - block 3 --- 3 - 2 - 3
- 8 - duck - 8

1 - slip - 1 - 2 - slip - 2 - block 2 --- 2 - 3 - 2 - block 3 --- 3 - 2 - 3
- 8 - duck - 8 - 3 - duck - 3...

...6 - 3 - 2 - 5 - 8 - 3

CONNECT THE WORLD



Test day prep. Check your manuals and contact PGB Central with any questions. Continue sharing Childhood Reflections.



What makes a good friend?



"You can't feel the difference between falling and flying until afterwards."



PSS + Footwork Combo

You got this! Remember to take it in small chunks.

Ex.)

1 - 2 - pivot - 2 - ss - 2 - 5 - 1 back - leap 2

1 - 2 - pivot...

2 - ss...

2 - 5 - 1 back...

1 back - leap 2...



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

2 - ss

2 - ss - 2 - 5 - 1 back

2 - ss - 2 - 5 - 1 back - leap 2

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

Pivot:	4 times
Sidestep (ss):	4 times
Back:	4 times
Leap:	4 times
1-2-pivot:	4 times
2-ss:	4 times
2-5-1-back:	4 times
leap2	4 times

FAST IS FREE



Continue sharing Childhood Reflections.



What would you do differently if you knew no one would judge you?



"Just think: if you're fast enough, you might never have to wear sunscreen."



The 3PC Combo in 5th Gear

It's just like driving a car. Start out slow in first gear. Shift to second, third, fourth and then...everything you've got. Build the combos in small chunks. Never add more punches until you've mastered all 5 Gears where you are. By starting in 1st Gear each time, you allow yourself to maintain control and form.

Ex.)

1 - 2 - 3 (5 Gears Formula)

1 - 2 - 3 - 2 - 3 - 4 (5 Gears Formula)

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 (5 Gears Formula)

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 (5 Gears Formula)

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 - 5 - 6 - 7

(5 Gears Formula)

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 - 5 - 6 - 7 - 6 - 7 - 8

(5 Gears Formula)

FAST IS FREE
The 3PC Combo in 5th Gear



TIER 5
5 - 22



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 3 (5 Gears Formula)

1 - 2 - 3 - 2 - 3 - 4 (5 Gears Formula)

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 (5 Gears Formula)

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 (5 Gears Formula)

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 - 5 - 6 - 7

(5 Gears Formula)

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 - 5 - 6 - 7 - 6 - 7 - 8

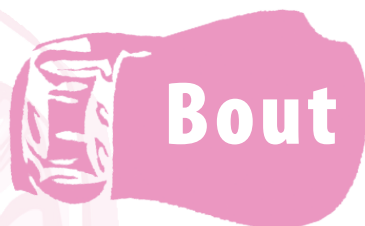
(5 Gears Formula)



FAST IS FREE
The 3PC Combo in 5th Gear



TIER 5
5 - 22



Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

3PC Combo + Footwork Drill (If you're ready, try it switchfooted)

- 1 - 2 - 3 - pivot
- 2 - 3 - 4 - sidestep
- 3 - 4 - 5 - back
- 4 - 5 - 6 - leap
- 5 - 6 - 7 - pivot
- 6 - 7 - 8 - sidestep



TANGOSOPHY



Close any final loops before test day. Check your manuals and see if there's anything else you need to finish before you tier up. Continue sharing Childhood Reflections.



In five years, what will you remember about today? What about yesterday? What's the most recent memory that you'll remember in five years?



Poetic Punch

"Music builds castles in the sounds."

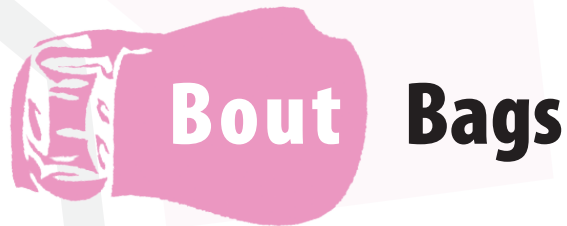


The PGB Tango + Square Drill

A new kind of dance. As you punch and move through the square drill, you'll notice that some transitions are easier than others. With practice, everything should flow smoothly, but it may be necessary to punch/defend WHILE you're moving. The patterns are different between Southpaw and Orthodox.

Ex.)

1 - 2 - 1 - 2 - slip - 2 fwd - 3 - 2 - 3 -
slip - 3 right - 4 - 3 - 4...



Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 1 - 2 - slip

2 - 3 - 2 - 3 - slip

3 - 4 - 3 - 4 - slip

4 - 5 - 4 - 5 - slip

5 - 6 - 5 - 6 - slip

6 - 7 - 6 - 7 - slip

7 - 8 - 7 - 8 - slip

Try with 'Ducks' also

 **Bout**

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

Orthodox

1 - 2 - 1 - 2 - slip
2 fwd - 3 - 2 - 3 - slip
3 right - 4 - 3 - 4 - slip back
4 - 5 - 4 - 5 - slip left
5 - 6 - 5 - 6 - slip
6 fwd - 7 - 6 - 7 - slip
7 right - 8 - 7 - 8 - slip

Southpaw

1 - 2 - 1 - 2 - slip
2 fwd - 3 - 2 - 3 - slip right
3 - 4 - 3 - 4 - slip back
4 - 5 - 4 - 5 - slip
5 left - 6 - 5 - 6 - slip
6 fwd - 7 - 6 - 7 - slip right
7 - 8 - 7 - 8 - slip

REFLECTION MUSCLES



The fifth revision. With the new growth brought by each semester, your definition of RTC becomes clearer. What does Revealing the Champion mean to you? Write your answer at pinkglovesboxing.com and let your trainer know when you've finished. Think of this as your 'ticket to test.' Share your definitions during Test Day.



Of the people you are most grateful for, who do you wish you thanked more often?



"Remember to train the reflection muscles in the brain."



5 Punches At A Time

This is always a good one to go back to. You can never get too good. The possibilities are endless. Try changing the rhythm. Instead of throwing all 5 punches with the same intensity, start with speed and finish with power.

Ex.)

1 - 2 - 1 - 2 (really fast) - 3

(really powerful)

1 - 2 - 1 - 2 - **3**



Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 1 - 2 - **3**

2 - 3 - 2 - 3 - **4**

3 - 4 - 3 - 4 - **5**

4 - 5 - 4 - 5 - **6**

5 - 6 - 5 - 6 - **7**

6 - 7 - 6 - 7 - **8** 2 min

Bout

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1 - 2 - 1 - 2 - **3**

2 - 3 - 2 - 3 - **4**

3 - 4 - 3 - 4 - **5**

4 - 5 - 4 - 5 - **6**

5 - 6 - 5 - 6 - **7**

6 - 7 - 6 - 7 - **8** 2 min

LADY ILLUMINE



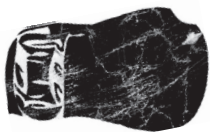
A candle can put out the darkness, but darkness can never put out a candle.



If you could have coffee with anyone from the past, who would it be?



"Light always conquers darkness in a fight."



PSS: 8 Punches of Pink Gloves

Sing this old song in your 'other' voice.

Try mixing in the Square Drill or the Footwork Drill

Ex.)

1 - fwd

1 - 2 - right

1 - 2 - 3 - back

1 - 2 - 3 - 4 - left...



Bout Bags

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8
15 sec (1st round only)

1

1 - 2

1 - 2 - 3

1 - 2 - 3 - 4

1 - 2 - 3 - 4

1 - 2 - 3 - 4 - 5

1 - 2 - 3 - 4 - 5 - 6

1 - 2 - 3 - 4 - 5 - 6 - 7

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

 **Bout**

Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8

15 sec (1st round only)

(Try adding in the Footwork Drill)

1 - pivot

1 - 2 - sidestep

1 - 2 - 3 - back

1 - 2 - 3 - 4 - leap

1 - 2 - 3 - 4 - pivot

1 - 2 - 3 - 4 - 5 - sidestep

1 - 2 - 3 - 4 - 5 - 6 - back

1 - 2 - 3 - 4 - 5 - 6 - 7 - leap

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - pivot

FEARLESS TIERS



Luck is an employer hiring anyone willing to work. Apply today.



If you could live anywhere else in the world, where would it be?



"Progress happens everyday, only you must choose which way."



Tier 1 + 2 + 3 + 4 + 5 Combos

Practice them in small chunks. Work slowly and surely. Do not progress before you have mastered the beginnings. Never sacrifice speed for form. The speed will come with practice.

Ex.)

Trainer works with member on stringing Tiers 1 through 5 into one endless blissful combination.



Bout Bags

Heavy

Tier 1 Combo: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip - 5 - 6 - 3 - 8 - 1 - 2 -

Tier 2 Combo: Challenge Coin Combo

Tier 3 Combo: 3 Amigas - pivot - Rxn Combo - Trainer's Combo -

Tier 4 Combo: Rxn Rhythms - Ftwk Drill - Ftwk Combo - Ali Shuffle

Tier 5 Combo:

Punch System Switch (1-8) -

Duck-DuckSwitch -

LeapHook Combo -



Bout

Shadowboxing

Mirror

Tier 1 Combo: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip - 5 - 6 - 3 - 8 - 1 - 2 -

Tier 2 Combo: Challenge Coin Combo

Tier 3 Combo: 3 Amigas - pivot - Rxn Combo - Trainer's Combo -

Tier 4 Combo: Rxn Rhythms - Ftwk Drill - Ftwk Combo - Ali Shuffle

Tier 5 Combo:

Punch System Switch (1-8) -

Duck-DuckSwitch -

LeapHook Combo -

THE SMELL OF CREATIVITY



When you look down from where you are now, can you still see the staircase you climbed to get there? When you look back on your path, can you still remember the low points? Without the pains of your past, you would have never grown into YOU. Admire the view. And prepare to climb even higher.

“The pain of parting is nothing to the joy of meeting again.” - Charles Dickens



What are your favorite moments from last semester in PGB?



“When you smell creativity, think with your nose.”



Freestyle

Clear your mind, take a deep breath and just punch.

Ex.)

Try freestyle punching on mitts

**THE SMELL OF
CREATIVITY**
Freestyle



TIER 5
5 - 27



Bout Bags

Heavy

Freestyle



**THE SMELL OF
CREATIVITY**
Freestyle



TIER 5
5 - 27

Bout

Shadowboxing

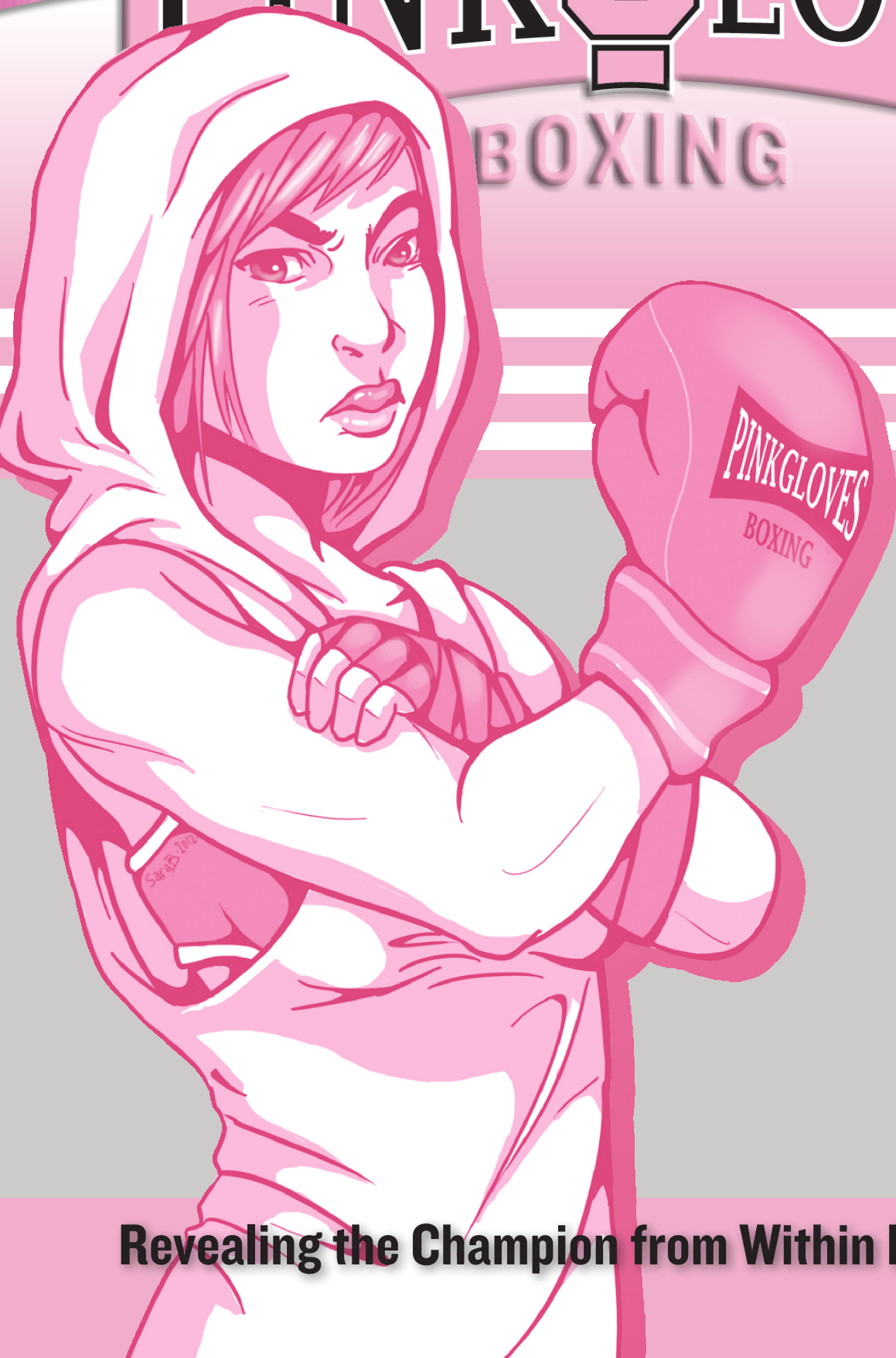
Mirror

Freestyle



PINKGLOVES

BOXING



Revealing the Champion from Within Each Other™