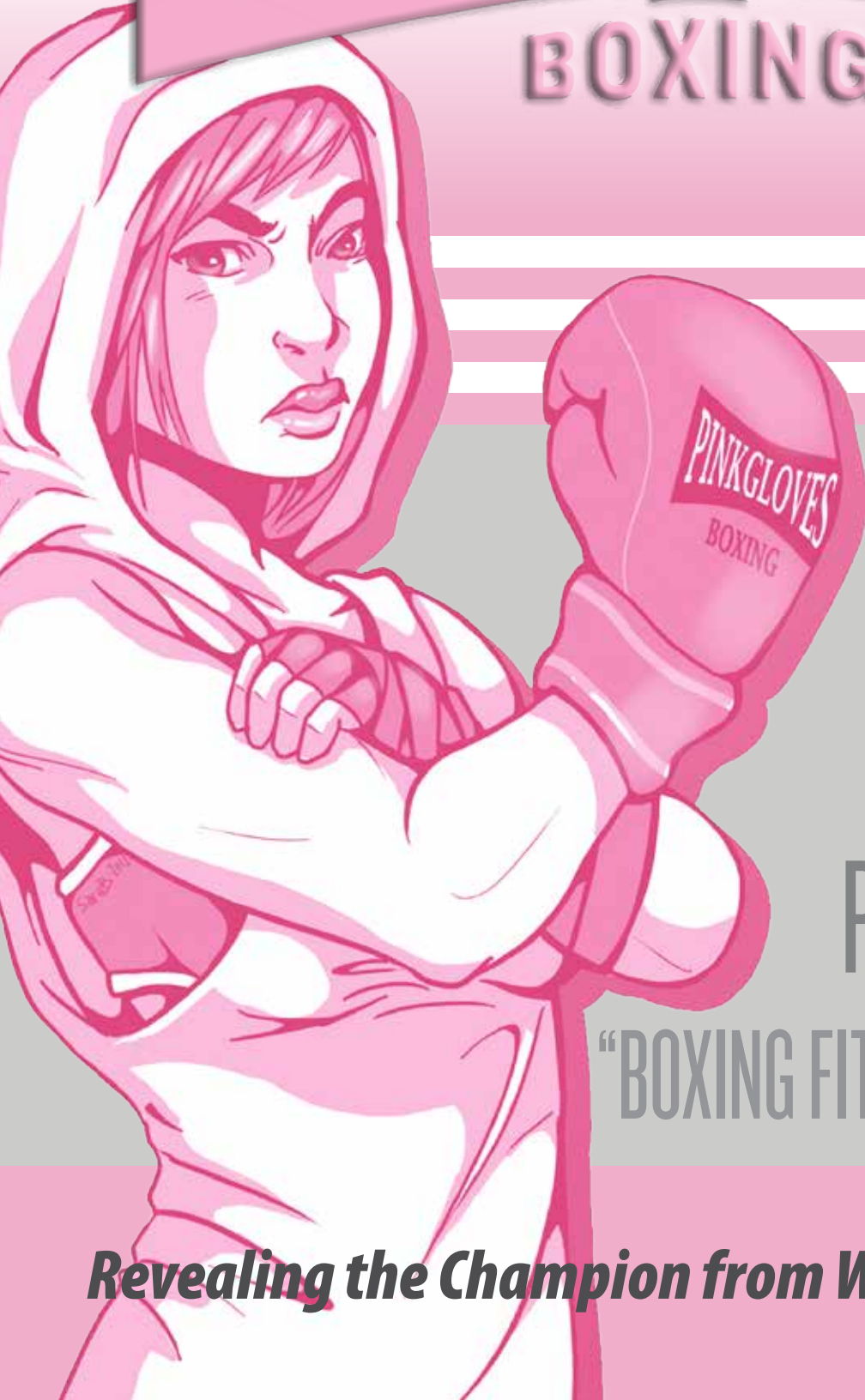


PINKGLOVES

BOXING



PGB **TIER7**

“BOXING FITNESS FOR WOMEN”

Revealing the Champion from Within Each Other™



TIER 7 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 7, 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

ROUND 2&7

Exercise _____

Hitting Drill _____

ROUND 3&8

Exercise _____

Hitting Drill _____

ROUND 1&6

Exercise _____

Hitting Drill _____

HITTER 4

HITTER 5

2nd PUNCHER
(Evaluator)

1st PUNCHER
Tier Combo or
some other Drill

3rd PUNCHER
(Shadow Boxing)

ROUND 5&10

Exercise _____

Hitting Drill _____

ROUND 4&9

Exercise _____

Hitting Drill _____





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-

HOLDER

HITTER 3

*Adds a Slip:
3-6-slip

HITTER 4

*Adds 8:
3-6-slip-8

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.



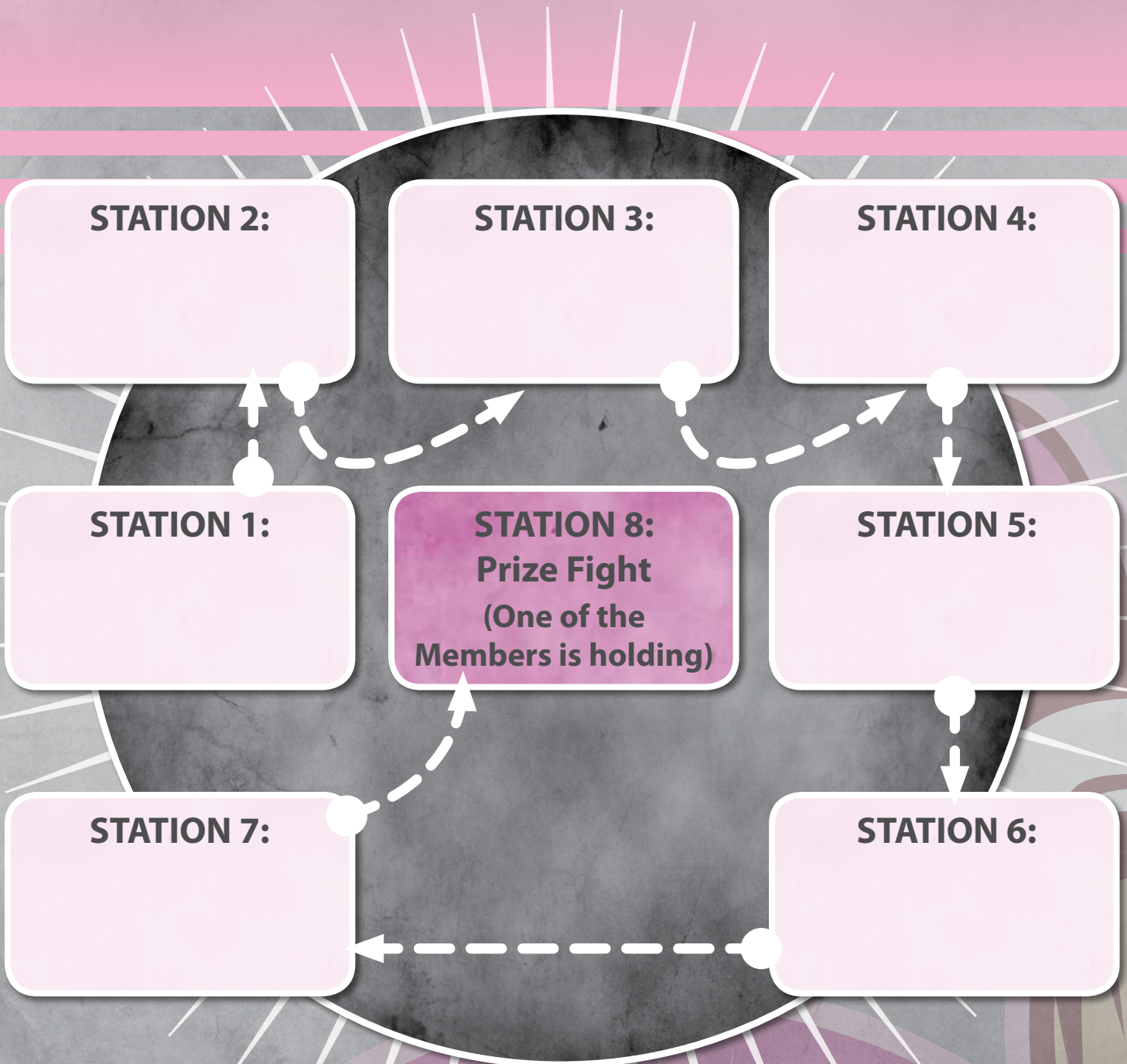
BUILD A COMBO

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)

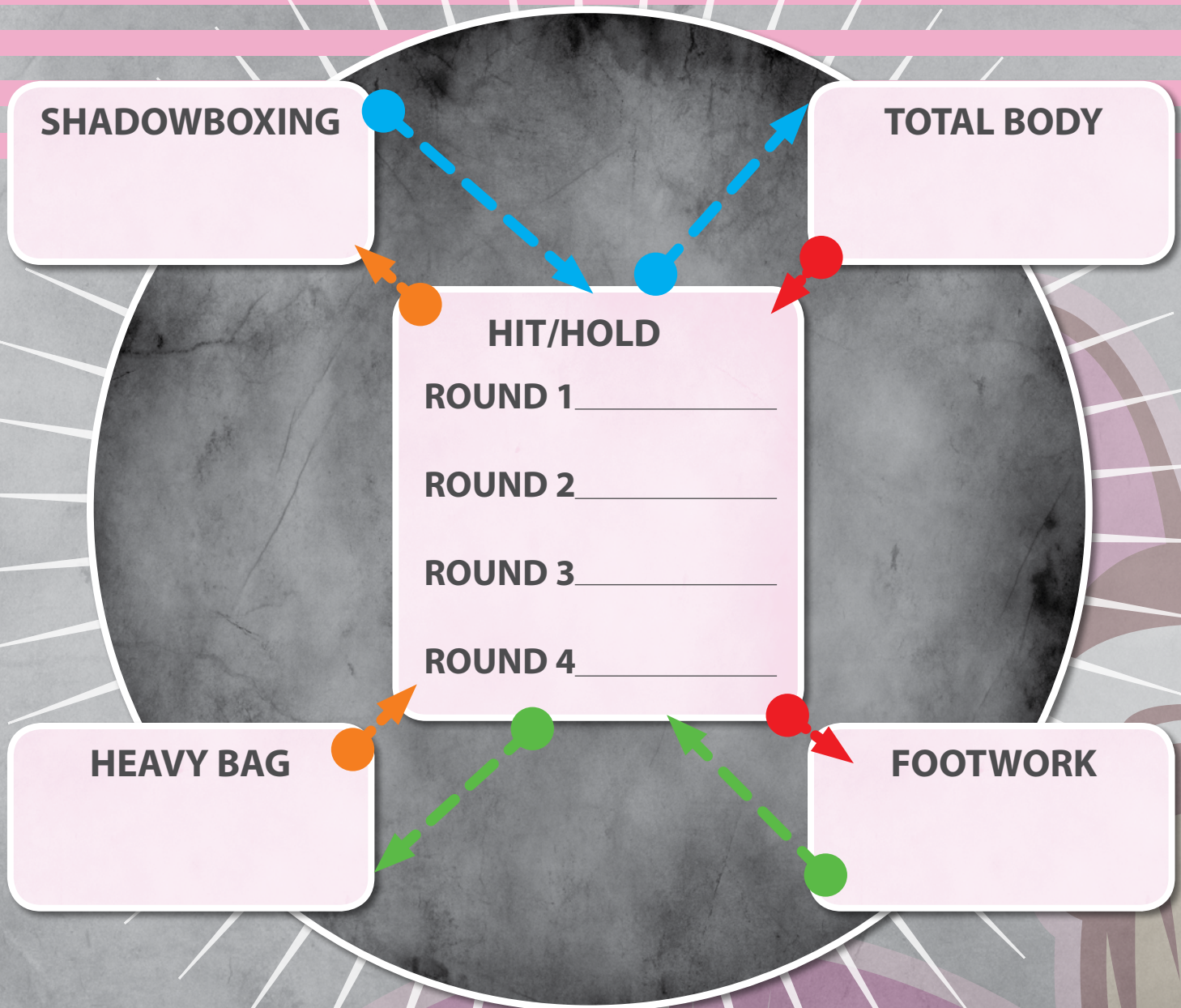
Station 6: Tier combos 1-3 (shadowboxing)

- 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

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

x4 Rounds

- 4-minute rounds = 48 minutes total

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

x3 Rounds





Chapter 1

Looping Combos and Finishers (Part 1)

You can take any looping combo you know and apply any finisher of your choice. Think of the finisher as knockout insurance. They may already be knocked out, but the finisher seals the deal. Our favorite finisher is: measure-6-3-2-5.

Ex.)

Looping Combos

1 - 2 - 1 - 2 - 1 - 2...finisher

5 - 6 - 5 - 6 - 5 - 6...finisher

Finishers

6 - 3 - 2

5 - 8 - 3

8 - 3 - 8

6 - 3 - 2 - 5



Bout Bags

Heavy

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

1 - 2 - 1 - 2...FINISH WITH...6 - 3 - 2

5 - 6 - 5 - 6...FINISH WITH...8 - 3 - 8

Bout

Shadowboxing

Mirror

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

1 - 2 - 1 - 2...FINISH WITH...6 - 3 - 2

5 - 6 - 5 - 6...FINISH WITH...8 - 3 - 8



Chapter 1

Looping Combos and Finishers (Part 2)

Choose a slightly longer (4-8 moves) Looping Combo and then choose a Finisher. When the trainer calls out, "Finish it!" the member finishes the rest of the combo and finishes it at the end.

Ex.)

Looping Combos

1 - 2 - 3 - 2...finisher

2 - 3 - 3 - 2 - duck...finisher

1 - 6 - 1 - 8 - 1 - 2...finisher

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

Finishers

8 - 3 - 8

3 - 8 - 3

3 - 6 - 3

6 - 3 - 2

5 - 8 - 3

6 - 3 - 2 - 5



Bout Bags

Heavy

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

2 - 3 - 3 - 2 - duck...FINISH WITH...4 - 5 - 8

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8...FINISH WITH...3 - 6 - 3



Bout

Shadowboxing

Mirror

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

2 - 3 - 3 - 2 - duck...FINISH WITH...4 - 5 - 8

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8...FINISH WITH...3 - 6 - 3



Chapter 2

Mastering Tier 1

You already know how to punch the 222, now it's time to Master it. The 222 Combo should look and sound like a symphony when it's done right: rhythm, intonations, flow, varying speed, varying power. It doesn't matter how hard you can punch or how fast you can punch, it matters if you can punch hard and fast at the right times- when it counts.

8 Punches of Pink Gloves: Use this drill to find the rhythm and flow to the first eight punches.

8-duck-slip-5: Work this transition to perfection. Remember that the defensive moves do more than miss a punch, they set you up to throw a punch. Feel the difference between slipping into a 1 and slipping into a 7, 3, or 5. And then try it on your rear hand.

Ex.)

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

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



Bout Bags

Heavy

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

slip - 1

slip - 7

slip - 3

slip - 5

slip - 2

slip - 4

slip - 8

slip - 6

 **Bout**

Shadowboxing

Mirror

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

8 - duck - slip - 5

7 - 8 - duck - slip - 5

6 - 7 - 8 - duck - slip - 5

5 - 6 - 7 - 8 - duck - slip - 5

4 - 5 - 6 - 7 - 8 - duck - slip - 5

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

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

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



Chapter 2

Mastering Tier 1 Continued...

5-6-3-8-1-2: This is a great knockout combo. It's easy to do, but tough to master. Try drilling it like this - using the 5 Gears Formula:

Ex.)

5 - 6 - 3 - 8
6 - 5 - 8 - 3
3 - 8 - 1 - 2
8 - 3 - 2 - 1
5 - 6 - 3 - 8 - 1 - 2
6 - 5 - 8 - 3 - 2 - 1

Tier 1 Combo...One move at a time: Start with the 8 Punches of Pink Gloves and then continue adding one move at a time through the rest of the Tier 1 Combo.

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

Now Reverse it!

Then, try putting the entire Tier 1 Combo together.



Bout Bags

Heavy

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

5 - 6 - 3 - 8

6 - 5 - 8 - 3

3 - 8 - 1 - 2

8 - 3 - 2 - 1

5 - 6 - 3 - 8 - 1 - 2

6 - 5 - 8 - 3 - 2 - 1

 **Bout**

Shadowboxing

Mirror

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

1

1 - 2

1 - 2 - 3

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

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

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

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

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

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

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



Chapter 3

Mastering Tier 2

CC 1: Find the rhythm between the slips and ducks and punches.

Ex.)

1 - 2 - slip - slip - 3

1 - 2 - slip - slip - 3 - 4

3 - 4 - duck - duck

3 - 4 - duck - duck - 3 - duck - 4

CC 2: The punches are coming too fast to make them miss, so you're blocking them instead.

Ex.)

2 - block 2 - - - 2

2 - block 2 - - - 2 - 3 - 2

3 - block 3 - - - 3

3 - block 3 - - - 3 - 2 - 3 - 2

3 - 2 - 3 - 2 - measure - 2



Bout Bags

Heavy

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

2 - block 2 - - - 2

2 - block 2 - - - 2 - 3 - 2

3 - block 3 - - - 3

3 - block 3 - - - 3 - 2 - 3 - 2

3 - 2 - 3 - 2 - measure - 2

 **Bout**

Shadowboxing

Mirror

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

1 - 2 - slip - slip - 3

1 - 2 - slip - slip - 3 - 4

3 - 4 - duck - duck

3 - 4 - duck - duck - 3 - duck - 4



Chapter 3

Mastering Tier 2 Continued...

CC 3: Throwing two 3s in a row can be challenging unless you do it right. Make sure to point your rear shoulder after the first 3. This will set up your second 3.

Ex.) 2 - 3 - 3
2 - 3 - 3 - 2

Ex.) 2 - 5 - 6 - 3
2 - 5 - 6 - 3 - 2
2 - 5 - 6 - 3 - 2 - measure - 2

CC 4: There is no other way to look at this combo than from the perspective of sparring. You throw four punches at the trainer (1-3-2-5), the trainer throws a wild 8 (rear hook) at you, you duck and pivot out to miss the punch and set yourself up for the knockout (2-2-2-3-2-measure-2).

Ex.) 1 - 3
1 - 3 - 2
1 - 3 - 2 - 5

DnP... (repeat this combo several times to get your spacing)

2 - 5 - DnP...2 - 5-DnP - 2 - 5 - DnP

DnP - 2 - 2 - 2

DnP - 2 - 2 - 2 - 3 - 2 - measure - 2

Now try putting the entire Tier 2 Combo together.



Bout Bags

Heavy

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

2 - 5 - 6 - 3

2 - 5 - 6 - 3 - 2

2 - 5 - 6 - 3 - 2 - measure - 2

 **Bout**

Shadowboxing

Mirror

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

1 - 3

1 - 3 - 2

1 - 3 - 2 - 5

DnP... (repeat this combo several times to get your spacing)

2 - 5-DnP...2 - 5-DnP - 2 - 5 - DnP

DnP - 2 - 2 - 2

DnP - 2 - 2 - 2 - 3 - 2 - measure - 2



Chapter 4

Mastering Tier 3

Three Amigas: Don't worry, we're not going to spend a lot of time on the combos. But hours could and should be spent on the transitions.

Ex.) From Tier 2 into Tier 3
2 - measure - 2 - 1 - back - 1

Ex.) From Casillas into Wolfe
2 - 6 - 1 - 6

Ex.) From Wolfe into Lucia
2 - duck - 4 - 1 - back - 2 - duck - 4
(this can be a looping combo)



Bout Bags

Heavy

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

2 - measure - 2 - 1 - back - 1

2 - 6 - 1 - 6

2 - duck - 4 - 1 - back - 2 - duck - 4
(this can be a looping combo)

 **Bout**

Shadowboxing

Mirror

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

2 - measure - 2 - 1 - back - 1

2 - 6 - 1 - 6

2 - duck - 4 - 1 - back - 2 - duck - 4
(this can be a looping combo)



Chapter 4

Mastering Tier 3 Continued...

Reaction Combo: The secret here is not to look at the separate reaction moves as separate. Sow the seams of each combo together. Then take out the seams.

Ex.)

Follow the cadence listed below. Bold = HARD
1 - slip - 1 - 2... (FAST1 - FASTslip - HARD1 - HARD2)
1 - slip - 1 - 2 - slip - 2...
1 - slip - 1 - 2 - slip - 2 - block2 --- 2

Ex.)

2 - block2 --- 2 - 3 - 2... (full punches and really really fast)
2 - block3
2 - block3 --- 3 - 2 - 3
block3 --- 3 - 2 - 3 - 8

Ex.)

3 - 2 - 3 - 8
8 - duck - 8 - 3
3 - 2 - 3 - 8 - duck - 8 - 3
8 - duck - 8 - 3 - duck - 3

Ex.)

3 - 6 - 3 - 2
6 - 3 - 2 - 5 - 8 - 3... (as fast as humanly possible)
3 - duck - 3 - 6 - 3 - 2 - 5 - 8 - 3

Ex.)

The Reaction Combo should look like this:
1 - slip - 1 - 2 - slip - 2 - block2 --- 2 - 3 - 2 - block3 --- 3 - 2 - 3 - 8 - duck - 8 - 3 -
duck - 3 - 6 - 3 - 2 - 5 - 8 - 3

Trainer's Combo: It's the defensive dance. Start slow – with full range-of-motion – and progress to faster speeds while maintaining proper form and range. Try these short drills before putting it all together.

Ex.)

slip2 - duck3
slip2 - duck3 - duck8
slip2 - duck3 - duck8 - slip1
duck3 - duck8 - slip1

Ex.)

slip1 - duck8
slip1 - duck8 - duck3
duck8 - duck3 - slip2



Bout Bags

Heavy

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

1 - slip - **1 - 2**... (FAST1 - FASTslip - HARD1 - HARD2)

1 - slip - **1 - 2** - slip - 2...

3 - 2 - **3 - 8**

8 - duck - **8 - 3**

3 - 2 - **3 - 8** - duck - **8 - 3**

8 - duck - **8 - 3** - duck - 3

 **Bout**

Shadowboxing

Mirror

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

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



Chapter 4

Combine Tier 2 and Tier 3 Combos

Now, with your new skills, link the Tier 2 Combo into the Tier 3 Combo. With accents and improved transitions.

Ex.) CC1: 1 - 2 - slip - slip - 3 - 4 - duck - duck - 3 - duck - *

CC2: 2* - block2 - - - 2 - 3 - 2 - block3 - - - 3 - 2 - 3 - 2 - measure - *

CC3: 2* - 3 - 3 - 2 - duck - 2 - 3 - 3 - 2 - 5 - 6 - 3 - 2 - measure - 2

CC4: 1 - 3 - 2 - 5 - DnP - 2 - 2 - 2 - 3 - 2 - measure - 2

Casillas 1 - back - 1 - slip - slip - 2 - 6

Wolfe 1 - 6 - 1 - 8 - 1 - 2 - duck - 4

Lucia 1 - back - 2 - duck - - 4 - 3 - 6 - 3body - duck - 3head

Pivot

Rxn Combo 1 - slip - **1 - 2** - slip - 2 - block2 - - - 2 - 3 - 2 - block3
- - - 3 - 2 - **3 - 8** - duck - **8 - 3** - duck - 3 - 6 - 3 - 2 - 5 - 8 - 3

T's Combo Slip2 - duck3 - duck8 - slip1 - duck8 - duck3 - slip2



Bout Bags

Heavy

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

CC1: 1 - 2 - slip - slip - 3 - 4 - duck - duck - 3 - duck - *

CC2: 2* - block2 --- 2 - 3 - 2 - block3 --- 3 - 2 - 3 - 2 - measure - *

CC3: 2* - 3 - 3 - 2 - duck - 2 - 3 - 3 - 2 - 5 - 6 - 3 - 2 - measure - 2

CC4: 1 - 3 - 2 - 5 - DnP - 2 - 2 - 2 - 3 - 2 - measure - 2

Casillas 1 - back - 1 - slip - slip - 2 - 6

Wolfe 1 - 6 - 1 - 8 - 1 - 2 - duck - 4

Lucia 1 - back - 2 - duck - - 4 - 3 - 6 - 3body - duck - 3head

Pivot

Rxn Combo 1 - slip - **1 - 2** - slip - 2 - block2 --- 2 - 3 - 2 - block3 --- 3 -
2 - **3 - 8** - duck - **8 - 3** - duck - 3 - 6 - 3 - 2 - 5 - 8 - 3

T's Combo Slip2 - duck3 - duck8 - slip1 - duck8 - duck3 - slip2



Bout

Shadowboxing

Mirror

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

CC1: 1 - 2 - slip - slip - 3 - 4 - duck - duck - 3 - duck - *

CC2: 2* - block2 --- 2 - 3 - 2 - block3 --- 3 - 2 - 3 - 2 - measure - *

CC3: 2* - 3 - 3 - 2 - duck - 2 - 3 - 3 - 2 - 5 - 6 - 3 - 2 - measure - 2

CC4: 1 - 3 - 2 - 5 - DnP - 2 - 2 - 2 - 3 - 2 - measure - 2

Casillas 1 - back - 1 - slip - slip - 2 - 6

Wolfe 1 - 6 - 1 - 8 - 1 - 2 - duck - 4

Lucia 1 - back - 2 - duck -- 4 - 3 - 6 - 3body - duck - 3head

Pivot

Rxn Combo 1 - slip - **1 - 2** - slip - 2 - block2 --- 2 - 3 - 2 - block3 --- 3 -
2 - **3 - 8** - duck - **8 - 3** - duck - 3 - 6 - 3 - 2 - 5 - 8 - 3

T's Combo Slip2 - duck3 - duck8 - slip1 - duck8 - duck3 - slip2



Chapter 5

Mastering Tier 4

Reaction Rhythms: We could spend years on these drills. Instead, let's just try the following combos. Think about how we changed the rhythm and the accent on the Reaction Combo. We're going to use that same mentality here. Underlined Italicized numbers means FAST. Bolded numbers means HARD.

Ex.)

1 - slip - 1 - 6
 1 - slip - 1 - 6 - 3 - 2
6 - 3 - 2 - 1
1 - 6 - 3 - 2 - 1
 1 - slip - 1 - 6 - 3 - 2 - 1
6 - 3 - 2 - 1 - slip - 1

Ex.)

1 - slip - 1 - duck8
 1 - duck8...
 1 - duck8 - - - **3 - 2 - 3**

Ex.)

The Reaction Rhythms should look like this:
 1 - slip - 1 - 6 - 3 - 2 - 1 - slip - 1 - duck - **3 - 2 - 3**



Bout Bags

Heavy

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

1 - slip - 1 - 6

1 - slip - 1 - 6 - 3 - 2

6 - 3 - 2 - 1

1 - 6 - 3 - 2 - 1

1 - slip - 1 - 6 - 3 - 2 - 1

6 - 3 - 2 - 1 - slip - 1

 **Bout**

Shadowboxing

Mirror

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

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



Chapter 5

Mastering Tier 4 Continued...

Footwork Drill: This is another dance. The member and trainer need to move together. Forget about the choreography and just react to each other. Listed below are the moves for the member and the trainer.

Ex.)

Member

pivot - sidestep - back - leap

Ex.)

Trainer

pivot - 1 - 1 fwd - stay

Ex.)

Transition from Reaction Rhythms to
Footwork Drill.

3 - pivot

3 - 2 - 3 - pivot



Bout Bags

Heavy

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

1 - slip - 1 - 6

1 - slip - 1 - 6 - 3 - 2

6 - 3 - 2 - 1

1 - 6 - 3 - 2 - 1

1 - slip - 1 - 6 - 3 - 2 - 1

6 - 3 - 2 - 1 - slip - 1

 **Bout**

Shadowboxing

Mirror

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

pivot - sidestep - back - leap

3 - pivot

3 - 2 - 3 - pivot



Chapter 5

Mastering Tier 4 Continued...

Footwork Combo: It's still a dance but now it's with punches. Work on the transition from the Footwork Drill to the Footwork Combo. As you leap forward, you should already be throwing the 1-2.

Ex.) pivot - sidestep - back - leap1 - 2
 leap1 - 2 - pivot

Ex.) 2 - pivot...
 2 - sidestep...
 2 - pivot - 2 - sidestep...
 1 - 2 - pivot - 2 - sidestep...

Ex.) 2 - sidestep - 2 - 5 - 1
 2 - 5 - 1back...
 1back - leap2...



Bout Bags

Heavy

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

1 - 2 - pivot - 2 - sidestep...

2 - sidestep - 2 - 5 - 1

2 - 5 - 1 back...

1 back - leap 2...

 **Bout**

Shadowboxing

Mirror

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

pivot - sidestep - back - leap 1 - 2

leap 1 - 2 - pivot

2 - pivot...

2 - sidestep...

2 - pivot - 2 - sidestep... (repeat each drill several times)

1 - 2 - pivot - 2 - sidestep...

2 - sidestep - 2 - 5 - 1 (work each drill in order)

2 - 5 - 1 back...

1 back - leap 2...



Chapter 5

Mastering Tier 4 Continued...

Ali Shuffle: Ready for a twist? Instead of just shuffling, we're going to give you a reason to shuffle. After you throw the 'leap2', the trainer is going to throw a 1 (jab). Then, you're going to make the trainer miss your jab by stepping forward with your rear foot and pivoting off of your front foot. This not only allows you to make the punch miss, but it gives you position on your opponent's weak side.

Ex.) Start the shuffle by stepping forward with your rear foot and pivoting off of your front.

leap2 - AliShuffle... (loop it to practice both sides)

Ex.) Transition from Tier 4 Combo to Tier 5 Combo

leap2 - AliShuffle - 1 - 2 (switch footed)leap2
- AliShuffle - 1 - 2 - AliShuffle - 1 - 2 - leap2 -
AliShuffle - 1 - 2...



Bout Bags

Heavy

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

leap2 - AliShuffle... (loop it to practice both sides)

leap2 - AliShuffle - 1 - 2 (switch footed)

leap2 - AliShuffle - 1 - 2 - AliShuffle - 1 - 2 - leap2 - Ali-Shuffle - 1 - 2...

 **Bout**

Shadowboxing

Mirror

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

leap2 - AliShuffle... (loop it to practice both sides)

leap2 - AliShuffle - 1 - 2 (switch footed)

leap2 - AliShuffle - 1 - 2 - AliShuffle - 1 - 2 - leap2 - Ali-Shuffle - 1 - 2...



Chapter 6

Combine Tier 3 and Tier 4 Combos

Now, with your new skills, link the Tier 3 Combo into the Tier 4 Combo. With accents and improved transitions.

Ex.) Casillas 1 - back - 1 - slip - slip - 2 - 6

Wolfe 1 - 6 - 1 - 8 - 1 - 2 - duck - 4

Lucia 1 - back - 2 - duck - - 4 - 3 - 6 - 3body - duck - 3head

Pivot

Rxn Combo 1 - slip - **1 - 2** - slip - 2 - block2 - - - 2 - 3 - 2 - block3 - -
- 3 - 2 - **3 - 8** - duck - **8 - 3** - duck - 3 - 6 - 3 - 2 - 5 - 8 - 3

T's Combo Slip2 - duck3 - duck8 - slip1 - duck8 - duck3 - slip2

Reaction Rhythm 1 - slip - 1 - 6 - 3 - 2 - 1 - slip - 1 - duck - **3 - 2 - 3**

FtWk Drill Pivot - sidestep - back - leap

FtWk Combo 1 - 2 - pivot - 2 - sidestep - 2 - 5 - 1back - leap2

Ali Shuffle

COMBINE TIER 3 &
TIER 4 COMBOS



TIER 7
7 - 14



Heavy

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

Rxn Combo 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

T's Combo Slip 2 - duck 3 - duck 8 - slip 1 - duck 8 -
duck 3 - slip 2

Reaction Rhythm 1 - slip - 1 - 6 - 3 - 2 - 1 - slip - 1 -
duck - **3 - 2 - 3**



COMBINE TIER 3 &
TIER 4 COMBOS



TIER 7
7 - 14



Bout

Shadowboxing

Mirror

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

Casillas 1 - back - 1 - slip - slip - 2 - 6

Wolfe 1 - 6 - 1 - 8 - 1 - 2 - duck - 4

Lucia 1 - back - 2 - duck - - 4 - 3 - 6 - 3body - duck - 3head

Pivot

Rxn Combo 1 - slip - **1 - 2** - slip - 2 - block2 - - - 2 - 3 - 2 - block3 - -
- 3 - 2 - **3 - 8** - duck - **8 - 3** - duck - 3 - 6 - 3 - 2 - 5 - 8 - 3

T's Combo Slip2 - duck3 - duck8 - slip1 - duck8 - duck3 - slip2

Reaction Rhythm 1 - slip - 1 - 6 - 3 - 2 - 1 - slip - 1 - duck - **3 - 2 - 3**

FtWk Drill Pivot - sidestep - back - leap

FtWk Combo 1 - 2 - pivot - 2 - sidestep - 2 - 5 - 1back - leap2

Ali Shuffle



FREESTYLE!



TIER 7
7 - 15



Chapter 6

Freestyle!

Take this time to remind yourself that this is supposed to be FUN! Don't worry about the numbers. Don't worry about being perfect. Just PUNCH!

Ex.)



FREESTYLE!



TIER7
7 - 15



Bout Bags

Heavy

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

FREESTYLE



FREESTYLE!



TIER7
7-15

Bout

Shadowboxing

Mirror

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

FREESTYLE





Chapter 5

The Tier 7 Combo

Unlike all the other tiers, the Tier 7 Combo covers only a portion of the Tier 7 Code. The Tier 7 Code focuses on the transitions between the previous Tier Combos. The sole focus of today is to work on the Tier 7 Combo.

Endless Combo Slip1 - 6 - 2 - 3 - slip2 - 5 - 3 - 2 - duck - 2 - 3 - duck - 3 - 2 -

slip1 - 6 - 2 - 3 - slip2 - 5 - 3 - 2 - duck - 2 - 3 - duck - 3 - 2

The Finisher Measure - 6 - 3 - 2 - 5

Ex.)

Slip1 - 6 - 2 - 3

Slip2 - 5 - 3 - 2

Slip1 - 6 - 2 - 3 - Slip2 - 5 - 3 - 2

Duck - 2 - 3

Duck - 3 - 2

Duck - 2 - 3 - Duck - 3 - 2

Slip1 - 6 - 2 - 3 - Slip2 - 5 - 3 - 2 - Duck - 2 - 3 - Duck
- 3 - 2...



Bout Bags

Heavy

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

Slip 1 - 6 - 2 - 3

Slip 2 - 5 - 3 - 2

Slip 1 - 6 - 2 - 3 - Slip 2 - 5 - 3 - 2

Duck - 2 - 3 (choose two per round)

Duck - 3 - 2

Duck - 2 - 3 - Duck - 3 - 2

Slip 1 - 6 - 2 - 3 - Slip 2 - 5 - 3 - 2 - Duck - 2 - 3 - Duck - 3 - 2...

 **Bout**

Shadowboxing

Mirror

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

Slip1 - 6 - 2 - 3

Slip2 - 5 - 3 - 2

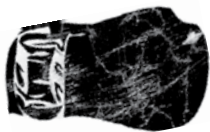
Slip1 - 6 - 2 - 3 - Slip2 - 5 - 3 - 2

Duck - 2 - 3 (choose two per round)

Duck - 3 - 2

Duck - 2 - 3 - Duck - 3 - 2

Slip1 - 6 - 2 - 3 - Slip2 - 5 - 3 - 2 - Duck - 2 - 3 - Duck - 3 - 2...



Chapter 5

Redefine 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.)

Redefine Your Combo



Bout Bags

Heavy

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

YOUR COMBO

**REDIFINE YOUR
COMBO (Part 1)**



TIER7
7 - 17

Bout

Shadowboxing

Mirror

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

YOUR COMBO





Chapter 5

Redefine Your Combo (Part 2)

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

Ex.)

Redefine Your Combo



Heavy

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

YOUR COMBO

**REDIFINE YOUR
COMBO (Part 2)**



TIER7
7 - 18

Bout

Shadowboxing

Mirror

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

YOUR COMBO





Chapter 5

Practice Your Partners Combo

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

Ex.)

Practice Your Partner's Combo

**PRACTICE YOUR
PARTNERS COMBO**



TIER7
7 - 19



Bout Bags

Heavy

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

PRACTICE YOUR PARTNERS COMBO



**PRACTICE YOUR
PARTNERS COMBO**



TIER7
7 - 19



Bout

Shadowboxing

Mirror

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

PRACTICE YOUR PARTNERS COMBO





Chapter 6

Mastering Tier 5

Punch System Switch (PSS): Practice this Switchfooted until it feels just as natural as your dominant stance.

Ex.)

8 Punches of Pink Gloves

1

1 - 2

1 - 2 - 3

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

Ex.)

3PC Combo

1 - 2 - 3

2 - 3 - 4

3 - 4 - 5

4 - 5 - 6

5 - 6 - 7

6 - 7 - 8



Bout Bags

Heavy

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

1 - 2 - 3

2 - 3 - 4

3 - 4 - 5 (switchfooted)

4 - 5 - 6

5 - 6 - 7

6 - 7 - 8

 **Bout**

Shadowboxing

Mirror

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

1

1 - 2

1 - 2 - 3

1 - 2 - 3 - 4 (switchfooted)

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



Chapter 6

Mastering Tier 5 Continued...

Duck-DuckSwitch: Work the transition from the PSS into this combo.

Ex.) 8 - duck - duckswitch

Ex.) Now, practice starting with a 3.

3 - duckswitch...

8 - 3 - duckswitch...

3 - 8 - duck - duckswitch...

LeapHook Combo: Work the transition from the Duck-DuckSwitch.

Ex.) duckswitch - duckswitch - leap3...

leap3 - duckswitch - duckswitch - leap3...



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 - 2...

 **Bout**

Shadowboxing

Mirror

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

8 - duck - duckswitch

3 - duckswitch...

8 - 3 - duckswitch... (choose two per round)

3 - 8 - duck - duckswitch...

duckswitch - duckswitch - leap3...

leap3 - duckswitch - duckswitch - leap3...



Chapter 6

Combine Tier 4 and Tier 5 Combos

Now, with your new skills, link the Tier 4 Combo into the Tier 5 Combo. With accents and improved transitions.

Ex.) Reaction Rhythm 1 - slip - 1 - 6 - 3 - 2 - 1 - slip - 1 - duck
- 3 - 2 - 3

FtWk Drill Pivot - sidestep - back - leap

FtWk Combo 1 - 2 - pivot - 2 - sidestep - 2 - 5 - 1 back -
leap2

Ali Shuffle

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

Duck-DS duck - duckswitch - duckswitch - duckswitch

LeapHook Leap3 - 6 - 5 - 8 - 3 - 2

COMBINE TIER 4 &
TIER 5 COMBOS



TIER 7
7 - 22



Heavy

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

1 - slip - 1 - 6 - 3 - 2 - 1 - slip - 1 - duck - **3 - 2 - 3**
(switchfooted)





Bout

Shadowboxing

Mirror

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

Reaction Rhythm 1 - slip - 1 - 6 - 3 - 2 - 1 - slip - 1 - duck
- 3 - 2 - 3

FtWk Drill Pivot - sidestep - back - leap

FtWk Combo 1 - 2 - pivot - 2 - sidestep - 2 - 5 - 1back -
leap2

Ali Shuffle

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

Duck-DS duck - duckswitch - duckswitch - duckswitch

LeapHook Leap3 - 6 - 5 - 8 - 3 - 2



Chapter 7

Mastering Tier 6

Ambidextrolocious: Work the transition from Tier 5 into Tier 6.

Ex.)

2 - 6 - 7 - 6switch

3 - 2 - 6 - 7 - 6switch

leap3 - 6 - 5 - 8 - 3 - 2 - 6 - 7 - 6switch



Bout Bags

Heavy

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

2 - 6 - 7 - 6switch

3 - 2 - 6 - 7 - 6switch

leap 3 - 6 - 5 - 8 - 3 - 2 - 6 - 7 - 6switch



Bout

Shadowboxing

Mirror

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

2 - 6 - 7 - 6switch

3 - 2 - 6 - 7 - 6switch

leap 3 - 6 - 5 - 8 - 3 - 2 - 6 - 7 - 6switch



Chapter 7

Mastering Tier 6 Continued...

Ex.)

The X Combo

6 - 7 - 4 - 5...

6 - 7 - 4 - 5 - 8switch...

4 - 5 - 6 - 7...

4 - 5 - 6 - 7 - 6switch...

Ex.)

Rallies should flow into one
continuous motion.

8pivot - 6switch...

8pivot - 6switch - 1back...



Heavy

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

6 - 7 - 4 - 5...

6 - 7 - 4 - 5 - 8switch...

4 - 5 - 6 - 7...

4 - 5 - 6 - 7 - 6switch...

**MASTERING TIER 6
CONTINUED...**



**TIER 7
7 - 24**

Bout

Shadowboxing

Mirror

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

8pivot - 6switch...

8pivot - 6switch - 1back...





Chapter 7

Combine Tier 5 and Tier 6 Combos

Now, with your new skills, link the Tier 5 Combo into the Tier 6 Combo. With accents and improved transitions.

Ex.) PSS 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

Duck-DS duck - duckswitch - duckswitch - duckswitch

LeapHook Leap3 - 6 - 5 - 8 - 3 - 2

6 - 7 - 6switch - 6 - 7 - 6switch -

6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -

Ambidextrolocious 4 - 5 - 8pivot - 6switch - 1back -

8pivot - 6switch - 1back -

trainerleap

COMBINE TIER 5
& TIER 6 COMBOS



TIER 7
7 - 25



Bout Bags

Heavy

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

1 - 2 - 3 - 8

2 - 1 - 8 - 3

8 - 3 - 6 - 3 (Power Punches)

3 - 8 - 5 - 3



**COMBINE TIER 5
& TIER 6 COMBOS**



TIER 7
7 - 25



Bout

Shadowboxing

Mirror

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

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

Duck-DS duck - duckswitch - duckswitch - duckswitch

LeapHook Leap3 - 6 - 5 - 8 - 3 - 2

6 - 7 - 6switch - 6 - 7 - 6switch -

6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -

Ambidextrolocious 4 - 5 - 8pivot - 6switch - 1back -

8pivot - 6switch - 1back -

trainerleap





Chapter 7

Combine Tier 6 and Tier 7 Combos

Now, with your new skills, link the Tier 6 Combo into the Tier 7 Combo. With accents and improved transitions.

Ex.) Ambidextrolocious 6 - 7 - 6switch - 6 - 7 - 6switch -

6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -

4 - 5 - 8pivot - 6switch - 1back -

8pivot - 6switch - 1back -

trainerleap

Endless Combo Slip1 - 6 - 2 - 3 - slip2 - 5 - 3 - 2 - duck-2
- 3 - duck - 3 - 2 -

slip1 - 6 - 2 - 3 - slip2 - 5 - 3 - 2 - duck - 2 - 3 - duck - 3 - 2

The Finisher Measure - 6 - 3 - 2 - 5

COMBINE TIER 6
& TIER 7 COMBOS



TIER 7
7 - 26



Bout Bags

Heavy

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

Endless Combo Slip 1 - 6 - 2 - 3 - slip 2 - 5 - 3 - 2 - duck
- 2 - 3 - duck - 3 - 2 -

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

The Finisher Measure - 6 - 3 - 2 - 5





Bout

Shadowboxing

Mirror

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

Ambidextrolocious 6 - 7 - 6switch - 6 - 7 - 6switch -

6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -

4 - 5 - 8pivot - 6switch - 1back -

8pivot - 6switch - 1back -

trainerleap

Endless Combo Slip1 - 6 - 2 - 3 - slip2 - 5 - 3 - 2 - duck-2 - 3 -
duck - 3 - 2 -

slip1 - 6 - 2 - 3 - slip2 - 5 - 3 - 2 - duck - 2 - 3 - duck - 3 - 2

The Finisher Measure - 6 - 3 - 2 - 5



Chapter 8

Mastering the Endless Combo and The Entire 222

Endless Combo: Work the transition into The Finisher. Also, the Finisher Combo should be throw as hard and fast as your perfect form will allow.

Ex.) 3 - 2 - measure - 6 - 3 - 2 - 5

duck - 3 - 2 - measure - 6 - 3 - 2 - 5

Practicing the 222: Please do not think that you have it all figured out. We never have it figured out. The only way to fail is to think that you've already succeeded. The 222 is a constant work in progress. Just like the vision of PGB, our Champions are never finished being revealed. It's a daily/hourly endeavor. A Champion never quits. A Champion lives a championship life. Every tick of every second of every minute of every hour of the days of weeks of months of years of a truly fulfilling life. But always remember... it's not about the destination. PGB is not something to finish, it's something to start every day. The mindset... that you will live the life you love and love the life you live. It's a journey.



Bout Bags

Heavy

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

3 - 2 - measure - 6 - 3 - 2 - 5

duck - 3 - 2 - measure - 6 - 3 - 2 - 5



Bout

Shadowboxing

Mirror

T1:	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip - 5 - 6 - 3 - 8 - *-*
CC1:	1 - 2 - slip - slip - 3 - 4 - duck - duck - 3 - duck - *
CC2:	2* - block2 --- 2 - 3 - 2 - block3 --- 3 - 2 - 3 - 2 - measure - *
CC3:	2* - 3 - 3 - 2 - duck - 2 - 3 - 3 - 2 - 5 - 6 - 3 - 2 - measure - 2
CC4:	1 - 3 - 2 - 5 - DnP - 2 - 2 - 2 - 3 - 2 - measure - 2
Casillas	1 - back - 1 - slip - slip - 2 - 6
Wolfe	1 - 6 - 1 - 8 - 1 - 2 - duck - 4
Lucia	1 - back - 2 - duck - - 4 - 3 - 6 - 3body - duck - 3head
	Pivot
Rxn Combo	1 - slip - 1 - 2 - slip - 2 - block2 --- 2 - 3 - 2 - block3 --- 3 - 2 - 3 - 8 - duck - 8 - 3 - duck - 3 - 6 - 3 - 2 - 5 - 8 - 3
T's Combo	Slip2 - duck3 - duck8 - slip1 - duck8 - duck3 - slip2
Reaction Rhythm	1 - slip - 1 - 6 - 3 - 2 - 1 - slip - 1 - duck - 3 - 2 - 3

continue...



Bout Shadowboxing

continued...

Mirror

FtWk Drill

Pivot - sidestep - back - leap

FtWk Combo

1 - 2 - pivot - 2 - sidestep - 2 - 5 - 1back - leap2

Ali Shuffle

PSS

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

Duck-DS

duck - duckswitch - duckswitch - duckswitch

LeapHook

Leap3 - 6 - 5 - 8 - 3 - 2

Ambidextrolocious

6 - 7 - 6switch - 6 - 7 - 6switch -

6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -

4 - 5 - 8pivot - 6switch - 1back -

8pivot - 6switch - 1back -

trainerleap

Endless Combo

Slip1 - 6 - 2 - 3 - slip2 - 5 - 3 - 2 - duck - 2 - 3 - duck - 3 - 2 -

Slip1 - 6 - 2 - 3 - slip2 - 5 - 3 - 2 - duck - 2 - 3 - duck - 3 - 2

The Finisher

Measure - 6 - 3 - 2 - 5

PINKGLOVES

BOXING



Revealing the Champion from Within Each Other™