

Week 2. Day 1.

Ok... today we work on using penguin slips to close distance and uppercut people in the face. First, watch the [Penguin Slip Video Here](#). Then, watch the video on [Adding Up-Jabs To your Penguin Slips](#). You will learn stuff, and be ready for the workout.

After this day, you should be able to dodge punches and counter-punch... if you want try some partner training, [watch this video on Partner Training](#)... obviously.

Then, do the workout, which you can download here.

This workout consists of *approximately* 1 minute rounds with 30 seconds rest.

Execute the first two items, each 30 seconds in length... and during the rest portion of the set, figure out what you're doing in the *next* set.

Penguin Slip Workout

1. 30 Seconds Penguin Slipping *in place*
2. 30 Seconds Jump Rope or Shadow Boxing
3. 30 Seconds Rest (if you need it)

1. 30 Seconds Penguin Slipping Moving *Forward*
2. 30 Seconds Jump Rope or Shadow Boxing
3. 30 Seconds Rest

1. 30 Seconds 1 Left Penguin Slip + 1 Left Up Jab (same slip, same punch repeatedly)
2. 30 Seconds Jump Rope or Shadow Boxing
3. 30 Seconds Rest

1. 30 Seconds 2 Penguin Slips + 1 Up Jab (slip back to the side you punched from... Up-Jab alternates sides)
2. 30 Seconds Jump Rope or Shadow Boxing
3. 30 Seconds Rest (if you need it)

1. 45 Seconds 3 Penguin Slips + 1 Up-Jab (left, right, left slip... left Up-Jab)
2. 30 Seconds Jump Rope or Shadow Boxing
3. 30 Seconds Rest

1. 30 Seconds Penguin Slipping Moving *Forward*
2. 30 Seconds Jump Rope or Shadow Boxing
3. 30 Seconds Rest

1. 30 Seconds 1 Right Penguin Slip + 1 Right Up-Jab (same slip, same punch repeatedly)
2. 30 Seconds Jump Rope or Shadow Boxing
3. 30 Seconds Rest

1. 45 Seconds 2 Penguin Slips + 1 Up-Jab (slip back to the side you punched from... Up-Jab alternates sides)
2. 30 Seconds Jump Rope or Shadow Boxing
3. 30 Seconds Rest (if you need it)

1. 45 Seconds 3 Penguin Slips + 1 Up-Jab (right, left, right slip... **right Up-Jab**)
2. 30 Seconds Jump Rope or Shadow Boxing
3. 30 Seconds Rest

1. **2 Minute Round**... freestyle random numbers of slips followed by Up-Jabs
2. 60 seconds Rest

1. **2 Minute Rounds...** freestyle random numbers of slips followed by Up-Jabs
2. Go do something else.