

Week 2 Day 7

I gave you a day of rest between every workout this week... I'm aware that these techniques will make your core and legs sore.

Anyhow...

Today's techniques revolve around the delivery of big hooks while closing also distance. This particular attack is one that Mike Tyson used to illicit countless knockouts.

[Click here to learn the new technique.](#)

Then... if you have the **time**...

You might want to watch this [Tyson Knockout Highlight Reel](#) to get fired up, and see the move you just learned in action.

Hopefully you're now fired up enough learn some more stuff... because I have some extra-credit material.

If you want to get the MOST out of your hooks, you should probably watch this video on [basic hook form](#).

Once you've ingested that info, you can watch this video on [advanced hook form](#).... And add insane power to your strikes.

Round 1.

- 60 seconds U-Slips Moving Forward
- 60 Seconds U-Slips Moving Forward with a Stationary Hook after each slip
- 60 Seconds U Slips Moving Forward with a Hook and a Straight after each slip.

*If you slip to the left, you throw a left hook and your left foot should be in front. Make sure you unwind your torso after each hook. One the Hook + Straight, you slip *back* to the side of your straight punch.

Round 2.

- 60 seconds U-Slips Moving Forward
- 60 Seconds U-Slips Moving Forward with a Stationary Hook after each slip
- 60 Seconds U Slips Moving Forward with a Hook and a Straight after each slip.

60 Seconds Rest

Round 3.

2 Minute round Alternating the following:

- U-Slips Left with a leaping Left Hook (big pivot)
- U-Slips Right with a leaping Right Hook (big pivot)

60 Seconds Rest

Round 4.

2 Minute round Alternating the following:

- U-Slips Left with a leaping Left Hook (no pivot)
- U-Slips Right with a leaping Right Hook (no pivot)

60 Seconds Rest

Round 5.

2 Minute Round Alternating the following:

- U-Slip Left with Leaping Left Hook – Tyson Slip Left
- U-Slip Right with Leaping Right Hook – Tyson Slip Right

*Bounce off the ground during the pivoted landing of your hook and “fall” into your Tyson Slip (don’t freeze there, get back to your stance)

60 Seconds Rest.

Round 6

2 Minute Round Alternating the following:

- U-Slip Left with Leaping Left Hook – Tyson Slip Left – Left Uppercut
- U-Slip Right with Leaping Right Hook – Tyson Slip Right - Right Uppercut

60 Seconds Rest

Round 7.

2 Minute Round Alternating the following:

- U-Slip Left with Leaping Left Hook – Tyson Slip Left – Left Uppercut – Right Straight
- U-Slip Right with Leaping Right Hook – Tyson Slip Right - Right Uppercut – Left Straight

60 Seconds Rest

Round 8.

2 Minute Round Alternating the following:

- U-Slip Left with Leaping Left Hook – Tyson Slip Left – Left Uppercut – Right Straight – U-Slip Right
- U-Slip Right with Leaping Right Hook – Tyson Slip Right - Right Uppercut – Left Straight – U-Slip Left

60 Seconds Rest

Round 9.

2 Minute Round Alternating the following:

- U-Slip Left with Leaping Left Hook – Tyson Slip Left – Left Uppercut – Right Straight – U-Slip Right with a Left Hook to the body (that final hook lands on the second step of your U-Slip)
- U-Slip Right with Leaping Right Hook – Tyson Slip Right - Right Uppercut – Left Straight – U-Slip Left with a Right Hook to the body (that final hook lands on the second step of your U-Slip)

60 seconds rest

Round 10

2 Minute Round Shadow-Boxing while incorporating this movement.