

Day 1 Training:

If the following doesn't make sense to you, [watch this video on Slipping to the on your Left vs Right Foot.](#)

Straight Slips

On these slips, you will move only **one** of your feet. You will bounce that foot immediately back to your stance.

Your **weight** will be transferred to the foot on the same side that your **head** is slipping. So, if your head is moving to the left, your weight will be transferred into the left foot. If the Left foot is in the Front of your stance, you will step FORWARD.

50 Straight Slips, Head Moving To the Left, Stepping on your **Left Foot** and bouncing it back to your stance.

50 Straight Slips, Head Moving To the Left, Stepping on your **Right Foot** and bouncing it back to your stance.

50 Straight Slips, Head Moving To the Right, Stepping On your **Left Foot** and bouncing it back to your stance.

50 Straight Slips, Head Moving To the Right, Stepping On your **Right Foot** and bouncing it back to your stance.

More Straight Slips

On the following slips, you will move **BOTH** of your feet, thus bringing your entire stance underneath you... instead of just bouncing the foot back to your stance.

If you are slipping to the LEFT, you will take a LEFT then RIGHT replacement step. (Don't "Overdrag" your step. Keep a nice wide base)!

50 Straight Slips, Head Moving To the Left, Stepping on your **Left Foot** and bringing your Right foot in as a replacement step.

50 Straight Slips, Head Moving To the Left, Stepping on your **Right Foot** and bringing your Left foot in as a replacement step.

50 Straight Slips, Head Moving To the Right, Stepping On your **Left Foot** and bringing your Right foot in as a replacement (aka drag) step.

50 Straight Slips, Head Moving To the Right, Stepping On your **Right Foot** and bringing your Left foot in as a replacement (aka drag) step.

Slips and Counters

Start by slowly executing:

20 Straight Slips popping your **Left** shoulder forward and throwing a **Right Uppercut**

20 Straight Slips Popping your **Right** shoulder forward, and throwing a **Left Uppercut**

Now do this in the midst of moving:

2 Minute Round of shadow boxing, while randomly slipping and popping your left shoulder in front, firing either a Right Uppercut, Up-jab, or 'Uppergut'.

60 seconds Rest

2 Minute round of shadow boxing, while randomly slipping and popping your right shoulder forward, throwing a left Uppercut, Up-Jab, or Uppergut.

60 seconds Rest

Rear Slips

100 Rear Slips - pulling your head *straight* back, and tucking your chin.

100 Rear Slips, Left - With your head pulled to the **left**. (Execute a normal rear slip, and use an oblique crunch to pull your head to the left, much like you did on the straight slip).

100 Rear Slips, Right - Now your head is pulled to the **right** of the punch.