

The Workout

I must say, I'm excited to combine some shots with some strikes today.

Warm Up with 20 walking lunges (or light shots)

Making sure to *imagine* your opponents leg, and grab it with the right grip (depending on the leg you're attacking).

60 Seconds Shadow boxing

10 Lunges, Alternating legs.

On these lunges, I want you to take the an EXTRA LARGE step. Look at the spot on the ground where you would normally step, then make it a Foot **Longer**.

Note how this changes the muscles that are targeted... it puts the strain more in your glutes, less in your quads (this will also allow you to take much deeper shots).

10 Shots, Alternating legs.

These shots should ALSO be a foot longer than you're used to. Be sure to be grabbing the air with the appropriate grip.

60 Seconds Light shadowboxing – Throw the occasional shot in the midst of your combos.

Ok... You're warmed up.

10 Slow Motion “Jab into a Lead Leg Shot”

Be sure that your jab lands at the same moment as your Lead Foot (front foot), and your second step blasts you forward into your penetration step (also with your lead foot). Coordination is key before you speed it up.

10 Full Speed “Jab into a Lead Leg Shot”

30 Seconds Shadow Boxing

10 Full Speed “Jab into a Lead Leg Shot”

30 Seconds Shadow Boxing

15 Full Speed “Jab into a Lead Leg Shot” with Finishes

Try to use three different single leg finishing techniques... 5 of each.

30 Seconds Walking Rest

30 Seconds Shadow Boxing till full recovery

10 Slow Motion “1-2 into Rear Leg Shot”

Your rear foot shouldn't hit the ground until you drive it forward for your penetration step.

30 Seconds Shadow Boxing

10 Full Speed “1-2 into Rear Leg Shot”

30 Seconds Shadow Boxing

10 Full Speed “1-2 into Rear Leg Shot” With Finishes

Again, try to use three different single leg finishing techniques... 5 of each.

30 Seconds Walking Rest

30 Seconds Shadow Boxing till full recovery

Try the following combinations:

1-2-3 and a Lead Leg Shot

(Jab – Cross – Lead Hook – Lead Shot)

In this combination, the form is somewhat similar to the Jab – Lead Leg Shot... however, you must give your front foot time to pivot (for your hook) before blasting off of your rear leg to shoot. Also, be sure to **unpivot** your foot as you drive forward for your penetration step.

20 x 1-2-3 and a Lead Leg Shot

Then...

1-2-5-8 and a Rear Leg Shot

(Jab – Cross – Lead Uppercut – Rear Overhand – Rear Leg Penetration Step... **aka** Left Straight – Right Straight – Left Uppercut – Right Overhand – Right Penetration Step if you're a righty).

I want you to throw the first 1-2 and pivot on your left foot stepping to the right of your opponent (you can see what I mean at 1:26 of [this video](http://howtofightnow.com/combining-stuff-and-things/): <http://howtofightnow.com/combining-stuff-and-things/>). Then, your left uppercut hits as you step your left foot in, fire the Overhand as you take your penetration step.

The last two punches should feel very similar to the 1-2 Rear Leg Shot, except they are an uppercut and an overhand.

By pivoting this way after your first 1-2, you end up with a better angle to take your single leg shot... though the combo is a little slower.

You should also try this *without* the first pivot... just to rip 4 quick punches. Take note that the trajectory of your overhand right should fundamentally lower your level into your shot.

20 x 1-2-5-8 and a Rear Leg Shot

If you're not tired, do 3-5 x 2 minute rounds, making sure to shoot at the end of EVERY combination.

You should be tired...