

DAY 5:

Watch [The Rude Awakening](#) Video Here:

There is an [Advanced Modification/Add-on to these Attacks here](#), to give you an "escape option" of sorts.

Identify which of these 3 is your favorite of the three and consider adding **extra focus** to that particular strike, building it into your combinations as we move forward.

These strikes will not be used as "standalones" but as "exclamation points" or "stepping stones" into deeper, more gruesome stuff.

If you decide to do some visualization, SEE the guy getting "oh crap" close for a split second, and SEE yourself firing the move immediately in your head.

If you can't FEEL that happening in your imagination, then you have not done the movement enough times... you will need to do this workout, a few more times :-)

It will help if you deliver these moves to an actual target... if you have to duct tape 5 couch cushions to a tree, DO IT!

RUDE AWAKENING WORK OUT

If you thought that you were going to be able to do everything in "only an orthodox stance" or "only a southpaw stance"... you thought wrong. I will explain exactly why later.

20 "Battering Ram" style shoulder bumps ON A TARGET (ideally a heavy bag) Left Foot in front, **Left Shoulder** delivering the blow.

20 "Battering Ram" style shoulder bumps ON A TARGET (ideally a heavy bag) with the Right Foot in Front, **Right Shoulder** delivering the blow.

Now that you're used to striking a heavy target, throw the strike ON THE AIR as if you're *trying* to hit something, but it moves away. You will hit nothing... you will stop in your stance controlled.

20 "Battering Ram" style shoulder bumps ON THE AIR Left Foot in front, **Left Shoulder** delivering the imaginary blow.

20 "Battering Ram" style shoulder bumps ON A TARGET with the Right Foot in Front, **Right Shoulder** delivering the imaginary blow.

You need to get used to *missing* these **committal** forward moving attacks. Control your weight, don't pitch your body forward, and KEEP MOVING FORWARD as if you're almost chasing your opponent... but with a constant streak of these controlled attacks.

Same thing with the "Uppercut style shoulder bump"

20 "Uppercut" style shoulder bumps ON A TARGET (ideally a heavy bag) Left Foot in front, **Left Shoulder** delivering the blow.

20 "Uppercut" style shoulder bumps ON A TARGET (ideally a heavy bag) with the Right Foot in Front, **Right Shoulder** delivering the blow.

20 "Uppercut" style shoulder bumps ON THE AIR Left Foot in front, **Left Shoulder** delivering the imaginary blow.

20 "Uppercut" style shoulder bumps ON A TARGET with the Right Foot in Front, **Right Shoulder** delivering the imaginary blow.

***If you're advanced, do 40 more of these on BOTH sides, on a target, throwing a hook to the body underneath the shoulder bump (eg. Left Shoulder - Right Hook)

***If you're more advanced than that, add a second punch and a knee to the combination: (eg. Left Shoulder Bump - Right Hook - Left Hook - Right Knee)

If you feel a horrible jarring sensation in your shoulder, you'll get used to it.

20 Horizontal Right Elbows ON A TARGET Left Foot in front, **Right Elbow** delivering the blow.

20 Horizontal Left Elbows ON A TARGET with the Right Foot in Front, **Left Elbow** delivering the blow. (southpaw stance)

20 Horizontal Right Elbows ON THE AIR Left Foot in front, **Right Elbow** delivering the imaginary elbow.

20 Horizontal Left Elbows ON THE AIR with the Right Foot in Front, **Left Elbow** delivering the imaginary blow. (southpaw stance)

***If you're advanced, do 40 more of these on BOTH sides, on a target, throwing a hook to the body underneath the elbow strike (eg Right Elbow - Left Hook)

***If you're more advanced than that, do 40 more adding a knee to the extra hook: (eg. Right Elbow - Left Hook - Right Knee).

If you've done all of the "most advanced stuff", you're probably getting a little tired. Finish strong with your knees.

20 Right Hop-Knees ON A TARGET Left Foot in front, **Right Knee** delivering the blow.

20 Left Hop-Knees ON A TARGET Right Foot in front, **Left knee** delivering the blow

On the following attacks “on the air”, make sure you pay very close attention to your control and balance when landing.

20 Horizontal Right Elbows ON THE AIR with the Left Foot in Front, **Right Elbow** delivering the blow. (orthodox stance)

20 Horizontal Left Elbows ON THE AIR with the Right Foot in Front, **Left Elbow** delivering the imaginary knee. (southpaw stance)

***If you’re advanced, do 40 more of these on BOTH sides, on a target, driving a horizontal elbow after the knee. (eg. Right Knee Strikes - Right Foot Lands in Front - Left Elbow Strikes as Left Foot Steps in the rear.)

***If you’re more advanced, do 40 more of these on BOTH sides, on a target, driving a horizontal elbow after the knee, and following that with a hook underneath. (eg. Right Knee Strikes - [Right Foot Lands in Front] - Left Elbow Strikes as Left Foot Steps in the rear.)

Clearly you can see that the way these can be tied together is endless. Pick your favorite strikes, and start getting comfortable moving between them!