

Week 2. Day 5

First, watch the video on [adding U-Slips and Variation](#) to your Distance Closing Movements. This makes your head movements *unpredictable* (amongst other things)... and that makes you harder to hit.

Then, watch an old school [video on the Slip Rope](#) which will give you a great training tool for building this movement.

Workout For U-Slips/Variation:

This first round should be done LIGHTLY, and all slipping should be done while moving FORWARD. This workout will focus in part on U-Slips, but quite a bit on MIXING your slips together to create variation.

1. 30 Seconds of Penguin Slips
2. 30 Seconds Shadow Boxing
3. 30 Seconds of U-Slips moving forward (on a Slip Rope, or on the Air)
4. 30 Seconds Shadow Boxing
5. 30 Seconds of Tyson Slips

60 Seconds Rest

1. 1 Minute of freestyle slipping Mixing only **U-Slips and Penguin Slips**
2. 1 Minute of Jump Rope or Shadow Boxing

60 Seconds Rest (or 60 seconds if you need it)

1. 1 Minute of freestyle slipping Mixing only **U-Slips and Tyson Slips**
2. 1 Minute of Jump Rope or Shadow Boxing

60 Seconds Rest

1. 1 Minute of Freestyle Slipping using **Every Slip**
2. 1 Minute of Jump Rope or Shadow Boxing

60 Seconds Rest

1. 1 Minute of **U-Slips Moving Forward**

2. 1 Minute of Jump Rope or Shadow Boxing

60 Seconds Rest

1. 1 Minute of Freestyle Slipping using Every Slip, also combined with punching

2. 1 Minute of Jump Rope or Shadow Boxing

60 Seconds Rest

1. 1 Minute U-Slips Moving Forward

2. 1 Minute Freestyle Slipping

3. 1 Minute Jumping Rope or Shadow Boxing

4. 1 Minute U Slipping Moving Forward