

FBP Week 4 Dayyyyyyy... something

Today is all about switch kicks, so don't suck at this like most people I see.

Switch kicks don't have to be slow and obvious, I demand you help me to re-educate the martial populace. That almost rhymed.

I like switch kicks after right punches... or rear punches, I suppose. I shouldn't assume that you're all also right-handed... that would be ego-centric.

Watch the [video on switch kicks here](#), and then do the workout!

The Workout

Shadow box lightly for a 3 minute round to warm up.

Round 1

60 Seconds – Bounce around in front of your target and throw switch kicks with your **front leg**.

(if you have no target, swing and “miss” your kicks on the air).

60 Seconds – Bounce around in front of your target and throw switch kicks with your **rear leg**.

60 Seconds Rest

Round 2

(For the following drill, when your kick hits the bag, bring it back down into a “switched” position and bounce immediately into the next kick... you should throw at least 30 kicks in 20 seconds this way.)

- 20 Seconds Non-Stop Left Switch kicks
- 60 Seconds LIGHT Shadow Boxing to catch your breath.
- 20 Seconds Non-Stop Right Switch kicks

- 60 Seconds LIGHT Shadow Boxing to catch your breath.
- 20 Seconds Non-Stop Left Switch kicks
- 60 Seconds LIGHT Shadow Boxing to catch your breath.
- 20 Seconds Non-Stop Right Switch kicks

60 Seconds Rest

Round 3

In a Righty Stance:

- 60 Seconds of Right Cross – **Switch Kick (Left Leg)**
- 60 Seconds of Jab – Cross- **Switch Kick (Left Leg)**

60 Seconds Rest

Round 4

In a Lefty Stance:

60 Seconds of Left Cross - **Switch Kick (Right Leg)**

60 Seconds of Jab – Left Cross- **Switch Kick (Right Leg)**

Round 5

(You will have to think for yourself on this round)

60 Seconds of as many combinations as you like, all ending with switch kicks.

60 Seconds with any combination that ends with a Right Cross – Left Switch Kick

Round 6

Righty Stance

10 x Jab – Cross – Switch Kick (**aka 1-2-Switch Kick**)

10 x Jab – Cross – Jab – Cross – Switch Kick (**1-2-1-2 Switch Kick**)

10 x 1-2-5-2 – Switch Kick (5 = Front Uppercut)

10 x 1-2-5-2-3-2 Switch Kick (3 = Left Hook)

Round 7

Lefty Stance

10 x Jab – Cross – Switch Kick (aka **1-2-Switch Kick**)

10 x Jab – Cross – Jab – Cross – Switch Kick (**1-2-1-2 Switch Kick**)

10 x 1-2-5-2 – Switch Kick (5 = Front Uppercut)

10 x 1-2-5-2-3-2 Switch Kick (3 = Front Hook)

Round 8

- 30 Seconds Non-Stop Left Switch kicks
- 60 Seconds LIGHT Shadow Boxing to catch your breath.
- 30 Seconds Non-Stop Right Switch kicks
- 60 Seconds LIGHT Shadow Boxing to catch your breath.
- 30 Seconds Non-Stop Left Switch kicks
- 60 Seconds LIGHT Shadow Boxing to catch your breath.
- 30 Seconds Non-Stop Right Switch kicks