

FBP – Week 4 Day 6

This looked pretty on the website before I pasted it here.

I love squeezing roundhouses into every combination. Right when the guy thinks that your assault is over, your shin slams into the soft muscle tissue of his thigh... it cripples both the leg, and the psyche.

To watch the video flowing in and out of your kicks, [click here](#).

When you decide that you want to practice this stuff and build crazy power into your crafty combinations, [click here](#) to learn about some important technical distinctions in the form... as I nerd out on MMA technique. I highly recommend you watch this video for max power/speed in your combos.

If you don't know my punch numbering system, these workouts might confuse you. You should watch this video on [Punch Numbering](#) (which is from the MP3 Workout Section.)

The Workout

Take your time getting warmed up. I want the following 300 combinations thrown with absolute 100% Power.

Righty Stance

- 25 Left Double Hooks with a **Right Roundhouse**
 - 25 Low to High's... Left Hook to Right Straight with a **Left Switch Kick**
 - 25 Low to High's... Right Hook to Left Hook with a **Right Roundhouse**
 - 25 Left to Right Penguin Punch with a **Left Switch Kick**
- Shadow Box 60 Seconds**
- 25 Left Double Hook – Right Straight – Switch Kick (Full Power)
 - 25 Low to High's (Left Hook to Right Straight) Left Hook (to the head) Right Roundhouse

- 25 Low to High's... Right Hook to Left Hook – Right Straight – Left Switch Kick (Full Power)
- 25 Left to Right to Left Penguin Punch – Right Roundhouse

Lefty Stance

- 25 Right Double Hooks with a Left **Roundhouse**
- 25 Low to High's... Right Hook to Right Straight with a Right **Switch Kick**
- 25 Low to High's... Left Hook to Right Hook with a Left **Roundhouse**
- 25 Right to Right Penguin Punch with a Right **Switch Kick**

Shadow Box 60 Seconds

- 25 Right Double Hook - Left Straight – Right Switch Kick
- 25 Low to High's (Right Hook to Left Straight) Right Hook (to the head) Left Roundhouse
- 25 Low to High's... Left Hook to Right Hook - Left Straight - Right Switch Kick
- 25 Right to Left to Right Penguin Punch – Left Roundhouse

Righty Stance

- 25 x 1-2 – Right Roundhouse
- 25 x 1-2-5-2 – Right Roundhouse

Lefty Stance

- 25 x 1-2 – Left Roundhouse
- 25 x 1-2-5-2 – Left Roundhouse