

# So, What Exactly Do You Get?

## PART 1

### INTRODUCTION

- COACHES INTRODUCTION
- INSTRUCTIONAL INTRODUCTION

### OVERVIEW OF THE DRILLS

- AROUND THE RING
- STEPS
- WALKING
- GALLOPING
- COYW STATIONARY
- LOCHE
- GO STEP
- 3 JABS AGILITY DRILL
- NEUTRAL STANCE
- 1-2 SQUARE & 1-2 IN FIGHTING STANCE
- COYW ON THE BAG
- 12 ROUNDS
- COYW ON THE MOVE
- STIR THE POT
- JAB REAR HAND ACCOUNTABILITY
- LEAD HAND REAR HAND ACCOUNTABILITY
- 1-1 HEAVYBAG
- 2-3 NONSTOP
- POST TO PUNCH
- L-R-L-R-L & R-L-R-L-R DRILL

## PART 2

## **40 ROUNDS EXAMPLE 1: SOLO HANDS DOWN**

- AROUND THE RING
- COYW
- FREESTYLE AROUND THE RING & COYW
- GALLOPING
- STIR THE POT
- COMBINE EVERYTHING ON THE BAG
- TEACHING MOMENT
- SHADOWBOXING

## **PART 3**

## **40 ROUNDS EXAMPLE 2: SOLO / GROUP BOYZ 2 MEN**

- INTRODUCTION
- COYW GROUP CIRCLE DRILL
- STEPS ORTHODOX
- STEPS SOUTHPAW
- STEPS ORTHODOX WITH PIVOTS
- STEPS SOUTHPAW WITH PIVOTS
- STEPS WITH SWITCHES
- STEPS WITH NEUTRAL
- 3 JABS WITH SWITCHES
- 3 JABS WITH SWITCHES AND CATCHES
- 3 JABS WITH NEUTRAL
- 12 ROUNDS
- PUSH-UP POSITION

## **PART 4**

## **40 ROUNDS EXAMPLE 3: SPARRING DEVELOPMENT**

- CATCH THE JAB VANILLA
- CATCH THE JAB COSMOPOLITAN
- CATCH THE HOOK VANILLA

- CATCH THE HOOK COSMOPOLITAN
- CATCH THE 2 VANILLA & COSMOPOLITAN
- CATCH THE 1-2 VANILLA
- CATCH THE 1-2 COSMOPOLITAN
- CATCH THE 1-2-3 VANILLA & COSMOPOLITAN
- JAB VS DEFENSE
- JAB VS JAB
- LEAD HAND VS LEAD HAND
- OPEN SPARRING
- HEAVYBAG FREESTYLE

## **PART 5**

### **40 ROUNDS EXAMPLE 4: SOLO VARIATION A**

- AROUND THE RING
- AROUND THE RING WITH SWITCHES & FREESTYLE
- STEPS
- FREESTYLE AROUND THE RING & STEPS
- 1-2 NONSTOP ON THE HEAVYBAG
- WALKING WITH CATCHES
- FREESTYLE AROUND THE RING, STEPS & WALKING
- FREESTYLE SHADOWBOXING & BAGWORK

## **PART 6**

### **40 ROUNDS EXAMPLE 5: 10K PUNCHES**

- INTRODUCTION
- 1-2 IN FIGHTING STANCE
- 3-2 IN FIGHTING STANCE
- 1-1-1-2-3-2 IN FIGHTING STANCE
- 1-1-1-2-3-2 WITH SWITCHES
- L-R'S TO THE BODY
- SEATED SLIP UPPER CUT DRILL
- STEPS VARIATION ORTHODOX

- STEPS VARIATION SOUTHPAW
- SHADOWBOXING

## **PART 7**

### **40 ROUNDS EXAMPLE 6: SOLO STANCE WORK**

- AROUND THE RING WITH ALTERNATING SHOULDER PRESSES
- GALLOPING
- LOCCHÉ
- LOCCHÉ WITH DEFENSE BEFORE OFFENSE
- GO STEP
- GO STEP WITH A COMBINATION
- GO STEP WITH A COMBINATION AND DIRECTION SWITCH
- REACTIVE BAG WORK
- FREESTYLE THE DAY

## **OUTRO**

- INTRO FOR COACH YASIN
- MOBILITY & STRENGTH EXERCISES FOR COMBAT SPORT
- ATHLETES BY COACH YASIN
- OUTRO