

BOXING COMBO #1

BEGIN WITH LEFT SIDE FORWARD

DOUBLE JAB-CROSS PUNCH

BOB AND WEAVE TO THE LEFT-LEFT HOOK-RIGHT
CROSS

BOB AND WEAVE TO THE RIGHT-RIGHT UPPERCUT-LEFT
HOOK

#6 BLOCK-JAB (CHECK AND COUNTER) #5 BLOCK-CROSS
PUNCH (CHECK AND COUNTER)

DOUBLE JAB-RIGHT CROSS

SLIP LEFT RIGHT LEFT RIGHT