

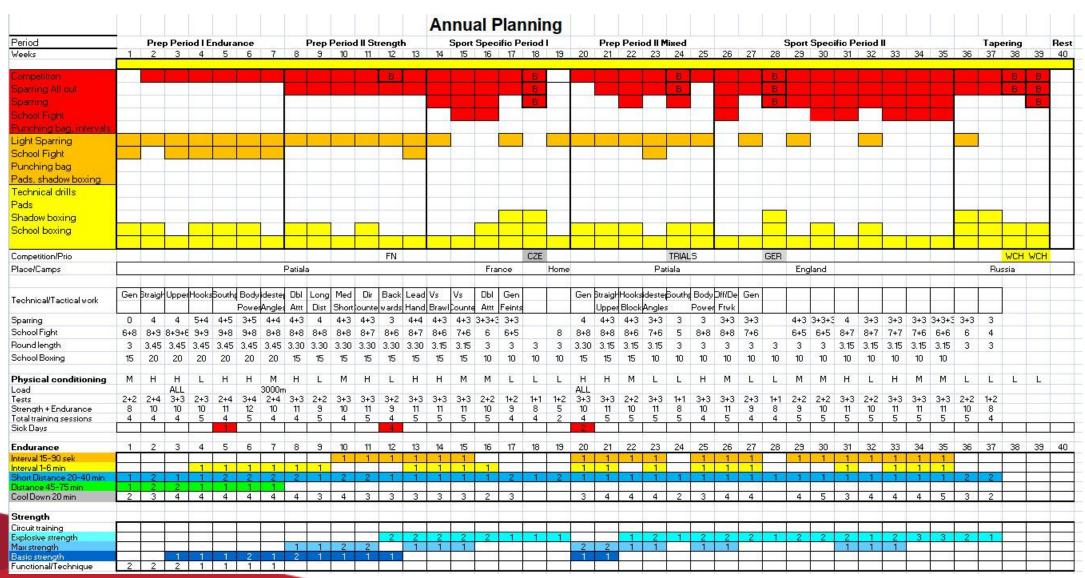


# COACH DEVELOPMENT PROGRAM









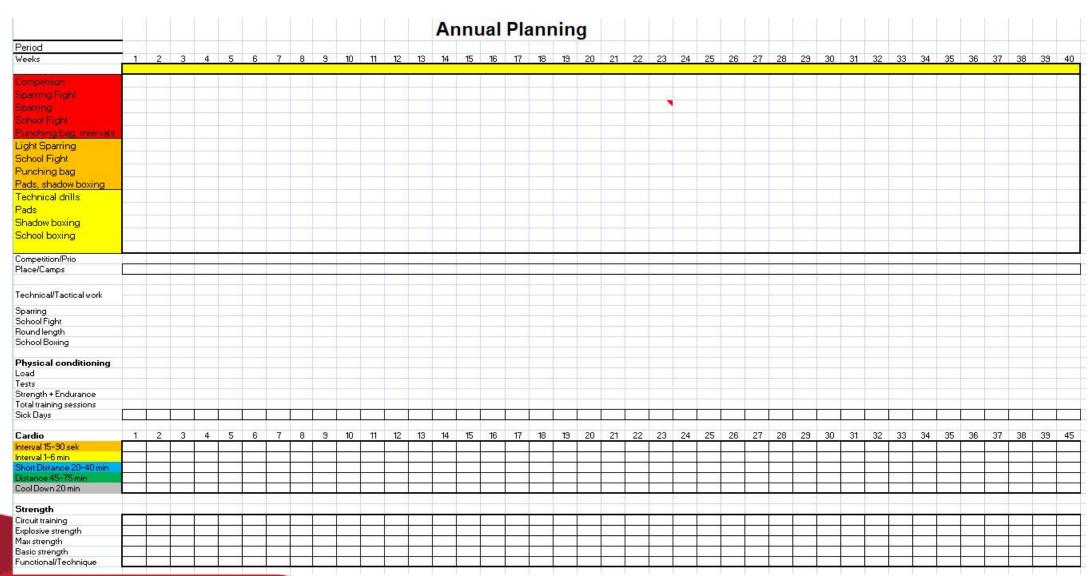














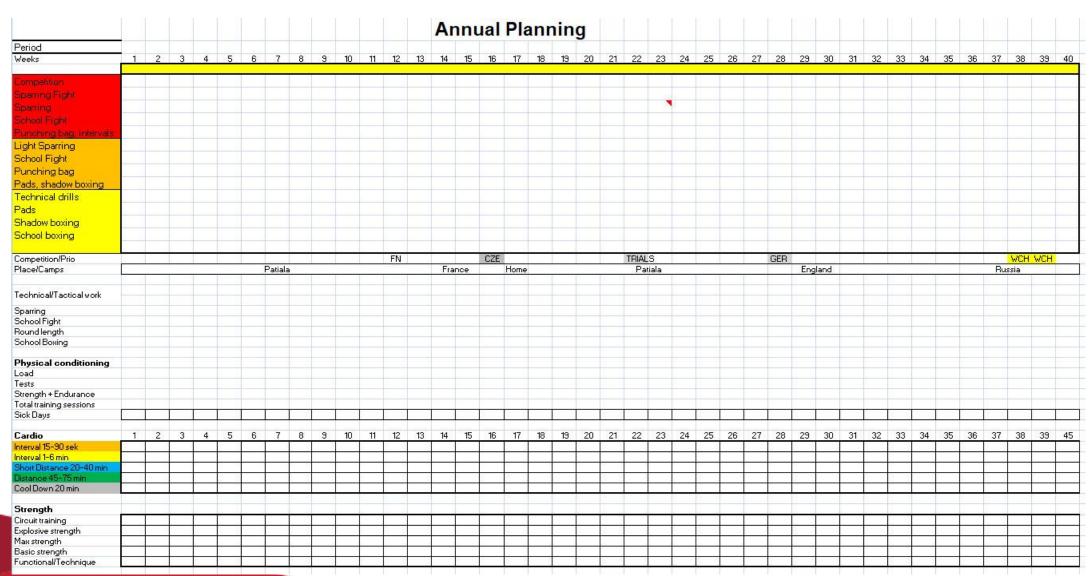


# **Calendar of Competitions**

|            | Priority of Competitions                                                              |           |  |  |  |  |  |  |
|------------|---------------------------------------------------------------------------------------|-----------|--|--|--|--|--|--|
| Priority 1 | Asian Ch. and World Ch., CWG and Asian Games;<br>Olympic QF and Olympic Games         | 2-3 Weeks |  |  |  |  |  |  |
| Priority 2 | Major International Tournaments (Strandja,<br>Chemistry Cup, Thailand Open, etc)      | 1 Week    |  |  |  |  |  |  |
| Priority 3 | International Tournaments, state and departmental competitions, Selection Trials, etc | 3-5 days  |  |  |  |  |  |  |
| Priority 4 | Fight Night, Friendly matches                                                         | 0-2 days  |  |  |  |  |  |  |











#### **Periodization**

| Preparatory<br>Period I | Preparatory<br>Period II | Sport Specific<br>Period | Tapering | Transition |
|-------------------------|--------------------------|--------------------------|----------|------------|
| Endurance               | Strength                 | Boxing                   | Peaking  | Recovery   |





#### **Periodization**

|                                        |      |     |      |       |       |     |   |         |      |        |         |       |     | Ar   | ını   | ıaı  | PI             | anr                       | nın  | g   |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
|----------------------------------------|------|-----|------|-------|-------|-----|---|---------|------|--------|---------|-------|-----|------|-------|------|----------------|---------------------------|------|-----|----------------|-------|---------|-------|----------------|-----|----|-----------|----------------|------|--------|-------|------|-----|----------|----------|-------|---------------|---------------|
| Period                                 |      | P   | ер Р | eriod | l Car | dio |   | 8       | Prep | Period | III Str | ength | e   |      | Sport | Spec | ific P         | eriod                     | 1    |     | Prep           | Perio | od II M | lixed |                |     |    | 15        | Sport          | Spec | ific P | eriod | 11   | 1   |          |          | Tape  | ering         | F             |
| v/eeks                                 | 1    | 2   | 3    | 4     | 5     | 6   | 7 | 8       | 9    | 10     | 11      | 12    | 13  | 14   | 15    | 16   | 17             | 18                        | 19   | 20  | 21             | 22    | 23      | 24    | 25             | 26  | 27 |           |                |      |        |       |      | 34  | 35       | 36       | 37    | 38            | 39            |
| CENTER AND CO.                         |      |     |      |       | 1     | _   |   | _       | _    |        |         | -     |     |      |       |      |                |                           |      | _   | _              | _     |         |       | -              |     |    |           | _              | _    |        |       | _    | _   | _        | _        | _     | _             | <del></del>   |
| Competition                            |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      | -   |          |          |       |               | _             |
| Sparring Fight                         |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      | -   | -        |          |       |               |               |
| Sparring                               | - 1  |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          | 1     |               |               |
| School Fight                           |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| Punching bag, intervals                | - 1  |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| ight Sparring                          |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| School Fight                           |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| ounching bag                           |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| Pads, shadow boxing                    |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| Technical drills                       |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               | -             |
| 1500100074000000000000                 |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               | _             |
| Pads                                   |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      | -   |          |          |       |               | _             |
| Shadow boxing                          |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| School boxing                          |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| Competition/Prio                       |      |     |      |       |       |     |   |         |      |        |         | FN    |     |      |       |      |                | CZE                       |      |     |                |       |         | TRIAL | S              |     |    | GER       |                |      |        |       |      |     |          |          |       | WCH           | WCH           |
| Place/Camps                            |      |     |      |       | -     |     |   | Patiala | 3    |        |         | 7,600 |     |      |       | Fra  | nce            | distriction of the second | Home |     |                |       | Pat     | tiala | C7             |     |    | Artistes. | Eng            | land |        |       |      |     |          |          | Rus   | ssia          | S CV AL       |
|                                        |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| Fechnical/Tactical work                |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| Sparring                               |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| School Fight                           |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| Round length                           |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| School Boxing                          |      |     |      |       | -     |     | - | -       |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       | -    |     |          |          |       |               |               |
| Physical conditioning                  |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     | _        |          |       |               |               |
| -nysical conditioning<br>-oad          |      |     |      |       |       | 1   |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      | -   | _        |          |       |               | -             |
| Tests                                  |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| Strength + Endurance                   |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       |      |     |          |          |       |               |               |
| Total training sessions                |      |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        | 1     |      |     |          |          |       |               |               |
| Bick Days                              | 0 10 |     |      |       | 0     |     |   |         |      |        |         | ji ji |     |      |       | 0    |                |                           |      |     |                |       |         |       |                |     |    |           | ji ()          |      |        |       |      | 1   |          |          | 0     |               |               |
|                                        | - 46 |     |      | - 01  |       |     |   |         |      | 40     |         | 40    | 40  | - 11 | 45    | 40   | 47             | 40                        | 40   | -00 | 04             | -00   | -00     | 0.4   | or.            | -00 | 07 | 00        | 00             | -00  | 04     |       |      | 04  | OF.      | 00       | 07    | 00            | 00            |
| Cardio                                 | 1    |     | 3    | 4     | 5     | 6   | 7 | 8       | 9    | 10     | 11      | 12    | 13  | 14   | 15    | 16   | 17             | 18                        | 19   | 20  | 21             | 22    | 23      | 24    | 25             | 26  | 27 | 28        | 29             | 30   | 31     | 32    | 33   | 34  | 35       | 36       | 37    | 38            | 39            |
| nterval 15-90 sek<br>nterval 1-6 min   | 35   | -   |      | 8     | 1     |     |   | 8 8     |      |        | 8       | - 3   | - 0 |      | 8     |      | 8 3            | - 3                       |      |     | 8 3            | - 3   |         |       | 8 - 3          | - 3 |    | 3         | 8 3            |      |        |       | 8 1  | - 3 | $\vdash$ |          | 8 9   | -             | _             |
| Short Distance 20-40 min               | d 69 | -   |      | S     | 10    |     |   |         |      |        |         | 0     |     |      |       | -    | <del>- 1</del> |                           |      |     | <del>8 9</del> | - 1   |         | 9     | <del>- 1</del> |     |    |           | <del>5</del> 7 |      |        |       | 8 1  | +   | $\vdash$ | $\vdash$ | -     | $\overline{}$ | $\rightarrow$ |
| Distance 45-75 min                     | 9 6  |     |      |       | 0     | 0   |   | 1 0     |      |        |         | V 8   |     |      |       | 0    | 9 V            |                           |      |     | 95 V           |       |         |       | 0 10           |     |    |           | 9 V            |      |        |       | (S ) |     |          |          | (9 V) | $\overline{}$ | =             |
| Cool Down 20 min                       | 2 -0 |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                |       |         |       |                |     |    |           |                |      |        |       | (0)  |     |          |          |       |               |               |
| Para Cat                               | * 39 |     |      |       |       |     |   |         | - Y  |        |         | Ç (6) | - 1 |      |       |      |                |                           |      | Š.  | 2 2            |       |         | 1     | 2 2            |     |    | 1         | 2 2            |      |        | Y.    | 8    |     |          | 8        | 2 2   |               |               |
| Strength                               | - 22 | -   |      |       |       |     |   | 2       |      |        |         | 2 2   |     |      |       | 2    | 3              | -                         |      | 10  | S              | -     |         |       | S 33           |     |    | 0         | S              |      | 4      |       | 100  | +   | $\vdash$ |          |       | _             | _             |
| Circuit training<br>Explosive strength | 8 9  | -   |      | 3     |       |     |   | 2       | -    |        |         | 9     |     |      | 3     |      | 9 4            |                           |      |     | S 4            | - 1   |         | 6     | 9 1            |     |    | ie.       | G 3            |      |        |       | 55   | -   | $\vdash$ |          | 59 2  | $\overline{}$ | $\rightarrow$ |
| explosive strength<br>Max strength     | 5 6  | - 8 |      |       | 100   | 0   |   | 0. 0    | - 3  |        |         | X 6   | - 3 | - 1  |       | 25   | 32 75          |                           |      |     | 32 X           |       |         |       | 32 - 75        |     |    |           | 32 - 23        |      |        | 8     | 30 7 | 1   | $\vdash$ |          | 32 75 |               | $\rightarrow$ |
|                                        | S 85 |     |      | 1:    |       |     | _ | 100     |      |        | is a    | 7 00  |     |      |       | 7    | 22 3           |                           |      |     | 20 1           | - 5   |         | -     | 32 3           |     |    | -         | 22 3           |      | _      | 1     | 20   |     |          | -        |       | -             | $\rightarrow$ |
| Basic strength                         | 7    |     |      |       |       |     |   |         |      |        |         |       |     |      |       |      |                |                           |      |     |                | 1     |         |       |                |     | 1  |           |                |      |        |       |      |     | 1 1      | 1 1      | 1     | , I           |               |

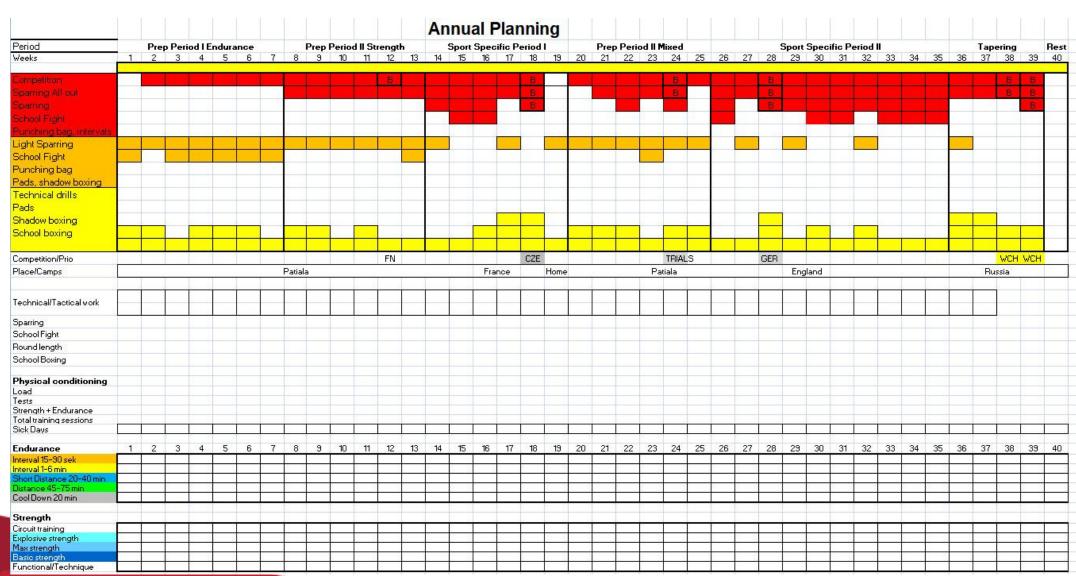




| В  | oving Training         |             | Intensity   |                 |
|----|------------------------|-------------|-------------|-----------------|
| В  | oxing Training         | Max 90-100% | High 80-90% | Medium-Low -80% |
| 1  | Competition            |             |             |                 |
| 2  | Sparring All out       |             |             |                 |
| 3  | Sparring               |             |             |                 |
| 4  | School Fight           |             |             |                 |
| 5  | Punching bag intervals |             |             |                 |
| 6  | Punching bag           |             |             |                 |
| 7  | Technical drills       |             |             |                 |
| 8  | Pads                   |             |             |                 |
| 9  | Shadow boxing          |             |             |                 |
| 10 | School boxing          |             |             |                 |









| Sparring      | 3 - 4 - 5 Rounds              |
|---------------|-------------------------------|
| School Fight  | 4 - 5 - 6 - 7 - 8 - 9 Rounds  |
| Round Length  | 3.00 - 3.15 - 3.30 - 3.45 min |
| Rest Period   | 0.50 s - 0.55 s - 1.00 min    |
| School Boxing | 10 - 15 - 20 - (30) min       |



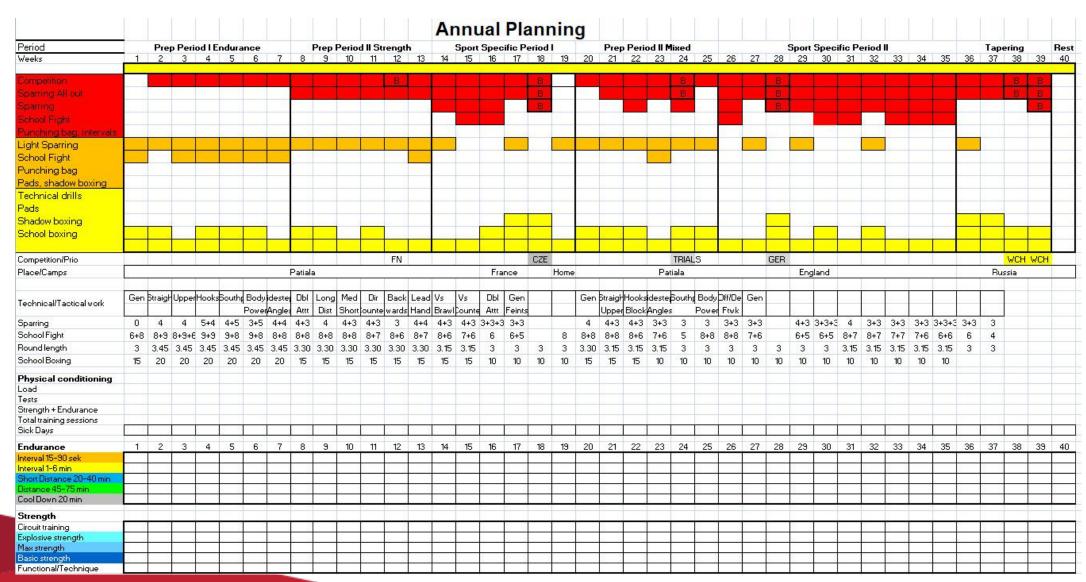


# School Fight

|    | Examples of Technical-tactical topics |    |                                   |  |  |  |  |  |  |  |  |
|----|---------------------------------------|----|-----------------------------------|--|--|--|--|--|--|--|--|
| 1  | Straight punches & defenses           | 11 | Side-steps & angles               |  |  |  |  |  |  |  |  |
| 2  | Uppercuts & defenses                  | 12 | Body punching                     |  |  |  |  |  |  |  |  |
| 3  | Hooks & defenses                      | 13 | Power punches                     |  |  |  |  |  |  |  |  |
| 4  | Long distance                         | 14 | Double-attacks                    |  |  |  |  |  |  |  |  |
| 5  | Medium & Short distance               | 15 | Feint-counter                     |  |  |  |  |  |  |  |  |
| 6  | Offensive & Def. Footwork             | 16 | Blocking-Counter                  |  |  |  |  |  |  |  |  |
| 7  | Direct Counter & Counter-attack       | 17 | Low guard                         |  |  |  |  |  |  |  |  |
| 8  | Lead hand                             | 18 | Punch in retreat & Diagonal steps |  |  |  |  |  |  |  |  |
| 9  | Southpaw vs Orthodox                  | 19 | Vs Brawler                        |  |  |  |  |  |  |  |  |
| 10 | Complex Combinations                  | 20 | Vs Counter puncher                |  |  |  |  |  |  |  |  |











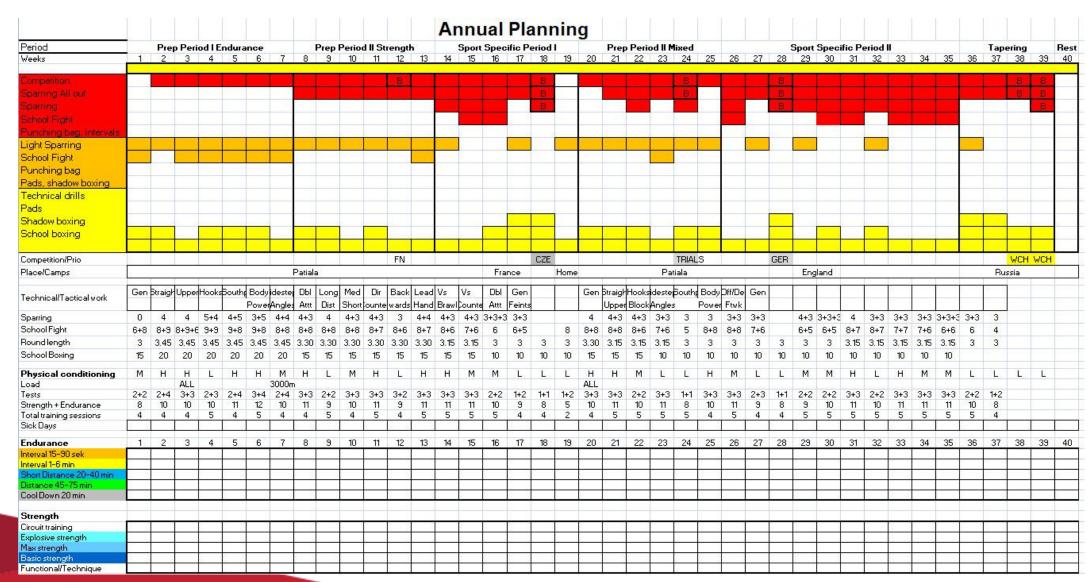
# **Physical Load**

| Load                    | Heavy/Medium/Light             |
|-------------------------|--------------------------------|
| Physical Tests          | Test Battery or specific tests |
| Strength + Endurance    |                                |
| Total Training Sessions | Boxing + S&C                   |





#### **Physical Load**







### **Endurance**

|                                 | Ru        | nning progra | m     |         |       |            |
|---------------------------------|-----------|--------------|-------|---------|-------|------------|
|                                 | Work      | Intensity    | Set   | Rest    | Serie | Heart Rate |
| Cool Down                       | 15-20 min | Low          | 1     | -       | 1     | 120        |
| Long distance                   | 60-75 min | Low          | 1     | -       | 1     | 120 - 150  |
| Distance                        | 45-60 min | Low          | 1     | -       | 1     | 140 - 160  |
| Fast distance                   | 15-40 min | Medium       | 1     |         | 1     | 160 - 170  |
| Long Interval                   | 4-10 min  | Medium       | 4-6   | 1-3 min | 1-2   | 160 - 170  |
| Interval "90-30"                | 90 sec    | High         | 10-15 | 30 sec  | 1-3   | 170 - 185  |
| Interval "15-15"                | 15 sec    | High         | 20-30 | 15 sec  | 1-3   | 170 - 185  |
| Interval "3`-3`"                | 3 min     | High         | 3-5   | 3 min   | 1-2   | 180 - 200  |
| Interval AN                     | 60 sec    | High         | 1-3   | 5 min   | 5     | ÷          |
| Interval AN                     | 10 sec    | High         | 1-3   | 2 min   | 6-15  | -          |
| Max HR:<br>®Rickard Nilsson 200 | 10.745.00 |              |       | Bo      | ЭX    | ing        |







# **Strength Training**

Function/ Technique

Basic Strength

Max. Strength

Explosive Strength

Speed Strength

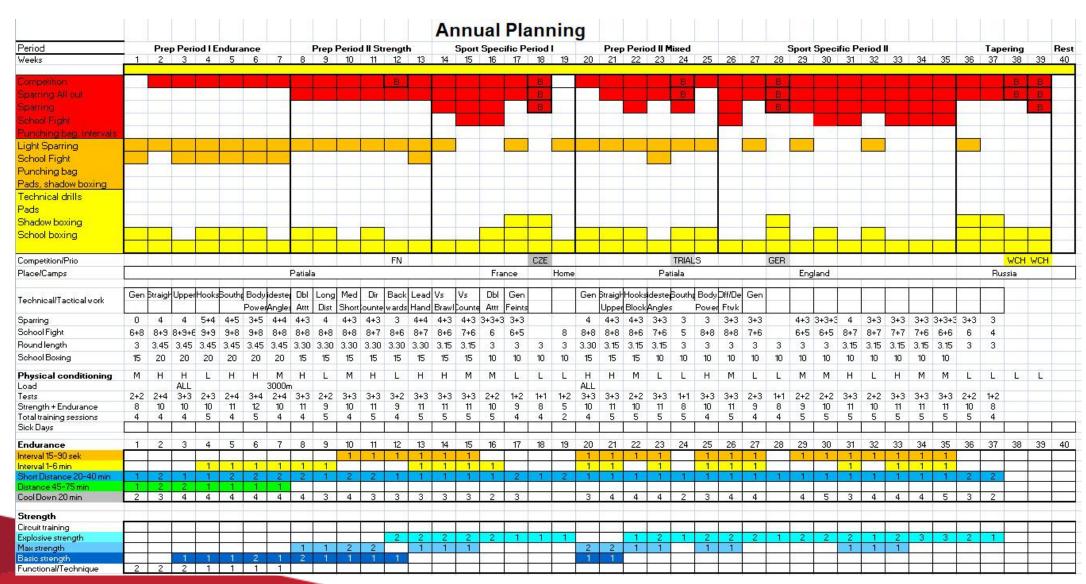
Power Endurance/Circuit training







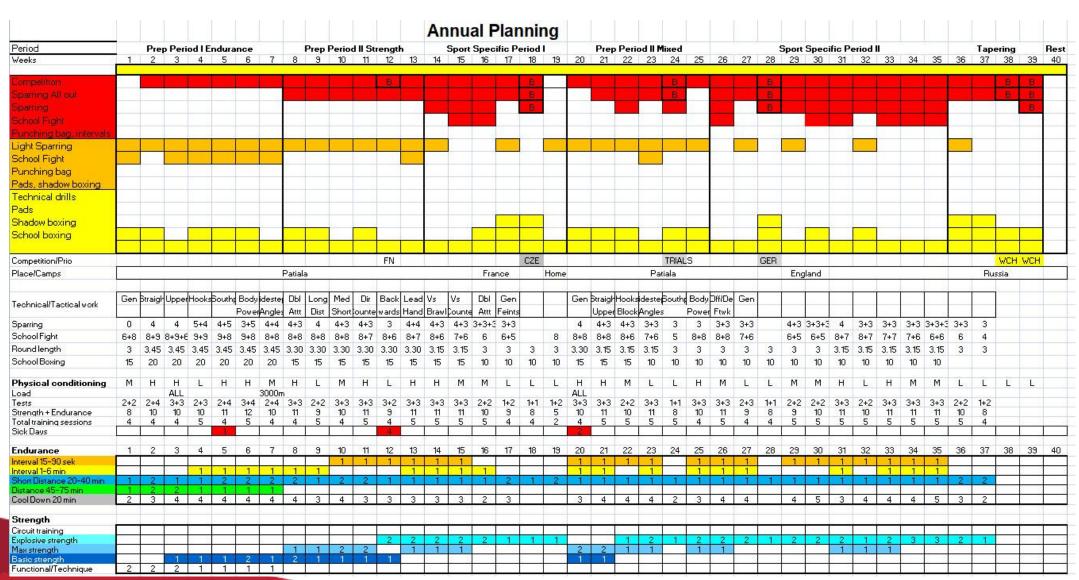
#### **Physical Load**







#### **Feedback**







|               |                       |                            | NIS, Patiala National    | Coaching Camp Weekly T | raining program |                 |                     |                      |           |          |
|---------------|-----------------------|----------------------------|--------------------------|------------------------|-----------------|-----------------|---------------------|----------------------|-----------|----------|
| Session       | Monday                | Tuesday                    | Wednesday                | Thursday               | Friday          | Saturday        | Sunday              |                      |           |          |
| 07:00-09:00   | Pads/Bag/Shadow       | Weight Training            | Interval Run-Walk        | School Boxing          | Weight Training | Running         | *                   | Endurance            |           |          |
|               | 4 Rounds              | Session 3                  | 12 x 2 min - 30 sec      | 10 min                 | Session 1       | 60 min          |                     | Max                  | 15-90 sec | Interval |
|               | Running               |                            | Pads/Bag/Shadow          | Game                   |                 | Individual Work |                     | High                 | 1-6 min   | Interval |
|               | 45 min                |                            | 4 Rounds                 | 2 x 25 min             |                 | 20 min          |                     | Medium               | 20-40 min | Distance |
|               |                       |                            |                          | Jogging                |                 |                 |                     | Low                  | 45-75 min | Distance |
|               |                       |                            |                          | 10 min                 |                 |                 |                     | Cool-Down            | 20 min    |          |
| 11:30-12:30   |                       |                            |                          |                        |                 |                 |                     | Strength             |           |          |
| 16:00-18:00   | School Boxing         | School Boxing              |                          | School Boxing          | Sparring        |                 |                     | Circuit training     |           |          |
|               | 15 min                | 15 min                     |                          | 15 min                 | 4 Rounds        |                 |                     | Explosive strength   |           |          |
|               | School Fight          | School Fight               |                          | School Fight           | Pads/Bag/Shadow |                 |                     | Max strength         |           |          |
|               | 9 Rounds              | 6 Rounds                   |                          | 8 Rounds               | 4 Rounds        |                 |                     | Basic strength       |           |          |
|               | Bag                   | Pads/Bag/Shadow            |                          | Pads/Bag/Shadow        | Cool-Down       |                 |                     | Functional/Technique |           |          |
|               | 4 Rounds              | 4 Rounds                   |                          | 3 Rounds               | 20 min          |                 |                     |                      |           |          |
|               | Cool-Down             | Cool-Down                  |                          | Cool-Down              |                 |                 |                     |                      |           |          |
|               | 20 min                | 20 min                     |                          | 20 min                 |                 |                 |                     |                      |           |          |
|               | Round Length          | 3.45 min                   |                          |                        |                 |                 |                     |                      |           |          |
| Technical/Ta  | ctical Objectives:    | Long Distance, Straight p  | unches                   |                        |                 | Intensity       |                     |                      |           |          |
| Physical Load | d:                    | High                       |                          |                        | Boxing          | High            | 90-100%             |                      |           |          |
| Sparring:     |                       | 4 Rounds Friday            |                          |                        | Boxing          | Medium          | 80-90%              |                      |           |          |
| Each session  | starts with 15 min Wa | rm-Up and finishes with 15 | -20 min Cool down and St | retching               | Boxing          | Low             | Jnder 80% Technique |                      |           |          |





|                |                         |                            | NIS, Patiala National   | Coaching Camp Weekly 1 | raining program |                 |                     |                     |           |          |
|----------------|-------------------------|----------------------------|-------------------------|------------------------|-----------------|-----------------|---------------------|---------------------|-----------|----------|
| Session        | Monday                  | Tuesday                    | Wednesday               | Thursday               | Friday          | Saturday        | Sunday              |                     |           |          |
| 07:00-09:00    | Pads/Bag/Shadow         | Weight Training            | Interval Run-Walk       | Weight Training        | School Boxing   | 85%             | 450                 | Endurance           |           |          |
|                | 4 Rounds                | Session 5                  | 23 x 60 sec - 20 sec    | Session 5              | 10 min          |                 |                     | Max                 | 15-90 sec | Interval |
|                | Running                 |                            | Pads/Bag/Shadow         |                        | Game            |                 |                     | High                | 1-6 min   | Interval |
|                | 20 min                  |                            | 4 Rounds                |                        | 2 x 25 min      |                 |                     | Medium              | 20-40 min | Distance |
|                |                         |                            |                         |                        | Jogging         | Weight Training |                     | Low                 | 45-75 min | Distance |
|                |                         |                            |                         |                        | 10 min          | Session 5       |                     | Cool-Down           | 20 min    |          |
| 11:30-12:30    |                         |                            |                         |                        |                 |                 |                     | Strength            |           |          |
| 16:00-18:00    | School Boxing           | Sparring                   |                         | School Boxing          | Sparring        |                 |                     | Circuit training    |           |          |
|                | 10 min                  | 3 Rounds                   |                         | 10 min                 | 3 Rounds        |                 |                     | Explosive strength  |           |          |
|                | School Fight            | Pads/Bag/Shadow            |                         | School Fight           | Pads/Bag/Shadow |                 |                     | Max strength        |           |          |
|                | 7 Rounds                | 4 Rounds                   |                         | 6 Rounds               | 4 Rounds        |                 |                     | Basic strength      |           |          |
|                | Bag Interval            | Cool-Down                  |                         | Pads/Bag/Shadow        | Cool-Down       |                 |                     | Functional/Techniqu | е         |          |
|                | 3 Rounds                | 20 min                     |                         | 3 Rounds               | 20 min          |                 |                     |                     |           |          |
|                | Cool-Down               |                            |                         | Cool-Down              |                 |                 |                     |                     |           |          |
|                | 20 min                  |                            |                         | 20 min                 |                 |                 |                     |                     |           |          |
| 2.0            | Round Length            | 3.15 min                   |                         |                        |                 |                 |                     |                     |           |          |
| Technical/Tac  | tical Objectives:       | Double Attacks             |                         |                        |                 | Intensity       |                     |                     |           |          |
| Physical Load  |                         | Light                      |                         |                        | Boxing          | High            | 90-100%             |                     |           |          |
| Sparring:      |                         | 3 Rounds Tuesday + Frida   | У                       |                        | Boxing          | Medium          | 80-90%              |                     |           |          |
| Each session s | tarts with 15 min Warm- | Up and finishes with 15-20 | min Cool down and Stret | ching                  | Boxing          | Low             | Jnder 80% Technique |                     |           |          |
|                |                         |                            |                         |                        |                 |                 |                     |                     |           |          |





## **Daily Session**

School boxing-15 min School fight 9X3.45X1 Punching bag-4X3.45X1

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School boxing 15 min - Straight punches

#### School fight 9 Rds x 3.45 min

| 1 Rd | A Offensiv lead hand          |                |
|------|-------------------------------|----------------|
|      | B <u>Defensiv</u> lead hand   | //Change half  |
| 2 Rd | A Straight single punches     |                |
|      | В                             |                |
|      | 0-1 min Movement – Defense    |                |
|      | 1-2 min – counter single      |                |
|      | 2-3 min – counter 1-2 punches |                |
| 3 Rd | Change                        |                |
| 4Rd  | Free lead hand:               |                |
|      | A Throws 1-2                  |                |
|      | B Blocks-counters lead hand   |                |
|      | A Slip-counters 1-3           |                |
|      | B Blocks                      | // Change half |
| 5 Rd | Free 50% power                |                |
| 6 Rd | Free lead hand;               |                |
|      | A Straight left               |                |
|      | B Blocks-Double left          |                |
|      | A Blocks-1-1-2                |                |
|      | B (Counter)                   | // Change half |
| 7 Rd | A Straight punches to head    |                |
|      | B Freelead hand               | // Change half |
| 8 Rd | Free left, straight right     |                |
| 9 Rd | Free 50% power                |                |
|      |                               |                |

#### 4 Rd Heavy bag

1 Rd 90 % straight punches long distance

2 Rd At signal - 2, 3 or 4 straight punches

3 & 4 Rd Free