

Week 3 Day 2

Today's lessons and workout are pretty darn good...

We're going to use some of the technical details of the moves we know to guide us into our angle taking.

Then we're going to combine a bunch of stuff to make things more gnarly and brutal.

The Workout

(You might have to walk through these combinations once or twice)

The Key to the abbreviations is on the bottom of this PDF:

Round 1.

60 Seconds of Each

- PsL – PsR – PsL – PsR – **Tyson Slip Left (left foot in front)**
- PsR – PsL – PsR – PsL – **U-Slip Right**

60 Seconds Rest

Round 2. (taking the opposite angle)

60 Seconds of Each

- PsR – PsL – PsR – PsL – **Tyson Slip Right (Right foot in front)**
- PsL – PsR – PsL – PsR – **U-Slip Left**

60 Seconds Rest

Round 3.

60 Seconds of Each

- PsL – PsR – PsL – (PsR & LSt) – **Tyson Slip Left (left foot in front)**
- PsR – PsL – PsR – (PsL & RSt) – **U-Slip Right**

60 Seconds Rest

Round 4. (taking the opposite angle)

60 Seconds of Each

- PsR – PsL – PsR – (PsL & RSt) – **Tyson Slip Right (Right foot in front)**
- PsL – PsR – PsL – (PsR & LSt) – **U-Slip Left**

60 Seconds Rest

Round 5.

60 Seconds of Each

- PsL – PsR – PsL – PsR – **Tyson Slip Left – Left Hook**
- PsR – PsL – PsR – PsL – **U-Slip Right – Left Hook (on second step of U-Slip)**

Watch the U-Slip Video if you need to... this will clarify your steps

60 Seconds Rest

Round 6. (taking the opposite angle)

60 Seconds of Each

- PsR – PsL – PsR – PsL – **TsR – Right Hook**
- PsL – PsR – PsL – PsR – **UsL – Right Hook (on second step of U-Slip)**

60 Seconds Rest

Round 7

(add a straight punch to one penguin slip)

60 Seconds of each

- PsL – PsR – PsL – PsR – **TsL – Left Hook – Right Straight– UsR**
- PsR – PsL – PsR – PsL – **UsR – Right Straight – Left Hook – TsL – Left**

Uppercut

60 Seconds Rest

Round 8 (taking the opposite angle)

(add a straight punch to one penguin slip)

60 Seconds of each

- PsR – PsL – PsR- PsL - TsR – RH – LSt - UsL
- PsL – PsR – PsL - PsR - UsL – LSt - RH - TsR – Right Uppercut

Round 9

60 Seconds of each

- PsL – PsR – PsL – PsR - TsL – LH - TsR – RH - UsR
- PsR – PsL – PsR – PsL - UsR – RSt - LH – TsR - RH – UsR – LH on second step of U-Slip

60 Seconds Rest

Round 10 (taking the opposite angle)

60 Seconds of each

- PsR – PsL – PsR – PsL - TsR – RH - TsL – LH - UsL
- PsL – PsR – PsL – PsR - UsL – LSt - RH – TsL – LH – UsL – RH (on second step of the final U-Slip_

Ps=Penguin Slip

Ts=Tyson Slip

Us=U-Slip

H=Hook

Uj=Up-Jab

st=Straight Punch

PsR=Penguin Slip Right

TsR=Tyson Slip Right

UsR=U-Slip Right

RH=Right Hook

UjR=Up-Jab Right

StR=Straight Right

PsL=Penguin Slip Left

TsL=Tyson Slip Left

UsL=U-Slip Left

LH=Left Hook

UjL=Up-Jab Left

StL=Straight Left