

## 8 COMBINATIONS FOR YOUR BOXING SESSIONS

*All combinations are written in the format for someone using an Orthodox stance (Left leg in front, right leg back) which means the left hand is a jab, and the right hand is a cross.*

- Jab, Cross, Jab, Right Uppercut, Left Uppercut, Right Uppercut
- Left Uppercut, Right Uppercut, Left Uppercut, Cross
- Jab, Jab, Cross – *Pause* - Jab, Cross – *Pause* - Jab
- Cross, Right Uppercut, Left Uppercut
- Jab – *Step forward*- Jab – *Step forward* – Right Uppercut
- Jab, Cross – *Duck* – Cross, Left Uppercut, Right Uppercut
- Jab, Cross, Left Uppercut, Cross – *Pause* – Jab, Cross, Left Uppercut – *Pause* – Jab, Cross – *Pause* – Jab
- Jab, Jab, Left Uppercut, Cross – *Duck* – Cross

*Remember to practice these combinations in front of a mirror as well as the terminology.*