



IMPOSSIBLE IS POTENTIAL. IMPOSSIBLE IS TEMPORARY. IMPOSSIBLE IS NOTHING.

Fight Training Schedule

Week 1

- Guard
- Footwork
- General fitness

Week 2

- Jab
- Cross
- Double Jab
- Jab to body
- Cross to Body
- General fitness

Week 3

- Left Hook
- Right Hook
- Body weight conditioning
- Body Sparring

Week 4

- Left Uppercut
- Right Uppercut
- Body weight conditioning
- Body sparring
- Body Shots
- Combination Punching
- Plyometric conditioning
- Conditioned Sparring

Week 5

- Blocks
 - Parry (Jab & Cross)
 - Double hand block
 - Hook blocks
 - Uppercut blocks
- Combination Punching
- Plyometric conditioning
- Conditioned sparring

Week 6

- Head movement
 - Slips
 - Rolls
 - Lean Back
- Combination Punching
- Fight Conditioning
- Conditioned/Full Sparring
- Use of the ring
 - In the corner (and how to get out!)
 - Closing down
- Close quarters combat
- Combination Punching
- Fight Conditioning
- Full Sparring

Build Up

- One on One sessions
- Combination Punching
- Fight conditioning
- Full Sparring
- Maintenance & Rest

This plan is a guideline and highlights the weeks in which you will learn the fundamentals of each skill. We will of course continue to review and incorporate all skills learnt throughout our training camp.

Bag Work will also form a part of every session.

Each Week will consist of 3 Training Sessions

Good Luck and welcome to Charity Boxing Nights 2016