

# The 38

<u>Fighter</u>	<u>Coach</u>
1. Left Jab to Head	1. Hold Left Hand for Jab
2. Slip Left	2. Left Jab
3. Slip Right	3. Left Jab
4. Right Uppercut to Heart	4. Double Hold for Uppercut to Heart
5. Shift Left, Left Hook to Liver	5. Double Hold for Hook to Liver
6. Left Hook to Head	6. Hold Left Hand for Left Hook to Head
7. Weave Right to Left	7. Right Hook
8. Left Hook to the Head	8. Hold Left Hand for Left Hook to Head
9. Straight Right to the Head	9. Hold Right Hand for Straight Right to Head
10. Slip in to the Right to Avoid Punch	10. Left Jab
11. Straight Right to the Head	11. Hold Right Hand for Straight Right to Head
12. Left Hook to the Head	12. Hold Left Hand for Left Hook to Head
13. Right Outside Cut Kick OR Side Kick	13. Hold for Cut Kick