

Short Punch

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<i><u>Fighter</u></i>	<i><u>Coach</u></i>
1. Left Jab to Head	1. Hold Left Hand for Jab
2. Left Body Block	2. Left Body Check
3. Right Body Block	3. Right Body Check
4. Right Uppercut	4. Double Hold (palms down) for Left Uppercut
5. Left Uppercut	5. Double Hold (palms down) for Left Uppercut
6. Left Hook to Head	6. Hold Left hand for Left Hook
7. Weave Right to Left	7. Right Hook
8. Left Hook to Head	8. Hold Left Hand (palm inward) for Left Hook
9. Straight Right to Head	9. Hold Right Hand for Straight Right
10. Left Hook to Head	10. Hold Left Hand for Left Hook
11. Right Outside Cut Kick OR Side Kick	11. Hold for Cut Kick