

# BENNY BRISCOE

<i><u>Fighter</u></i>	<i><u>Coach</u></i>
1. Left Guardrail Block	1. Right Hook to Head
2. Left Hook to the Head	2. Hold Left Hand for Left Hook to Head
3. Straight Right to the Head	3. Hold Right Hand for Straight Right to Head
4. Right Guardrail Block	4. Left Palm Hook to Head
5. Weave Right to Left	5. Right Punch to Head
6. Left Hook to the Head	6. Hold Left Hand for Left Hook to Head
7. Straight Right to the Head	7. Hold Right Hand for Straight Right to Head
8. Left Hook to the Body	8. Double Hold for Left Hook to Liver
9. Left Hook to the Head	9. Hold Left Hand for Left Hook to Head
10. Right Outside Cut Kick OR Side Kick	10. Hold Palm out for Cut Kick