



# 4K Punch Workout

## Combos

## Techniques

Basic

1 - 2 - 3 - 2

Double - Jab

1 - 1 - 2 - Slip - 2 - 3

Slip 'n Go

Slip - 1 - 2 - 3 - 6 - 3 - 2

Up and Around

2 - 5 - 2 - 3 - Duck - 3

Head Body Head

1 - 8 - 7b - 3 - 2 - 7b - 3

Pull Counter

Pull - 2 - 3 - 2 - Pull - 2 - 3

Double Up

1 - 2 - 3 - 3 - 2 - 3 - 3

Fake 'n Go

Feint - 3 - 2 - 3 - 4b - 3

Angles

1 - 2 - Shift - 2 - 5 - 2 - Duck Out

Create Space

1 - 1 - 2 - 3 - 2 - 3

Inside

6b - 5b - 4b - 3b - 6 - 3 - 2

Pressure

1 - 2 - 5 - 2 - 3 - 6

