



BASIC HAND COMBINATIONS - ATTACK BY COMBINATION (ABC)

- 1) JAB, CROSS, HOOK
 - 2) JAB, HOOK, CROSS
 - 3) CROSS, HOOK, CROSS
 - 4) CROSS, UPPERCUT, CROSS
 - 5) JAB, CROSS, UPPERCUT
 - 6) OVERHEAD, UPPERCUT, OVERHEAD
 - 7) UPPERCUT, OVERHEAD, UPPERCUT
 - 8) CROSS, BODY HOOK, CROSS
 - 9) REAR UPPERCUT, HOOK, CROSS
 - 10) LEAD UPPERCUT, CROSS, HOOK
 - 11) JAB, LEAD UPPERCUT, CROSS
 - 12) JAB, CROSS, REAR UPPERCUT
 - 13) HOOK, CROSS, LEAD UPPERCUT
 - 14) CROSS, HOOK, REAR UPPERCUT
- ** ADD TWO KICKS ON END ****