

Lacoste's System

Pananantukan Basic

Tulo Wala / Tulo Tuo

1. Jab-Cross-Body Hook
2. Jab-Cross-Uppercut
3. Jab-Cross-Tight Hook
4. Jab-Cross-Long Hook
5. Cross-Body Hook-Cross
6. Cross-Uppercut- Cross
7. Cross- Tight Hook- Cross
8. Cross- Long Hook- Cross
9. Lead Uppercut-Rear Uppercut Tight Hook
10. Lead Uppercut-Rear Uppercut Wide Hook
11. Lead Uppercut-Rear Uppercut Body Hook
12. Lead Uppercut-Rear Uppercut Lead Uppercut
13. Lead Uppercut-Cross-High Hook
14. Lead Uppercut-Overhead-Lead Uppercut
15. Lead Uppercut-Overhead- Lead High Hook
16. Lead Uppercut-Overhead-Body Hook
17. Lead Uppercut-Rear Body Hook-Rear High Hook
18. Rear Uppercut-Lead Uppercut Right Cross
19. Rear Uppercut-Lead Uppercut Right Cross Low
20. Rear Uppercut-Lead Uppercut Overhead
21. Rear Uppercut-Lead Uppercut Rear Uppercut-
Lead Uppercut Rear Body Hook
23. Rear Uppercut-Lead Uppercut Rear High Hook
24. Rear Uppercut-Lead Hook-Cross
25. Rear Uppercut-Lead Hook-Overhead
26. Rear Uppercut-Lead Body Hook Cross
27. Rear Uppercut-Lead Body Hook-Overhead
28. Rear Uppercut-Lead Body Hook-Lead High Hook