

RICK FAYE'S HEAVY BAG BASICS



The heavy bag is one of the most important pieces of equipment. If it's used correctly it will help you train the impact parts of your kickboxing, Panantukan, trapping, infighting and even ground fighting. Use this small outline as a guide to get you started. When these drills feel comfortable move on to anything you wish to train. Try to visualize the techniques and then use similar motions to hit the bag. The patterns don't have to be exactly the same as the techniques: just similar motions.

Remember to warm up before you hit the bag. Stretch and shadowbox before every workout. You should have a light sweat going before you hit the heavy bag. Begin with light impact, hitting it like it's hot, then slowly build your force over weeks of training.

Good Luck and - Have Fun!

HEAVY BAG COMBINATIONS

Beginning Combinations

Jab
Double Jab
Jab Cross
Jab Low Cross
Jab Cross Hook
Jab Cross Uppercut
Jab Cross Body Hook
Jab Cross Low to High Hook

Combinations with Kicks

Groin Kick Jab Cross
Jab Cross Hook Right Thai Kick
Low Side Kick Jab Cross Hook
Jab Cross Low Side Kick
Oblique Kick Thai Kick Hook Cross
Left Thai Kick Cross Hook

Close Combinations

Uppercut Cross Hook
Uppercut Hook Cross
Uppercut Uppercut Cross Hook
Uppercut Uppercut Hook Cross

Trapping / Destructions

Low Pak Sao Cross Hook Cross
Inward Gunting Cross Hook Cross
Backhand Gunting Cross Hook Cross

Infighting

Forearm Elbow
Forearm Punch Forearm Elbow
Straight Blast Grab and Elbow
Elbow Knee Forearm Elbow

Good Luck!!