

Rick Faye's Student Shadow Boxing List

The following is an old list of basic combinations, this list will help you with focus mitt drills and shadowboxing rounds:

Backfist
Backfist Cross
Backfist Cross Hook

Jab
J. Cross
J.C. Hook
J.C. Uppercut
J.C. Shovel Hook
J.C. Overhead

Jab - Hook
J.H. Cross
J.H. Uppercut
J.H. Body Hook
J.H. Uppercut (front hand)
Cross Hook Cross
Hook Cross Hook
Cross Uppercut Cross
Uppercut Cross Uppercut
Uppercut Cross Hook
Uppercut Hook Cross
Uppercut Uppercut Uppercut
Uppercut Uppercut Cross
Uppercut Uppercut Hook
Uppercut Uppercut Overhead
Uppercut Uppercut BodyHook
Uppercut Uppercut Overhead (Front hand)
Overhead Uppercut Overhead
Overhead Uppercut Overhead (front hand)
Uppercut Overhead Uppercut
Overhead Uppercut Hook
Overhead Uppercut Hook (front hand)

Add a prefix to any of the above combinations: For instance: Jab - Catch or Groin Kick - Jab then go into any of the Jab Cross or Jab Hook Rear and Combinations.