



# What's Inside

## PUNCH PAD PRO EDITION: MM3

### KEY FACT:

*Amateurs are taught the techniques of how to punch. They are taught to move immediately after punching. Elite Professionals develop the arts and craft of transferring power and in this teaching you see the concentrated focus on power development.*

**PUNCH PAD PRO EDITION** aka MM3 (Mitt Master Vol. 3) dives into every layer of pad training for pro fighters. Check out what is waiting for you:

- You will receive a key lesson in how the pads should be held during weight driven punches. This will help prevent injury to coach's hands.
- You will learn exactly where the punch should land to make the most impact to opposition Punch Pronating 101
- You will learn how to throw a debilitating jab cycle. Up and down jabs
- You will learn the difference between hooks that top level pros use and how to execute them with fighter
- You will learn hand cupping techniques to increase the impact of your fighter's punches as a professional striker
- Coach Bradley will show you Tips on how we hold mitts to throw a fluid powerful combination in a pro fashion.
- You will learn the one handed technique
- You will learn how to pronate with power punches opposed to hitting as an amateur



# What's Inside cont'd.

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- You will receive methods in how to turn and step with your punches
- Punch catch and counter technique
- You will learn how to pronate with power punches opposed to hitting as an amateur
- You will learn how to use our drills on how to teach your fighter how to cut the ring off. This mitt training drill done right will transfer into the ring on Fight most
- How to hold the pads for most common successful KO artist combinations
- You will get to see the components of a professional combination opposed to an amateur style.
- You will receive teachings on how to increase bone density for professional level punch power
- How to set up landing an extremely powerful punch
- Drills on understanding how to control range to strike
- You will learn how to increase the dexterity of your body to improve fighting ability as a professional fighter opposed to an amateur.
- After the shoot. Let them know how to prepare for mitt training prior to using the mitts
- How to use legs to carry the power off using angles
- You will learn combination circuits on how to hit to the body and head in combinations with knockout intentions



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- These techniques don't come with the basic pad work. They are in-depth and one slight of technique and it's a push as we say in poker.
- You will learn how to punch increasingly harder with each punch. Transfer weight simultaneously to rock your opponent
- How to hold pads for intense combination circuits
- Coach's insight it takes a good period of time to develop the grown man within a fighter
- There is a huge disparity from amateur to professional hitting techniques .
- Last but not least you will learn the physics formula on increasing the force and inertia coming from your body with this punch program for professional fighters and they will all benefit you greatly for sure. This one is a classic and it will open your eyes to the specific science of pad training to take your fighter to the pro level and convincingly separate them from their opponents.

**IT'S TIME TO DIVE IN**  
**ALL THE BEST TO YOU!**