

Peek A Boo Clinics - Review

The first Peek A Boo Clinic gives you an insight into the many layers of the Peek A Boo Style.

What is Peek A Boo Boxing you may ask? Peek A Boo Boxing is fierce pressure fighting with mean intentions and built-in defense.

This Clinic will give you a solid foundation in the Peek A Boo Style if you master the content of the content.

There are drills in abundance to practice and to master.

You will gain muscle memory and a lot of conditioning performing these drills.

The Clinic starts out with some Slip Ball footwork, Head Pops and some Weaving staying low. It then covers Breaking Off.

One of the first moments that made a BIG impression on me, in the first Clinic was the segment on Pressure Footwork. I was taken aback on how you could close the distance FAST ! - using Double Steps, Stutter Steps - Just like Mike Tyson used to do.

But not just "Oh I have to close the distance" No, no - It was closing the distance FAST with purpose, while keeping your head off line, putting the opponent under immense pressure - Just like Mike Tyson used to do.

The Clinic also covers Ring Drills. The Rope Drill - Weaving under coming Up with Good Posture, ready and prepped to Counter.

There are Floor Walking Drills - I love those - You just know, when it feels right.

There are Heavy Bag Drills and Shadow Boxing Drills with Power Shots. Then you get a roadmap on how to Attack the Body, creating Angles and Ducking Under.

Then you go on to Maul Tactics using Grunt Walk to keep constant pressure on the opponent - Just like Mike Tyson used to do. This continues

with combinations and Peek A Boo Maul and Breaking off to a follow-up combo using mitts.

You get drills for the Double End Bag and the Speed Bag, learning upper body movement and turning your punches over.

Some great Ring Sparring Drills, how to move with an opponent, how to pressure, how to recover and more.

My only issue, and it's a personal issue, due to the fact that I'm not used to Head Popping, Slipping and Weaving. My only issue is that I felt self-conscious and even vulnerable to being hit when performing these drills, I felt stiff, a bit like a robot.
How do I solve this problem?

ENTER THE PEEK A BOO PUNCH PERFORMANCE CLINIC

In the Peek A Boo Punch Performance Clinic, you get new explanations, additional Layers, more Muscle Memory and a much better understanding of Rhythm, Patterns and Angles.

This means that I can go back to the first Clinic and repeat the Drills with a much better understanding - Executing with complete confidence.

I like to say **"Practice makes habit"**.

This, to me, means that if you practice with bad form and/or understanding, then you will perform bad techniques resulting in you losing or even getting hurt.

So with the Peek A Boo Punch Performance Clinic, I gained the confidence and understanding to go back and repeat drills from the first Peek A Boo Clinic with Rhythm, Timing, and Flow. Secure in my self, building good Muscle Memory and Good Habits.

But you get a lot more in the new Clinic.

Starting out with Throw Away Punches and Feints which is extremely useful if you want to open an opponent, with a tight defense, up.

You get additional Drills to Walk the Floor - Peek A Boo Specific Drills - Did I mention that I love walking the floor?

Nice combinations, even one punching on the retreat, breaking off and going back in.

There's a segment on Mastering Angles, gaining access to the knockout points, putting knockout combinations together - Just like Mike Tyson used to do.

A specific Drill for Developing Rhythm and creating Muscle Memory.

Next comes a Drill for Closing the Distance, delivering Punches Under Fire.

Now it's time to Level Up. We move inside the Box to Test our Skills in a Confined Space, combining Footwork, Angles, Head and Body Movement with Throw Away Punches and Feints.

Each Round has a Different Focus Point. The rounds are Fought at 30 - 40%, allowing you to try out more things with confidence.

Next comes the Heavy Bag Sequence with a Focus on Constant Movement using Rhythm, Angles and Moving Around the Opponent to Deliver Punishing Combinations.

This teaches you to Combine Offense and Defense in a Vicious Cycle.

This leads us to the Rib and Rake, made famous by Mike Tyson, Offense with a Purpose.

The first Peek A Boo Clinic started with the Slip Ball and the second Clinic very fittingly returns to the Slip Ball. Here we are introduced to the X-Box Drill, a great way to learn Head Pops, Rhythm, Patterns and Timing, ingraining it all to Muscle Memory.

Great Drill and one that's fast becoming a favorite in my Slip Ball Training.

Using the Slip Ball while Hitting Mitts teaches you to be aware of your surroundings, keep you sharp.

The very last Drill covers going under the Jab attacking the Body and Breaking Off each time increasing the Damage, going back to the Rib and Rake and Cutting Off the Ring.

Advancing across the Ring, Slipping punches - Just like Mike Tyson used to do.

In closing comments, I would like to point out one very specific similarity between Special Forces Tactics and Peek A Boo Tactics.

Special Forces have 3 golden rules for Close Quarter Combat CQB.
Speed - Aggression - Surprise:

Speed is Fast Moving Action

Aggression is Violence of Action

Surprise is Caching the Enemy of Guard

Special Forces agree, that if you have 2 out of 3, then victory is guaranteed.

Peek A Boo Boxing is in essence CQB.

Speed:

Peek A Boo is a very High Paced, Fast Moving Style.

Aggression:

Peek A Boo Maintains Constant Pressure and Throws everything with Mean Intentions.

Surprise:

Peek A Boo is Constant Moving, Constant Changing Angles, Very Unpredictable.

In learning Peek A Boo we must remember to pay respect to the genius of Cus D'Amato for Founding this style of Boxing, forever changing the game. Respect to Mike Tyson for his ability to apply Cus vision, showing it's effectiveness to the world.

Respect to Coach Eric A. Bradley for creating Master Boxing, for collecting knowledge, for sharing his knowledge freely and making Peek A Boo and more accessible for all - skills that would otherwise be hard to come by.

MAKE EM MISS, MAKE EM PAY !

Share the knowledge.

Best Regards

Flemming from Denmark

