

PART 1: HAND SKILLS, TIER 2 DRILLS, SPAR DRILL SIMULATION

1:36 Defensive Blocks to peep you for countering

1:46 Jab and Defend

1:58 Throw the Right Hand and Defend

2:02 Put both together and defend both

2:20 Team execute Jab Drill

4:40 Shooting one twos and snapping them back into place

5:48 Delivering the Left Hook and Defending from Counter

7:20 Add a Right Hand along with the Left Hook, then defend immediately

8:30 Shooting and Defending the counter to the Uppercut

9:20 Right Uppercut and defend against counter

10:51- Tier 2 of counterpunch Training Head gear Countering single shots
(partner drill)

12:04 Counter Jab w Right Hand

13:58 Counter under the Jab

14:48 Countering the Right Hand

17:15 Counter the Left Hook

20:20 Counter the Uppercut

24:24 Countering with two punches after defending against two (mirroring)

28:06 Defend and Counter a 3 Punch Combination

PART 1: CONTINUED

30:37 Countering the Counter

33:00 Inside Combos

35:20 Three Punch Counters

37:00 Coach Bradley Tips

40:30 Round 1 Countering the Jab

41: 00 Constantly countering under longer fighter

42:20 Two Punch counters adding Side Step and Jab half way through drill

43:40 Coach Bradley Tip on closing the gap

45:00 Change up Power Awareness

45:30 Countering the Taller Fighter

47:05 Taller Fighter counters Shorter Fighter

48:33 Countering Inside

50:06 Tall Fighter leads w 4-3-2 and Body Shot

52:06 Inside counters and Attack Body on both sides

PART 2: INSIDE COUNTER PUNCHING, SPAR MITT TRAINING

00:24 Countering the Jab

1:40 Countering the Left Hook

4:00 Countering the Uppercut

5:55 Side Steps to Counter Uppercuts

6:34 Blocking and Countering Body Shots

8:14 Multiple shot counters

9:00 Inside Slip Counters to stop the Jab

9:30 Countering the Right Hand

10:00 Rolling Under the Right Hand to counter

12:20 Counter the Right Uppercut

12:30 Implementing the Uppercut in place of a 2

13:20 Stopping the Left Uppercut and spin out with the Hook

14:50 Adding a third shot

15:25 Defending and Countering against 2 shots

15:50 Multiple Punch counters off the Right Hand

17:00 Countering with Uppercut with an Uppercut lead combo

18:25 Attacking the Body

19:15 Double Attack on the Body plus counter

20:33 Inside Counter Punching (uppercuts)

22:58 Closing tips for chapter on countering with mlts 3punch reactions

25:47 Spar Mitt Training Simulation skill Drills (Reaction lessons)

PART 2: CONTINUED

26:36 Counter by the Jab staying in motion as if it's a match

26:50 Countering the right hand

27:27 Accuracy and Timing

28:35 Double shot attack, he must counter

29:20 Counter from the Double Body Shots

30:33 PUNCH REACTION DRILL

32:57 Body Shot counter demo

34:40 Coach Bradley Boxing tips

PART 3: DELAYED COUNTERS, IMMEDIATE COUNTERS, TIER 3

- 1:00:** Inside Combinations (Delayed Counters)
- 1:05:** Counter Clockwise Turns
- 1:50:** Drop, Roll & Counter
- 3:38:** Adding One Body Shot
- 4:00:** Turning Counter Clockwise
- 4:52:** Weaving Under To Counter
- 5:32:** Adding an additional Hook to Head
- 6:53:** Adding and Uppercut to Finish
- 7:10:** Immediate Counters
- 8:04:** Counter The Counter Punch
- 9:06:** Adding the Double Jab & Use Peek-A-Boo Defense
- 11:21:** Tier 3: Mixing up Advanced Combos. Adding Right Hand at the end.
- 13:46:** Section Breakdown: Body Striking Tips
- 15:14:** Fundamental Step by Step Pointers
- 16:08:** Countering the Hook on the Third Shot
- 16:32:** Countering after Rolling under
- 19:18:** Assessing after punching Inside
- 20:50:** Countering the Jab
- 22:30:** Counter the Hook
- 23:10:** Weave and step around to counter

PART 3: CONTINUED

24:38: Countering Body Shots

27:39: Countering Uppercuts

32:00: Simulation Round / Reaction Time

33:41: Countering Right Hand