

KEY POINTS TO NOTE:

- In this clinic you will learn how to master ring generalship
- Mastering these footwork drills takes thousands of hours so practice & repetition are key.

PART 1:**:21: Box Steps****2:32: Double Box Steps****3:35: Ray Robinson's****5:00: Ali Drills****5:35: Ali Circles****6:51: Back Pedaling****9:46: Forward Skips****11:09: Pivots****13:10: Drop & Roll****14:05: Roll & Pivot Combo****16:11: Pivots & Step Arounds****18:08: Roll In & Roll Out****19:46: Ray Robinson Breaks/Pivots****22:10: Rolling Right Out Of The Crouch****PART 2:****:07: Walking The Ring (Grunt Walk)****3:17: Ali Shuffles****5:44: BONUS MATERIAL (Variety of tips, pointers & techniques)**