



# PODAR ENRICHMENT ACADEMY

## Learning for Life

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### └ **Boxing:**

- Warming up
- General development exercises
- Specific development exercises
- On guard, foot work
- Foot work movement both sides
- Right Straight punch
- Left Straight punch
- Left hook, right hook
- Left uppercut, right uppercut
- Combination punches

### └ **DEFENSE ACTIONS**

- Blocking
- Parry
- Step back
- Sway back
- Slip in and out
- Ducking

### └ **OFFENSIVE ACTIONS**

- Sparring
  - Target area
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