

Boxing Combinations

Basic Boxing Combinations		
Combination	Bag Work	Pads
Jab*	✓	✓
Double Jab	✓	✓
Jab, Cross	✓	✓

*Throw a single jab, whilst moving around the bag/pads, moving in and out of range

Intermediate Boxing Combinations		
Combination	Bag Work	Pads
Double Jab, Cross	✓	✓
Jab, Cross, Hook	✓	✓
Jab, Cross, Hook, Uppercut*	✓	✓
Right uppercut, Left hook	✓	✓
Right uppercut, Left hook, right cross	✓	✓
Jab, Cross to the body, Left hook to the head	✓	✓

*Uppercuts are difficult to land on a standard punch bag. You can create a "ring" to wrap around or simulate the punch in mid-air - i.e. don't make contact with the bag

Advanced Boxing Combinations		
Combination	Bag Work	Pads
Double jab, pivot 45° clockwise, right uppercut, left hook	✓	✓

Padman throws jab - Parry with right hand, throw cross with right hand		✓
Jab to the body, Overhand right	✓	✓
Padman throws jab ---> slip jab (move head slightly to the right), right uppercut, left hook	✓	✓

<https://blackbeltwhitehat.com/mma-articles/technique/boxing-combinations/>

