



FORTIS
SELF-DEFENSE

BOXING COMBINATIONS

1. JAB
2. JAB - CROSS
3. JAB - CROSS - HOOK
4. JAB - CROSS - HOOK - CROSS
5. JAB - CROSS - HOOK - CROSS - UPPERCUT
6. CROSS - HOOK - CROSS
7. HOOK - CROSS - HOOK
8. REAR UPPERCUT - HOOK - CROSS
9. LEAD UPPERCUT - CROSS - HOOK
10. OVERHAND RIGHT - UPPERCUT - OVERHAND RIGHT

Combination Modifiers:

“Combo # + K” – add a round kick to the end of any combo. For instance, 1 K would be combo number 1 with a round kick. The kick is always the opposite leg of the last punch thrown.

“Reload” – Reload doubles the hand of the last punch in the combo, or doubles the kick. The “Reload” is always a two punch add on, or a kick and two punch add on.

“Reload” with (L) Hook-Cross or Cross-(L) Hook. If the combo ended with a kick, double the kick and continue the reload with the punches starting opposite the kicking leg.

“Slip” – Slip behind pad holder’s punch; if you slip to your jab side counter with a hook, if you slip to your cross side counter with a cross.

“Roll” – Roll under and behind the pad holder’s hook; if you roll to your jab side counter with a hook, if you roll to your cross side counter with a cross.