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3 COUNTERS

LEFT JAB PRIMARY COUNTERS

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RIGHT HOOK PRIMARY COUNTERS

UPPERCUTS PRIMARY COUNTERS

NOTES ON COUNTERS

THE FORM

NUMBER	TECHNIQUE
1	LEAD SKULL AND CROSSBONES
2	LEAD CLOSED DOOR/OPEN DOOR
3	REAR CLOSED/OPEN DOOR
4	LEAD TRIANGLE TRADE
5	REAR TRIANGLE TRADE
6	UPTOWN
7	REAR SKULL AND CROSSBONES
8	LEAD CLOSED DOOR
9	LEAD BOOK READING STANCE
10	REAR COVER THE BULLET
11	LEAD REVOLVING DOOR
12	REAR REVOLVING DOOR
13	LEAD THE BOT
14	REAR THE BOT
15	LEAD DOUBLE GUARD ,REAR DOUBLE GUARD
16	LEAD SKULL AND BONES REAR SKULL AND BONES
17	THE SHIELD LEAD REAR LEAD REAR 4 PIECE MOVE
18	THE CROWN
19	WINDMILL
20	REAR ROB THE BANK
21	LEAD ROB THE BANK
22	REAR COVER THE BULLET
23	GANGSTA SHUFFLE (SIDE DOOR LEFT ,SIDE DOOR RIGHT)
24	LEAD OPEN DOOR
25	WE LOVE THE WORLD
26	REAR STEP LADDER
27	LEAD STEP LADDER REAR STEP LADDER
28	REAR COVER THE BULLET
29	LEAD COVER THE BULLET
30	REAR CATCHERS MITT LEAD CATCHERS MITT

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52 BLOCKS PAD WORK

1 CLICK HERE TO SEE THE VIDEO

RIGHT UPPERCUT,LEFT HOOK. WEAVE UNDER A RIGHT HOOK ,

LEFT HOOK ,RIGHT CROSS,LEFT HOOK,RIGHT CROSS,

JAB CROSS X3

JAB,PIVOT OUTSIDE A CROSS THROW YOUR OWN CROSS TO THE LEFT MITT,
(PADMAN POSTS IT ON YOUR RIGHT SHOULDER)

THROW LEFT UPPERCUT UNDER HIS RIGHT ARM,ROLL UNDER LEFT HOOK ,

THROW LEFT HOOK,RIGHT CROSS,PIVOT OUTSIDE OFF LEAD FOOT
(PADMAN MAY CROWD) AND RETURN WITH RIGHT UPPERCUT

2 CLICK HERE TO SEE THE VIDEO

CONTINUOUS UPPERCUTS/STRAIGHTS PADMAN CAN ATTACK WITH HOOKS
WHICH YOU CAN WEAVE UNDER OR CLOSED DOOR BLOCK OR STRAIGHTS
WHICH YOU CAN SLIP OR BLOCK WITH SKULL AND CROSS BONES

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52 BLOCKS PAD WORK

3 [CLICK HERE TO SEE THE VIDEO](#) PATTERN STARTS AT 0.17

RIGHT UPPERCUT, ROLL UNDER A RIGHT HOOK RETURN A LEFT UPPERCUT
ROLL UNDER A LEFT HOOK RETURN LEFT HOOK PULL FROM A CROSS
THROW A CROSS THEN BLOCK A LEFT HOOK THEN A RIGHT HOOK
COUNTER WITH CROSS HOOK

SLIP OUTSIDE A STRAIGHT LEFT COUNTER WITH RIGHT UPPERCUT
ROLL UNDER A RIGHT HOOK AND LEFT SHOVEL HOOK COUNTER

3A [CLICK HERE TO SEE THE VIDEO](#) PATTERN STARTS AT 0.41

AFTER SHOVEL HOOK LEFT HOOK RIGHT CROSS

JAB CROSS X 5

SLIP RIGHT CROSS WEAVE UNDER LEFT HOOK WEAVE UNDER RIGHT HOOK
COUNTER DOUBLE LEFT HOOK

RIGHT SKULL AND BONES TO JAB LEFT SKULL AND BONES TO CROSS

RIGHT CLOSED DOOR TO LEFT HOOK LEFT CLOSED DOOR TO RIGHT HOOK

GUARD LEFT THEN RIGHT HOOK TO BODY

LEFT WINDMILL HIS RIGHT HAND THAT IS DOWN LEFT HOOK

LEFT COLLAR TIE ROLL IT OVER TO OPPOSITE SIDE OF HIS HEAD

AS YOU STEP TO RIGHT AND RIGHT CROSS

DUCK HIS RIGHT CROSS AND COUNTER RIGHT UPPERCUT PADMAN HOLDS
LEFT MITT ACROSS BODY

RETURN TO PATTERN 3

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52 BLOCKS PAD WORK

4 CLICK HERE TO SEE THE VIDEO

JAB CROSS LEFT HOOK, BLOCK RIGHT HOOK, BLOCK LEFT HOOK

DUCK UNDER RIGHT HOOK. LEFT SKULL AND BONES TO DEFEND RIGHT CROSS,
WEAVE UNDER LEFT HOOK
(COMBINED WITH INSIDE PIVOT OFF LEAD FOOT TO THROW CROSS FROM
OUTSIDE HIS LEFT HAND) AND THROW RIGHT CROSS

WEAVE UNDER RIGHT HOOK AND THROW LEFT HOOK THEN RIGHT UPPER CUT
PADMAN PUTS RIGHT MITT ON YOUR RIGHT SIDE PIVOT OUTSIDE OFF LEAD
FOOT WHILE ROLLING UNDER

THEN JAB CROSS X 5

PAD MAN MOVES BACK STEP UP AND JAB

BACK UP PADMAN FOLLOWS COUNTER WITH CROSS

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52 BLOCKS PAD WORK

5

1 JAB CROSS



2 BLOCK A CROSS WITH LEFT ROB
THE BANK



3 DUCK A LEFT HOOK AND THROW
RIGHT HOOK TO BODY (PADMAN
HOLDS BEHIND BACK)



4 LEFT UPPERCUT RIGHT CROSS



5 PADMAN THROWS LEFT UPPERCUT
BLOCK WITH LEFT ROBOT



6 PADMAN THROWS RIGHT HOOK
BLOCK CLOSED DOOR LEFT



7 RIGHT UPPERCUT LEFT HOOK RIGHT
CROSS



8 GANGSTA SHUFFLE UNDER LEFT
HOOK



9 RETURN WITH CROSS HOOK CROSS



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LEFT JAB PRIMARY COUNTERS

PUNCH	BLOCK	COUNTER
LEFT JAB	R SKULL AND BONES	LEFT HOOK STRAIGHT LEFT
LEFT JAB	L COVER THE BULLET	RIGHT CROSS OVER HAND RIGHT
LEFT JAB	R CLOSED DOOR	LEFT HOOK STRAIGHT LEFT
LEFT JAB	R TRIANGLE TRADE (1ST PARRY)	LEFT HOOK STRAIGHT LEFT
LEFT JAB	UPTOWN RIGHT HAND	LEFT HOOK STRAIGHT LEFT
LEFT JAB	R BOOK READING STANCE	LEFT HOOK STRAIGHT LEFT
LEFT JAB	R REVOLVING DOOR	LEFT HOOK STRAIGHT LEFT
LEFT JAB	R DOUBLE GUARD	L BACK HAND L FLICK JAB L POST JAB TO CROSS
LEFT JAB	R SHIELD EITHER VERTICAL OR DIAGONAL	LEFT HOOK STRAIGHT LEFT
LEFT JAB	R ROB THE BANK	LEFT HOOK STRAIGHT LEFT
LEFT JAB	R STEP LADDER	LEFT HOOK STRAIGHT LEFT
LEFT JAB	R CATCHERS MITT	LEFT HOOK STRAIGHT LEFT

RIGHT CROSS PRIMARY COUNTERS

PUNCH	BLOCK	COUNTER
RIGHT CROSS	L SKULL AND BONES	RIGHT CROSS OVER HAND RIGHT
RIGHT CROSS	R COVER THE BULLET	LEFT HOOK STRAIGHT LEFT
RIGHT CROSS	L CLOSED DOOR	RIGHT CROSS OVER HAND RIGHT
RIGHT CROSS	L TRIANGLE TRADE (1ST PARRY)	RIGHT CROSS OVER HAND RIGHT
RIGHT CROSS	UPTOWN LEFT HAND	RIGHT CROSS OVER HAND RIGHT
RIGHT CROSS	L BOOK READING STANCE	RIGHT CROSS OVER HAND RIGHT
RIGHT CROSS	L REVOLVING DOOR	RIGHT CROSS OVER HAND RIGHT
RIGHT CROSS	L DOUBLE GUARD	R BACK HAND R POST JAB TO LEFT HOOK
RIGHT CROSS	L SHIELD EITHER VERTICAL OR DIAGONAL	RIGHT CROSS OVER HAND RIGHT
RIGHT CROSS	L ROB THE BANK	RIGHT CROSS OVER HAND RIGHT
RIGHT CROSS	L STEP LADDER	RIGHT CROSS OVER HAND RIGHT
RIGHT CROSS	L CATCHERS MITT	RIGHT CROSS OVER HAND RIGHT

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LEFT HOOK PRIMARY COUNTERS

PUNCH	BLOCK	COUNTER
LEFT HOOK	R CLOSED DOOR	LEFT HOOK LEFT UPPER CUT STRAIGHT LEFT
LEFT HOOK	R SHIELD (VERTICAL)	LEFT HOOK LEFT UPPER CUT STRAIGHT LEFT
LEFT HOOK	R ROB THE BANK	LEFT HOOK LEFT UPPER CUT STRAIGHT LEFT

RIGHT HOOK PRIMARY COUNTERS

PUNCH	BLOCK	COUNTER
RIGHT HOOK	L CLOSED DOOR	R CROSS R UPPER CUT OVER HAND RIGHT
RIGHT HOOK	L SHIELD (VERTICAL)	R CROSS R UPPER CUT OVER HAND RIGHT
RIGHT HOOK	L ROB THE BANK	R CROSS R UPPER CUT OVER HAND RIGHT

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UPPERCUTS PRIMARY COUNTERS

PUNCH	BLOCK	COUNTER
LEFT UPPERCUT	L ROBOT	R CROSS R UPPER CUT OVER HAND RIGHT
LEFT UPPERCUT	R ROB THE BANK	LEFT HOOK STRAIGHT LEFT
RIGHT UPPERCUT	R ROBOT	LEFT HOOK STRAIGHT LEFT LEFT UPPER CUT
RIGHT UPPERCUT	L ROB THE BANK	R CROSS R UPPER CUT OVER HAND RIGHT
EITHER UPPERCUT	CROSS ARM (BOTH ARMS ACROSS FRONT OF BODY/HEAD RATHER THAN TURNED TO SIDE AS IN ROB THE BANK) EITHER ARM ON TOP	HOOKS OFF EITHER HAND

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NOTES ON COUNTERS

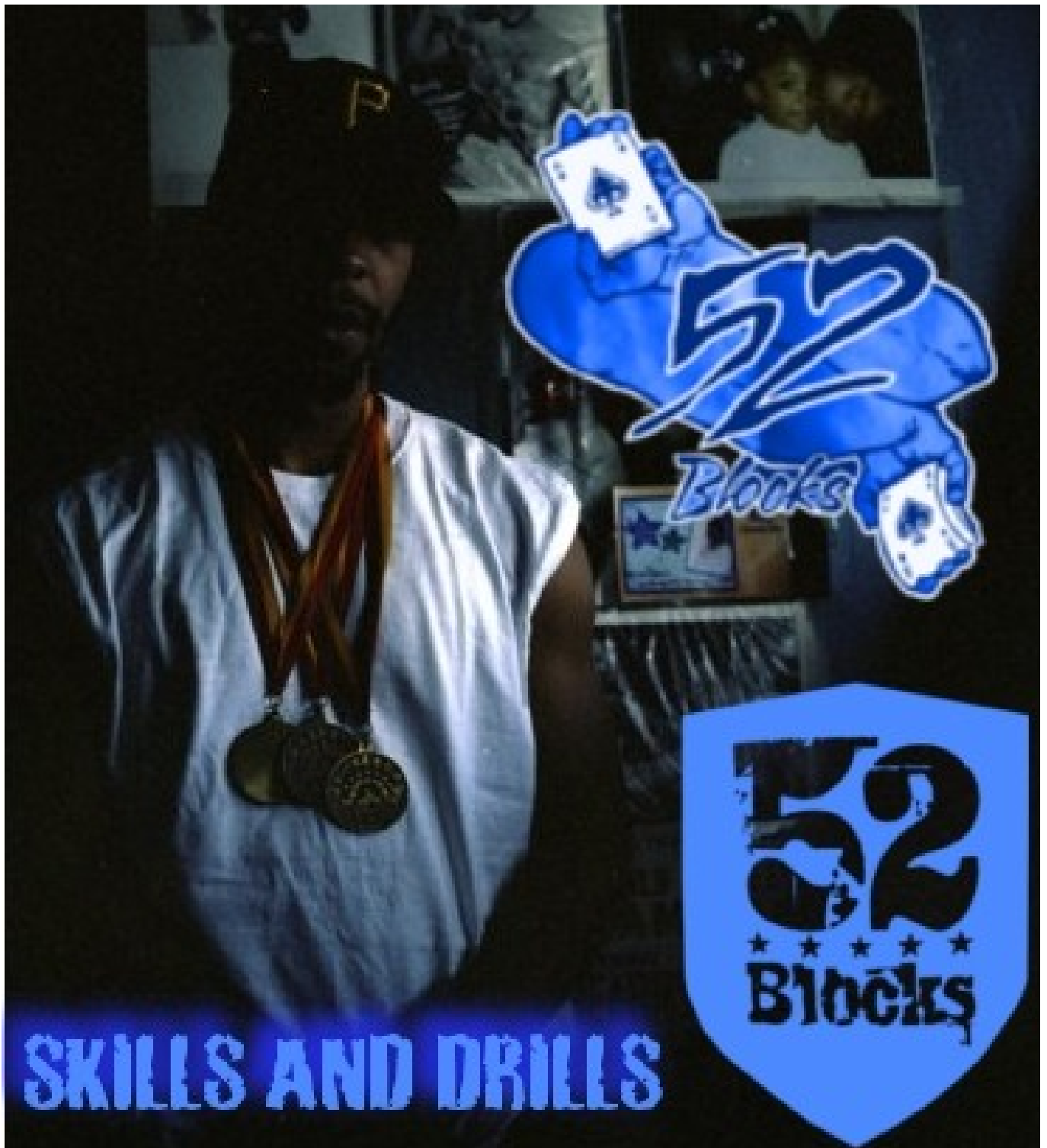
THESE ARE THE MAIN THINGS THAT HAVE WORKED, WITHOUT GETTING INTO ELBOWS, KNEES, KICKS, HAMMER FISTS AND GOING TO CLINCH OFF HOOKS

I HAVE FOUND THAT CROSS BLOCKING STRAIGHTS ISN'T A GOOD IDEA IF STATIC AND AT FAIRLY CLOSE RANGE AS YOU ARE OPEN TO THE OTHER HAND WITH NO IMMEDIATE HAND FREE, THOUGH SOME BLOCKS DO LEAVE YOU COVERED

IF YOU CAN MOVE BACK OR TO THE SIDE AS YOU CROSS BLOCK THE RISK IS REDUCED THOUGH I TEND TO STICK TO BLOCKING LEFT TO RIGHT AND RIGHT TO LEFT

EXAMPLE IF I STEP TO MY RIGHT AS I BLOCK A LEFT JAB WITH A LEFT SKULL AND BONES I WILL BE AWAY FROM HIS RIGHT HAND COUNTER

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