

# Stacking Wood Boxing Exercise#1/ Part2

*Once the basics of this drill are solid, mix up the shots alternating head and body levels.*

## **Example:**

Lead Jab- Head

Lead Jab- Body

Double Jab- Head/ Body

Double Jab- Body/ Head

Triple Jab- Body/Head/Body

Triple Jab- Head/Body/Head

Triple Jab- Head/ Head/ Body

Rear Cross- Head

Rear Cross- Body

Double Cross- Head/ Body

Double Cross- Body/Head

*(\* Caution- Double Shots to the Body can result in being countered)*