



**© WEST WARWICKS ABC- BOXING PROFICIENCY AWARD SCHEME**

<b>STAGE 1</b>	<b>STAGE 2</b>	<b>STAGE 3</b>	<b>STAGE 4</b>	<b>STAGE 5</b>
-Stance & Guard -Footwork Drill -Jab -Cross -Double Jab -Jab, Cross -Double Jab, Cross -Parry  -Shadow Boxing: 3 x 1s  -Bag Work: 3 x 1s  -Partner Drill: A-Jab, B-Parry, Counter Jab	-Jab (body) -Cross (body) -Double Jab (Head/ Body) -Slip -Lay Back -Jab (Head), Cross (Body) -Jab, Cross, Jab -Jab, Slip, Cross -Jab, Cross, Lay Back, Cross  -Shadow Boxing: 3 x 1.5s  -Bag Work: 3 x1.5s  -Partner Drills: A- Jab B- Parry, Counter Jab A- Slip, Cross  A- Jab, Cross B- Cover, Jab A- Lay Back, Cross	-Lead Hook (head) -Lead Hook (body) -Body Block -Double Slip -Cover Block -Jab, Cross, Lead Hook (head) -Jab, Cover Block, Jab, Cross -Jab, Slip, Lead Hook (body) -Shadow Boxing: 3 x 2s -Bag Work: 3 x 2s -Partner Drills: A- Cross B- Slip. Lead Hook (Head)  A- Jab, Cross B- Double Slip, Lead Hook (body) A- Body Block  -3 x 1s Body Sparring	-Roll (left and right) -Slip Jab -Slip Cross -Step Over -Jab, Cross, Roll, Cross -Jab, Cross, Lead Hook, Roll, Lead Hook -Jab, Step Over, Cross  -Partner Drills: A- Jab B- Parry, Jab A- Slip Jab (body)  A- Jab B- Lay Back, Cross A- Slip Cross to body, Lead Hook, Cross (head)  -3 x 1.5s Body Sparring	-Rear Hook (head) -Rear Hook (body) -Lead Uppercut -Rear Uppercut -Check Hook -Spin Off -Double Jab, Rear Hook (body) -Jab, Rear Uppercut, Lead Hook (head), Cross (head) -Rear Uppercut, Lead Hook (body), Lead Hook (head) -Jab, Cross, Lead Uppercut, Slip, Lead Hook (head), Spin Off  -Partner Drill: A- Jab, Cross B- Check Hook  -3x 1s Jab only, light, technical sparring

