

FYTFIT BOXING SESSION INDEX

FYTFIT CONTENDER SESSIONS:
1. Introduction to Straight Punches
<p>Tutorial session of 3 x 2:00min rounds introducing straight punches, including the lead jab and backhand cross to both the head and body.</p> <p>Utilising punches numbered 1, 2, 11 & 12 from the Punchmap.</p> <p>1st round: introduces straight head punches only (1&2); 2nd round: introduces straight body punches (11&12); 3rd round: mixes all straight punches in longer combinations.</p>
2. Introduction to Hooks
<p>Tutorial session of 3 x 2:00min rounds, introducing hooks to both head and body.</p> <p>Utilising punches numbered 3, 4, 7 & 8 from the Punchmap, including straight punches already practiced in the previous tutorial.</p> <p>1st round: introduces hooks to the head only (3&4); 2nd round: introduces hooks to the body (7&8); 3rd round: mixes all punches in longer combinations.</p>
3. Introduction to Uppercuts & Shovels
<p>Tutorial session of 3 x 2:00min rounds, introducing uppercuts to the head, and shovel punches to the body.</p> <p>Utilising punches numbered 5, 6, 9 & 10 from the Punchmap, including straight punches and hooks already practiced in the previous tutorials.</p> <p>1st round: introduces uppercuts to the head only (5&6); 2nd round: introduces shovel punches to the body (9&10); 3rd round: mixes all punches together in longer combinations.</p>
4. Contender Impact Out-Fyter 1 5. Contender Impact Out-Fyter 2
<p>Contender rank 3 x 2:00min round session, configured around the Out-Fyter boxing style.</p> <p>Out-Fyter will focus on long-range straight punches, and mid-range hooks only, thereby excluding uppercuts and shovel punches. Suited to people who prefer boxing at distance using longer reach punches.</p> <p>Maximum combination length of 4 punches, and maximum pause time between callouts.</p>

<p>6. Contender Impact In-Fyter 1 7. Contender Impact In-Fyter 2</p> <p>Contender rank 3 x 2:00min round session, configured around the In-Fyter boxing style.</p> <p>In-Fyter will focus on short-mid range straight punches, short-mid range hooks, uppercuts and shovels. Suited to people who prefer close-up boxing, using shorter reach punches.</p> <p>Maximum combination length of 4 punches, and maximum pause time between callouts.</p>
<p>8. Contender Impact Multi-Fyter 1 9. Contender Impact Multi-Fyter 2</p> <p>Contender rank 3 x 2:00min round session, configured around the Multi-Fyter boxing style.</p> <p>Multi-Fyter will mix an even selection of both short-range and long-range punches. Suited to people who prefer an adaptable approach to boxing, with a lot of punch variety over any target range.</p> <p>Maximum combination length of 4 punches, and maximum pause time between callouts.</p>
<p>10. Contender Heads-Up 1 11. Contender Heads-Up 2</p> <p>Contender rank 3 x 2:00min round session, focusing on head punches only (numbered 1 to 6 on the Punchmap).</p> <p>This session will utilise both short-range and long-range punches to the head area; including straight punches, hooks and uppercuts. Suited to people who prefer a reduced punch complexity, or those who use a punchbag with head-target area only (e.g. maize ball).</p> <p>Maximum combination length of 5 punches, and maximum pause time between callouts.</p>
<p>12. Contender Combo-Builder 1 13. Contender Combo-Builder 2</p> <p>Contender rank 3 x 2:00min round, focusing on the improvement of punch and combination technique.</p> <p>This session allows the user to 'build-up' towards longer and more complex punch combinations. More punches will be added gradually each time, so that technique can be perfected and performance maximised.</p> <p>Maximum combination length of 5 punches, and maximum pause time between callouts.</p>

FYTFIT PROFESSIONAL SESSIONS:

1. Professional Impact Out-Fyter 1
2. Professional Impact Out-Fyter 2

Professional rank 3 x 2:30min round session, configured around the Out-Fyter boxing style.

Out-Fyter will focus on long-range straight punches, and mid-range hooks only, thereby excluding uppercuts and shovel punches. Suited to people who prefer boxing at distance using longer reach punches.

Maximum combination length of 5 punches, and medium pause time between callouts.

3. Professional Impact In-Fyter 1
4. Professional Impact In-Fyter 2

Professional rank 3 x 2:30min round session, configured around the In-Fyter boxing style.

In-Fyter will focus on short-mid range straight punches, short-mid range hooks, uppercuts and shovels. Suited to people who prefer close-up boxing, using shorter reach punches.

Maximum combination length of 5 punches, and medium pause time between callouts.

5. Professional Impact Multi-Fyter 1
6. Professional Impact Multi-Fyter 2

Professional rank 3 x 2:30min round session, configured around the Multi-Fyter boxing style.

Multi-Fyter will mix an even selection of both short-range and long-range punches. Suited to people who prefer an adaptable approach to boxing, with a lot of punch variety over any target range.

Maximum combination length of 5 punches, and medium pause time between callouts.

7. Professional Heads-Up 1
8. Professional Heads-Up 2

Professional rank 3 x 2:30min round session, focusing on head punches only (numbered 1 to 6 on the Punchmap).

This session will utilise both short-range and long-range punches to the head area; including straight punches, hooks and uppercuts. Suited to people who prefer a reduced punch complexity, or those who use a punchbag with head-target area only (e.g. maize ball).

Maximum combination length of 6 punches, and medium pause time between callouts.

<p>9. Professional Combo-Builder 1 10. Professional Combo-Builder 2</p> <p>Professional rank 3 x 2:30min round, focusing on the improvement of punch and combination technique.</p> <p>This session allows the user to 'build-up' towards longer and more complex punch combinations. More punches will be added gradually each time, so that technique can be perfected and performance maximised.</p> <p>Maximum combination length of 6 punches, and medium pause time between callouts.</p>
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<p>FYTFIT CHAMPION SESSIONS:</p> <p>1. Champion Impact Out-Fyter 1 2. Champion Impact Out-Fyter 2</p> <p>Champion rank 3 x 3:00min round session, configured around the Out-Fyter boxing style.</p> <p>Out-Fyter will focus on long-range straight punches, and mid-range hooks only, thereby excluding uppercuts and shovel punches. Suited to people who prefer boxing at distance using longer reach punches.</p> <p>Unlimited punch combination length, and minimum pause time between callouts.</p>
<p>3. Champion Impact In-Fyter 1 4. Champion Impact In-Fyter 2</p> <p>Champion rank 3 x 3:00min round session, configured around the In-Fyter boxing style.</p> <p>In-Fyter will focus on short-mid range straight punches, short-mid range hooks, uppercuts and shovels. Suited to people who prefer close-up boxing, using shorter reach punches.</p> <p>Unlimited punch combination length, and minimum pause time between callouts.</p>
<p>5. Champion Impact Multi-Fyter 1 6. Champion Impact Multi-Fyter 2</p> <p>Champion rank 3 x 3:00min round session, configured around the Multi-Fyter boxing style.</p> <p>Multi-Fyter will mix an even selection of both short-range and long-range punches. Suited to people who prefer an adaptable approach to boxing, with a lot of punch variety over any target range.</p> <p>Unlimited punch combination length, and minimum pause time between callouts.</p>

7. Champion Heads-Up 1

8. Champion Heads-Up 2

Champion rank 3 x 3:00min round session, focusing on head punches only (numbered 1 to 6 on the Punchmap).

This session will utilise both short-range and long-range punches to the head area; including straight punches, hooks and uppercuts. Suited to people who prefer a reduced punch complexity, or those who use a punchbag with head-target area only (e.g. maize ball).

Unlimited punch combination length, and minimum pause time between callouts.

9. Champion Combo-Builder 1

10. Champion Combo-Builder 2

Champion rank 3 x 3:00min round, focusing on the improvement of punch and combination technique.

This session allows the user to 'build-up' towards longer and more complex punch combinations. More punches will be added gradually each time, so that technique can be perfected and performance maximised.

Unlimited punch combination length, and minimum pause time between callouts.