



## **Dekkers 15 (Focus Pad Drill)**

1. Jab
2. Rear Kick
3. Jab
4. Cross
5. Lead Body Hook
6. Rear Body Hook
7. Rear Uppercut
8. Cross (fast)
9. Lead Hook (fast)
10. Cross (fast)
11. Lead Hook (fast)
12. Cross (fast)
13. Lead Hook (fast)
14. Rear Kick
15. Rear Kick