

Teddy Atlas - The Lost Art of Feinting

Teddy Atlas's "The Lost Art of Feinting" is a specialized boxing course that delves into the techniques and strategies of effective feinting. Feinting, an essential yet often overlooked aspect of boxing, involves deceptive movements intended to mislead opponents and create openings for attacks. In this course, Teddy Atlas provides detailed instruction on various feinting techniques, demonstrating how to use subtle body movements, hand gestures, and footwork to outsmart opponents. Through practical drills, real-world examples, and expert insights, you'll learn how to incorporate feints into your boxing repertoire, improving your overall strategy, and effectiveness in the ring. This course is ideal for boxers of all levels looking to enhance their tactical skills and gain a competitive edge.

Fake & Move Your Way To Boxing Success With Hall of Fame Trainer Teddy Atlas's Tips For Feinting To Set Up Shots & Control The Fight With The Sharpest Hands Possible

- Learn why Teddy calls feinting a lost art – and how you can revive it with big results using these lessons
- With techniques like the magnet, the drop, and the yoyo, see ways to get your feints working and use them to draw reactions that set up big shots
- Teddy is a hall of fame trainer and one of the most recognizable personalities in boxing, with decades of experience coaching and working at the elite levels of the sport
- Feints are the art of faking shots to open up an opponent's defenses and slow down their offense – giving you a huge edge
- Use tactics that disarm, draw, and make opponents blink using lessons that only Teddy can deliver.

PART 1

- **INTRODUCTION**
- **SHOW HIS HAND**
- **BLINK**
- **THE MAGNET**

PART 2

- **DOOR BELL**
- **SIDE STREET**
- **DRAW**

PART 3

- DISARM
- YOYO
- THE DROP

PART 4

- ICE
- PITSTOP