

Barry Robinson - How to Box at World Level - Controlling the Fight

“Barry Robinson’s ‘How to Box at World Level – Controlling the Fight’ is an advanced training program designed for serious boxers aiming to excel at the highest levels of competition. This course provides expert techniques and strategies for mastering ring control, dictating the pace of the fight, and outmaneuvering opponents. Gain the skills and knowledge necessary to dominate in the ring and achieve world-class performance.”

Barry Robinson It is widely considered one of the most important. the Most highly-skilled and experienced boxers for coaches in combat sports. the Today’s world. His own systemised approach was the founder to Coaching, a Million Styles Boxing (AMSB), his unrivalled ability to teach martial artists how to compete has won him fans around the world for many years. to Box at World level Controlling the Fighting is a must-have ability for any fighter who wants to be a champion. to You can win as an amateur, professional, or both.

Barry He has been a volunteer in fight camps for some of the the World’s most skilled fighters from many different combat sports/martial arts, including the Fedor Emileanenko (Jose Aldo), Cris Cyborg Crisyborg, Sitthichai Sitsongpeenong Artur Khashenko and many others.

His coaching and fight preparation are just a few of his many outstanding qualities. at Film study and fight/fighter breaks. His combination of skills makes him highly sought-after the All over the world to Take part the Training of champion athletes in Boxing and MMA, Muay Thai, Kickboxing, and Muay Thai.

From how, a photo of Billy Deniz to box at Controlling at the global level the Fighting

In this section, the The first in a new series the Warrior Collective: He has filmed his next level training systems for anyone who wants world-class boxing in any form of combat sport.

How to Box at World Level – Controlling the Fight

- It consists of a series of steps that take him through a variety amazing coaching content, knowledge, drills, and other techniques that he likes. to Make sure to use it regularly the He trains world class fighters: The Locche Drill, Training Southpaw. World Subtle Switching, Class Base, Neutral Stance Controlling the Fight, Physical Movement and Elite bag Work

- So whether you're looking for a job or a new hobby, to Create your own custom game to the Next level or what you want to You will need this work to further your career as a coach.
- Photo of Billy Deniz at work on a wall from how to box at Controlling at the global level the Fighting

This video includes:

The Locche Drill. A framework for developing the Same defensive mastery that earned Nicolino locche the nickname "The Untouchable".

Balancing Space. How to Strike range to Non-While fighting, striking range and returning to it again fluidly is key.

Understanding Southpaw. How to You don't just need to train the southpaw. to You can change your mind but to understand the This style has inherent flaws that you need to be aware of.

Base as Weapon. Drills to You must ensure that you have control the You can defend and attack in any direction, from any stance.

Right Brain, Left Brain. How to develop world class co-Repetition of drilling will result in footwork and ordination. the Correct methods during training.

Neutral Stance. A systematic approach to You will no longer be able to think of one position over the other. Positional responses are easy to master. to Dominant at Every point.

Manipulating Movement. How to Use attacks from only one stance to Forcing an opponent to You can get big shots by taking a different stance and attempting to win. to escape.

What is Control? A control is a way to instill confidence.-You can use depth to control many different functions such as head, arm and hand.-Any size opponent can be handled.

Wall Work. The complete guide to how to to Use any wall, beam, or post to Take your training to the next level.

Subtle switches. How to Combine controls and footwork to Subtly alter stances during an attack in order to Create the best angles possible for your shots

You can float like a butterfly. Drills to Make sure your mobility is fluid while still retaining the Capacity to cause damage at At any given moment in the fight.

Elite Bag Work. How to Use multiple bags to While training for high-level fights, you will learn to develop different styles, rhythms, movements and style.

And more....