

# **Teddy Atlas - The Art of Boxing Defense**

Teddy Atlas's "The Art of Boxing Defense" course focuses on mastering defensive techniques in boxing. It covers essential skills such as head movement, blocking, slipping, and footwork to evade punches. The course emphasizes the importance of anticipation, timing, and strategy to create a robust defensive game, helping boxers protect themselves while setting up counterattacks effectively.

**Teddy Atlas shows you how to avoid the big shots in the ring with tactics that have served his students well for decades**

- Learn techniques and strategies like the olay, the u tube, the rain delay, and more on this defensive series
- 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
- Boxing defense can be your key to long-term success and improvement, and everything you need to know is shown right here
- Use these lessons so that you can stop getting battered around and start being confident that you can stay safe in the ring

## **PART 1**

- **INTRODUCTION**
- **SLIPPERY**
- **OLAY**

## **PART 2**

- **U TUBE**
- **DIPPITY DOO**
- **SWEEPER**
- **LEAVE**

## **PART 3**

- **BALLS AND STRIKES**
- **RAIN DELAY**