

Kostya Tszyu - Boxing Instructional

Contents:

1. Bag work: Mistakes and ways to work more efficiently – (3:34 mins)
2. Crash and cross – (4:45 mins)
3. Far-hand accented punch (4:05 mins)
4. How to throw the Left hook (4:16 mins)
5. Kostya Tszyu on weight loss before the fight (11:58 mins)
6. Blows from below (8:01 mins)
7. Boxer psychology (3:23 mins)
8. Boxing Chess. Stage 2. Workout 2. Series 2. Work with dumbbells (17:24 mins)
9. Boxing Chess. Stage 2. Workout 3. Series 2. Work on the feet (17:05 mins)
10. Boxing Chess. Stage 3. Workout 3. Series 1. 5 Rounds with dumbbells. (19:41 mins)
11. Breathing while working (4:02 mins)
12. Children and boxing (3:41 mins)
13. Direct punch with the front hand. Major mistakes (5:58 mins)

Proof Content



