

Coach Anthony - Footwork Drills

Coach Anthony demonstrates beginner to intermediate footwork drills to improve footwork.

This course is the basics of Footwork. The foundation of Boxing is Footwork without Footwork everything else falls apart.

This course is right to the point no fancy moves no ladders just old school proven techniques that work

***Please note:** We only have the video of the course (27 mins – 1.87 GB). The PDF on how to use it and others are not included.

Proof Content



Footwork Drills by Coach Anthony.m4v



1.9 GB