

PUNCH YOUR WAY TO SUCCESS – MASTER BOXING WITH **PSS BOXING'S** PUNCH SYSTEM

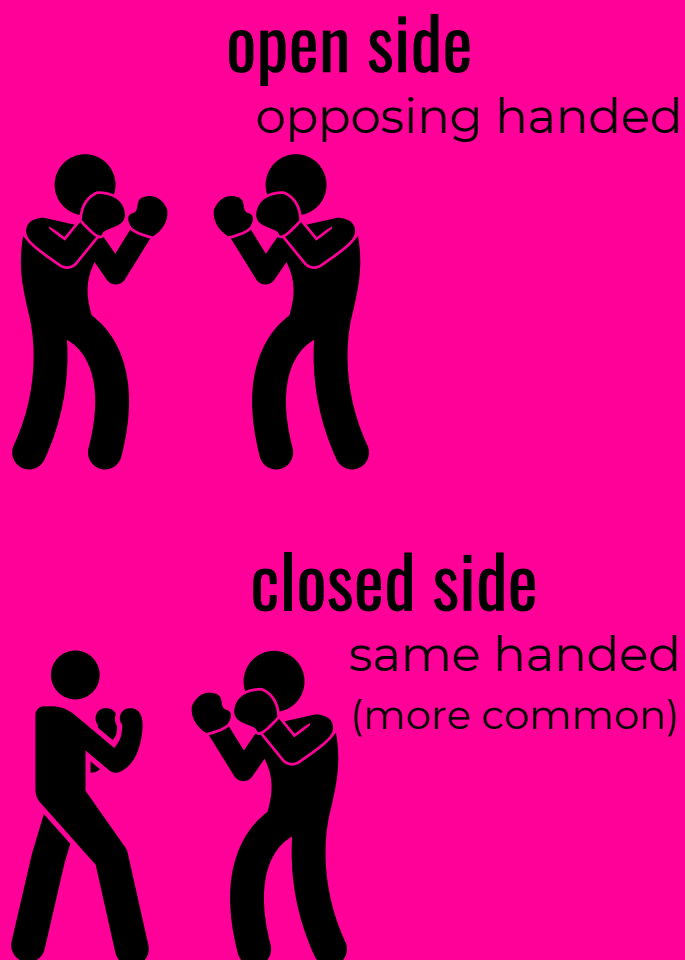
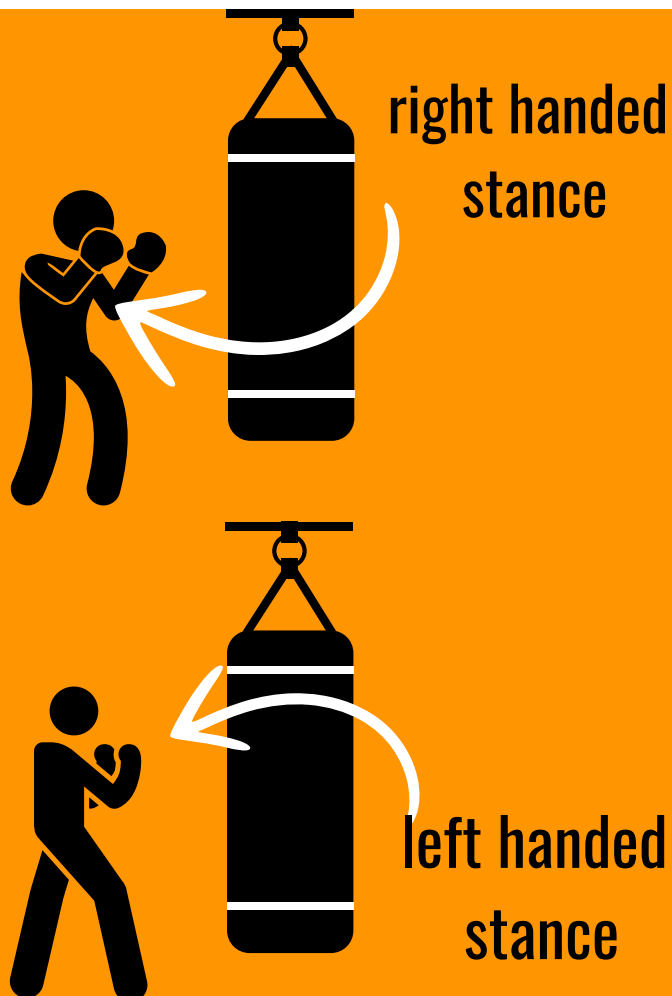
QUICK AND EASY TIPS FOR BOXING



1 2 3

THE SYSTEM

"UNLEASH YOUR INNER FIGHTER WITH A PROVEN SYSTEM DESIGNED TO TAKE YOUR BOXING SKILLS TO THE NEXT LEVEL. WHETHER YOU'RE A BEGINNER OR SEASONED, OUR PUNCH SYSTEM WILL SHARPEN YOUR TECHNIQUE AND ENHANCE YOUR SELF DEFENSE AND CONFIDENCE!"



left handed
stance



right handed
stance



single punches

1 - JAB

2 - CROSS

3 - LEAD HOOK

4 - REAR HOOK

5 - LEAD UPPERCUT

6 - REAR UPPERCUT

7 - LEAD BODY HOOK

8 - REAR BODY HOOK

9 - BODY JAB

10 - BODY CROSS

2 punch combos

1 2 - JAB, CROSS

2 3 - CROSS, HOOK

3 2 - LEAD HOOK, CROSS

4 3 - REAR HOOK, L HOOK

5 2 - LEAD UPPERCUT, CROSS

6 3 - REAR UPPERCUT, L HOOK

2 7 - CROSS, LEAD BODY

HOOK

1 8 - JAB, REAR BODY HOOK

1 9 - HEAD JAB, BODY JAB

1 10 - JAB, BODY CROSS

What You'll Learn:

- The fundamentals of boxing, broken down into simple steps.
- Precision punching and footwork drills.
- Defensive strategies to protect yourself in the ring.
- Advanced combinations and fight tactics.
- Progressive workouts to build speed, strength, and endurance.

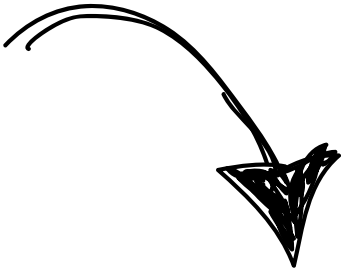
Why Johann's Punch System?

- Over 20 years of experience as a boxing coach.
- Proven results with beginners and professional athletes alike.
- Tailored to your fitness level and goals.
- Personal feedback to ensure you're progressing efficiently.
- One-on-one attention to refine your skills.

How the Punch System Works:

1. **Download & Learn:** The PDF will walk you through the basics of the punch system, with clear instructions and visuals to get you started.
2. **Book Your Session:** When you're ready to take your training further, click on the buttons below to schedule your one-on-one sessions.
3. **Master the System:** Each session is designed to build on the previous one, ensuring you make steady progress toward mastering the art of boxing.

READY FOR MORE PERSONALIZED BOXING?



INCLUDES FREE GLOVES MITTS OR WRAPS FOR THE FIRST 5 SIGN-UPS.

committed package:

- \$40 per session.
- 10-session minimum commitment
- Free (either mitts/wraps or gloves for first 5 sign ups)

starter package:

- \$44 per session.
- 4-session to see how you feel
- Flexible scheduling options to fit your routine.
- Free wraps (first 5 sign ups)

Try Full 10 Sessions

Start with 5 Sessions

