

ground position

Up to protect my face

Where are your fists?



What do your shoulders?

protect my chin



What do your eyes?

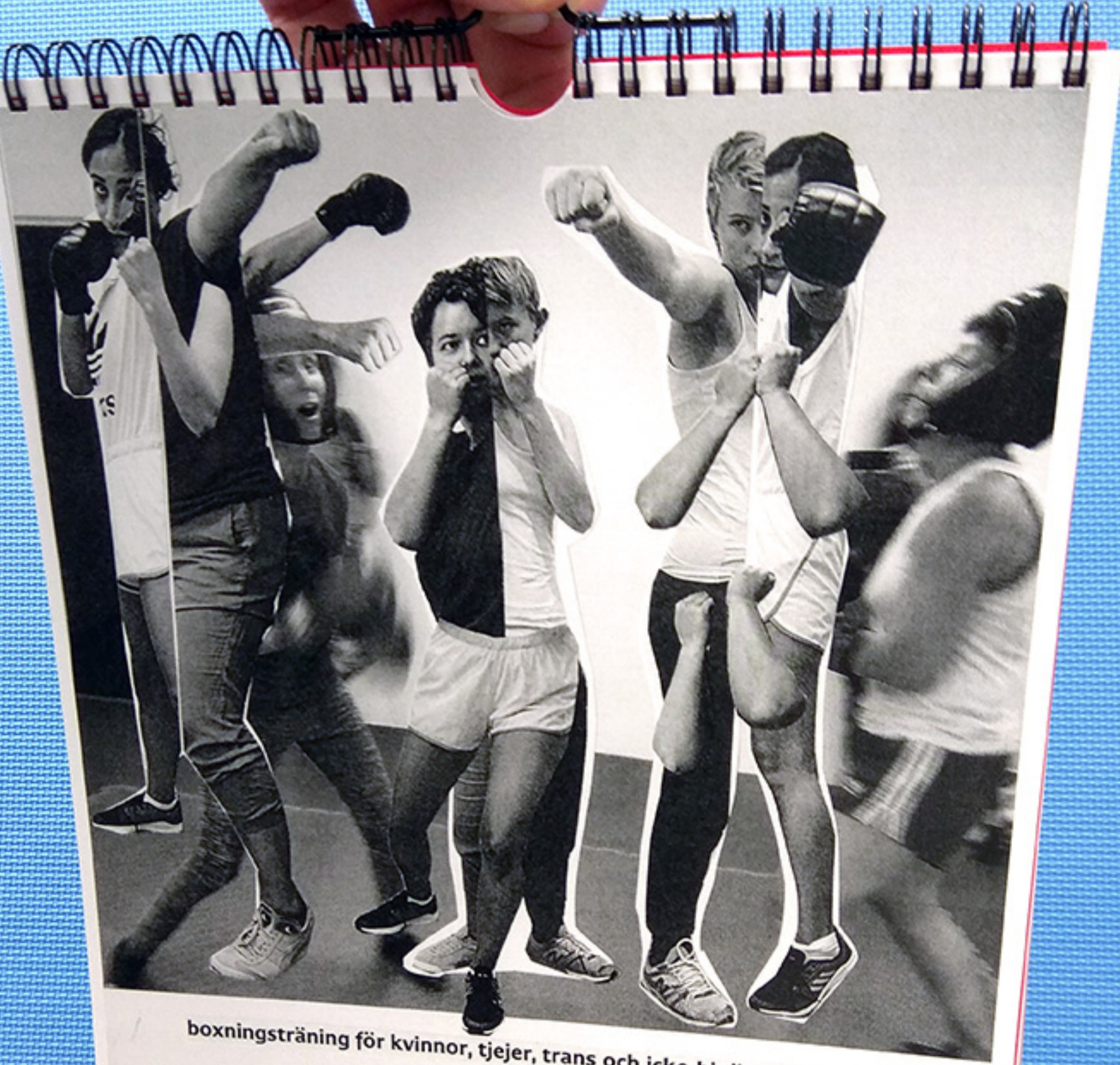
fixate the partner



DOWN

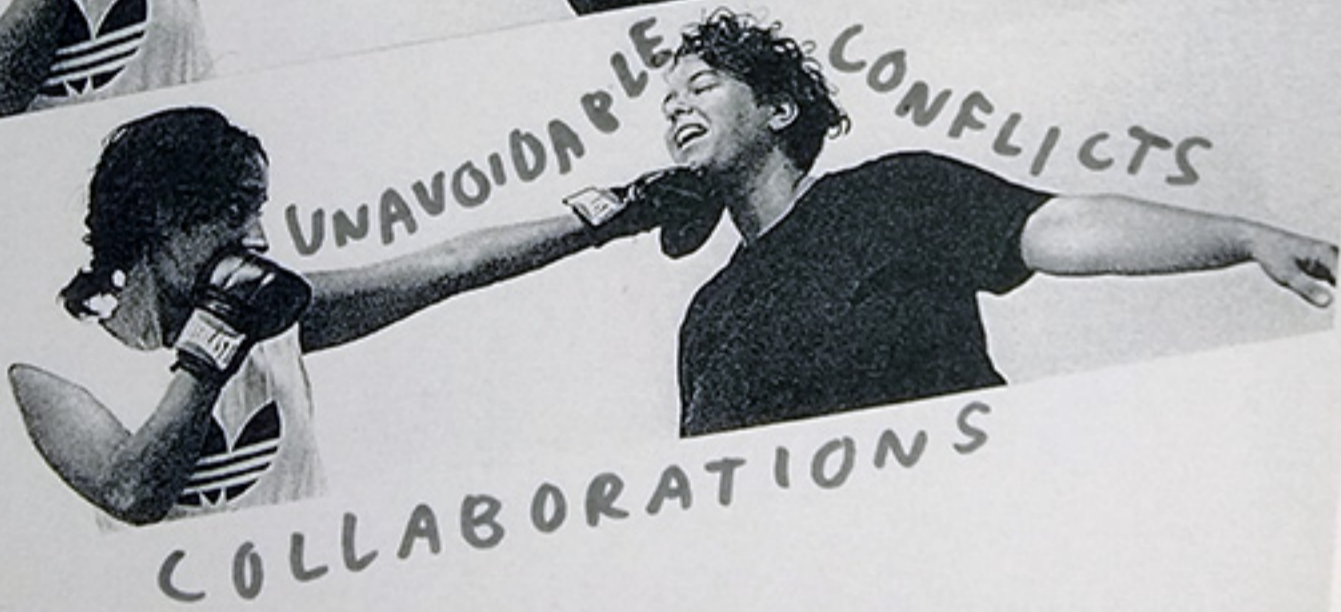


Where is your chin?



boxningsträning för kvinnor, tjejer, trans och icke-binära personer

		1	2	3	4	5	6
Jan							
1							



	7	8	9	10	11	12	13
Jan							
2							



	6	7	8	9	10	11	12
May							
19							