

THE SHADOW BOX

INTRODUCTION
AND BASIC WORKOUTS



THE SHADOW BOX™

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THINK
INSIDE
THE **BOX**™

SUCTION CUPS

Install quickly and easily to smooth, clean surfaces. Press firmly and be ready to train in seconds.



SUCTION CUP INSTALLATION

Secure vertically to smooth, non-porous surfaces, this may include mirrors, windows, metal, fiberglass or tile. Remove your Shadow Box and suction cups from the carrier pouch. Place one suction cup through the opening in each corner and secure the nut onto the screw, so the suction cup is on the back side of The Shadow Box. Repeat for all four corners. Make sure the desired surface is clean and dust free before installation. For best results, slightly wet the bottom of the suction cups before attaching. Hold The Shadow Box by the top two corners and align the top, center box at, or just above eye level. Firmly press the two nuts down to secure the suction cups until flat. Pull the bottom two corners so that The Shadow Box is flush and tight to the vertical surface and press to secure. Step back to a safe distance to ensure there is no physical contact of the vertical surface or The Shadow Box. Begin shadowboxing.

DO NOT STRIKE

ADJUSTABLE STRAPS

Loop, wrap and tighten the adjustable straps to your desired object for training on less conventional surfaces.



ADJUSTABLE STRAP INSTALLATION

Secure to Doors, Fences, Heavy Bags, Trees or other vertical surfaces. Remove your Shadow Box and straps from the carrier pouch. Take one strap and place the plastic buckle behind the top right corner opening. Ensure that the non-slip coating is facing away from you. Loop the end of the strap through the top right corner opening, then through the buckle, going away from you. Pull to secure to the corner. Repeat process with the bottom right corner opening. Take the remaining length of top strap and run it around the back side of the vertical object ie: door, heavy bag, fence or tree. Take the other end of the strap, loop it through the top left opening, pull to desired tension and secure down firmly back onto itself. Repeat the same process with the bottom strap and pull flush to the vertical surface. Step back to a safe distance to ensure there is no physical contact of the hard vertical surface. Begin shadowboxing. ***DO NOT STRIKE*** Note: If using on a heavy bag, ensure proper safety measures such as utilizing hand wraps and boxing gloves before making contact with the vertical surface.

BASIC DEFENSE

Learn the basics behind The Shadow Box grid system. Find balance and positioning. Begin building muscle memory through repetition of defensive movements.



RECOMMENDED BASIC DEFENSE:

Once proper distance from The Shadow Box is ensured and the top, center box is aligned at, or just above eye level, get into boxing stance. Begin using defense to place the head, shoulders and hands into different boxes within the grid. Use slips to move the head from side to side, in relation to the different lines and boxes within the grid. Utilize height change by bending in the knees to line up with the lower boxes. Roll and rotate shoulders to visualize oncoming punches and duck underneath the higher boxes while keeping track of the path and placement your head, shoulders and hands take throughout these movements in the lower boxes. Go slow, utilize single defensive movements and ensure balance before making multiple defensive maneuvers in a sequence. Change position with a defensive technique, pause to check alignment with the grid, check balance and weight distribution throughout your legs and feet, correct if necessary. Once balanced and comfortable, use the lines within the grid to create positional changes and attempt to align with all the boxes in multiple ways, using different techniques and patterns. Incorporate footwork by stepping laterally, forwards and backwards and on angles and watch your alignment change in relation to the grid.



WORKOUT TEMPLATE: BASIC DEFENSE

PERFORM EACH CATEGORY FOR THREE MINUTES FOR A NINE MINUTE SESSION.

| SLIPS | HEIGHT CHANGE | DUCKS/ ROLLING: |
|---|--|---|
| <p>Begin with focusing eyes into the top, center box, or onto one of the surrounding lines of that box. Use reflection from vertical surface behind The Shadow Box for reference if available. Slip your head to both sides, one at a time, into the left and right boxes on the middle level of the grid, returning your head to the starting point in between slips. Correct balance, if necessary, repeat to find fluent movement. Practice different sequences.</p> | <p>Bend knees to change heights while keeping head in line with the center boxes. Combine height change with slips to place head in line with the corner boxes on the bottom level. Establish a strong base to accommodate the rotation and weight transfer. Add lateral, forward and backward footwork while utilizing height change to create sequences without repetitive patterns. Use different hand positions as you feel comfortable.</p> | <p>Combining the previous techniques, and once in a rotated and lowered position, rotate hips and shoulders to the opposite side of your body while staying in a low position until standing back in stance. The rotation and height change should result in the head travelling through a "U" shaped pattern which creates defense for hooks and straight punches. Find balance and fluent motion through this high-mobility movement.</p> |

Once all three categories have been established and fine tuned individually, incorporate all tactics to create multiple sequences.

BASIC OFFENSE

Build off your defensive foundation by incorporating offense. Utilize The Shadow Box grid to create variety and accuracy in your offensive output.



RECOMMENDED BASIC OFFENSE:

After establishing defensive movements, balance and rhythm, begin by establishing your jab and build up a variety of trajectory points while using it. Throw your jab towards the top center box where your head is aligned. If you are using a mirror or reflective surface, the jab should go towards the reflection of your face or just above it. Then throw the jab towards the boxes on the left and right side of the grid. Rotate shoulders and adjust positioning and balance in the legs as necessary. Repeat the same concept but to the middle level and finally the lowest level of the grid boxes. Accommodate the height change by bending in the knees and possibly stepping your feet to change height and distance. Begin laterally stepping both feet to line your head up with the boxes on the left side of the grid and explore throwing the jab to other areas of the grid from different positions. Once, comfortable, build into other punches and eventually creative combinations. Place them towards each box within the grid. Discover weight distribution, positioning and technique. Adjust as necessary. ***DO NOT STRIKE*** Note: If using on a heavy bag, ensure proper safety measures such as utilizing hand wraps and boxing gloves before making contact with the vertical surface.



WORKOUT TEMPLATE: BASIC OFFENSE

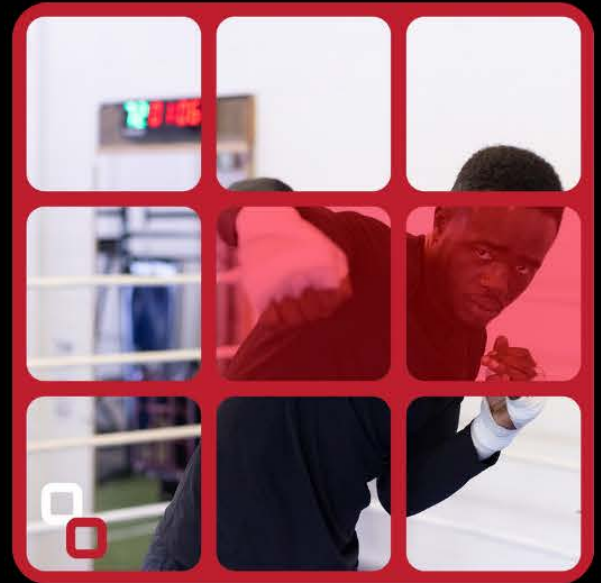
PERFORM EACH CATEGORY FOR THREE MINUTES FOR A NINE MINUTE SESSION.

| STRAIGHTS | HOOKS | UPPERCUTS |
|--|--|---|
| <p>Throw your jab into the direction of the top middle box, then all of the other boxes. For the lower squares, bend knees to change height. Repeat this using your cross. Step both feet laterally to the left and to the right to change alignment. Once footwork and height change has been established, throw combinations with punch placement and variety into different areas of the Shadow Box. Explore the possibilities!</p> | <p>After using straight punches, it is time to explore hooks. Once balance and technique is established, begin utilizing height change to target the middle and the lower boxes to simulate body hooks and opponents of different heights. Once comfortable with height change, use lateral footwork to change angles. Eventually mix in straight punches before and after your hooks. Create flow and harmony between all techniques.</p> | <p>Once straight punches and hooks have been practiced, it is time for upper cuts. Similar to hooks, we first want to establish balance and technique when throwing uppercuts. Next, step both feet laterally to align yourself with the boxes on the left and right of the gird before and after throwing uppercuts. Explore punching towards all heights of the boxes and when ready, incorporate straights and hooks into your combinations.</p> |

Once all three categories have been established and fine tuned individually, incorporate all tactics to create multiple sequences.

BASIC COUNTERS

Combine your existing knowledge of defense and offense. Explore and develop strategic counter punching.



RECOMMENDED BASIC COUNTERS:

This counter punching strategy is to hypothetically make your opponent miss their offense, while you throw a punch in their direction. This may be done simultaneously or from a more stationary position. Both can be effective in certain circumstances. A simple way to drill this and get comfortable with the concept, is to throw a jab at the top center box, while simultaneously slipping to the rear or offside of your body. Place your head in line with a lower, outside box as you jab. Check balance, weight transfer and technique by pausing once you have completed these movements, correct positioning and balance if necessary. Move onto the offside hand such as a straight cross while slipping your head to the lead side. This should be similar to the first example, but on the opposite side of your body and the grid. Next, try changing heights and slipping by placing your head into a lower box. Stay in the “loaded” position and check that your head and shoulders align with a lower box on the side of the grid. From here, throw an uppercut into a different box than where your head is positioned. Explore this by changing the box in which you aim your uppercut. Pay attention to how the balance points and trajectory changes when you adjust to each box. These are three basic examples of using your jab, cross and upper cut in different counter styles. The possibilities are vast so explore them using the grid for reference. Get creative!



WORKOUT TEMPLATE: BASIC COUNTERS

PERFORM EACH CATEGORY FOR THREE MINUTES FOR A NINE MINUTE SESSION.

| STATIONARY | SIMULTANEOUS | SET UPS |
|---|--|--|
| <p>Pick one of the bottom 6 boxes and align your head with it by slipping or bending in the knees. Keep your head there and throw a jab into a different box. Here, we simulate using offense from a defensive position. Maintain head in the same box and repeat the jab into all boxes while monitoring balance and weight transfer. Repeat with your head aligned with a different box. Explore all the boxes, with different head placements and punch varieties!</p> | <p>We now want to combine defense and offense into a smooth and fluent motion. This style of counters is reliant on timing of movements which can use an opponent's attack against them. For example, if a punch was thrown to where your head was in the top center box, you would slip your head to the right or left, middle row boxes and throw a jab to where your head previously was. Find balance then explore the many possibilities!</p> | <p>With a foundation of countering through positioning, we now want to create counter punch opportunities. One way to do this is to intentionally bait our opponent to throw offense, with the intent to counter their attack. A simple way to develop this is to throw offense of your own, then utilize stationary or simultaneous counters directly after. Simply throw a jab, and follow with counters. Build into setting up these counters with different punches.</p> |

Once all three categories have been established and fine tuned individually, incorporate all tactics to create multiple sequences.



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