

7 COUNTERS TO A RIGHT CROSS

Counter the Right Cross with a Right Cross



Erik is squared off with his opponent Dave.



Dave throws a right cross at Erik's head. Erik takes a small step to the left to slip his head outside the punch.



Erik counters with a right cross.

Counter the Right Cross with a Right Knee



Erik is squared off with Dave.



Dave throws a right cross at Erik's head. Erik steps to the left, outside of the punch. Erik uses his forearms to push Dave's arm away.



Erik grabs the back of Dave's head with his right hand and pulls down as he throws a right knee to Dave's midsection.

Counter the Right Cross with a Left Hook to the Body (Option 1)



Erik is squared off with Dave.



Dave throws a right cross at Erik's head. Erik twists his body to the left to slip outside the punch. Notice how this sets Erik up for the left hook.



Erik counters with a left hook to Dave's body.

Counter the Right Cross with a Left Hook to the Body (Option 2)



Erik is squared off with Dave.



Dave throws a right cross at Erik's head. Erik bends his legs and slips underneath the punch. Notice how Erik also loads his left hand for the hook.



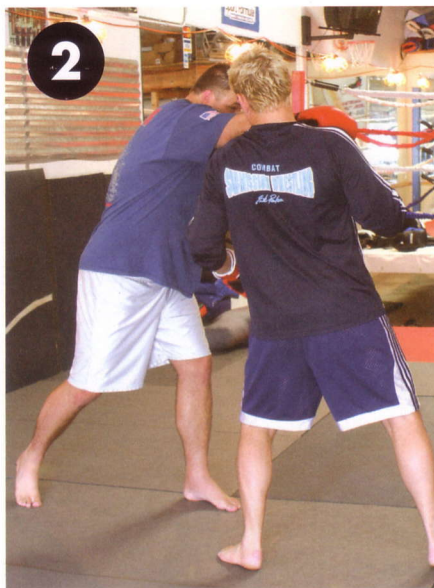
Erik counters with a left hook to the body.

7 COUNTERS TO A RIGHT CROSS

Counter the Right Cross with a Left Uppercut



Erik is squared off with Dave.



Dave throws a right cross at Erik's head. Erik twists his body and slips outside the punch.

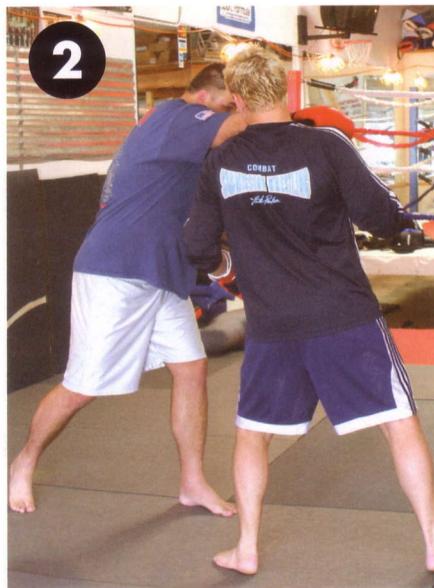


Erik counters with a left uppercut to Dave's chin.

Counter the Right Cross with an Overhand Right



Erik is squared off with Dave.



Dave throws a right cross at Erik's head. Erik twists his body and slips outside the punch.



Erik counters with an overhand right to Dave's head.

Counter the Right Cross with a Right Low Kick



Erik is squared off with Dave.



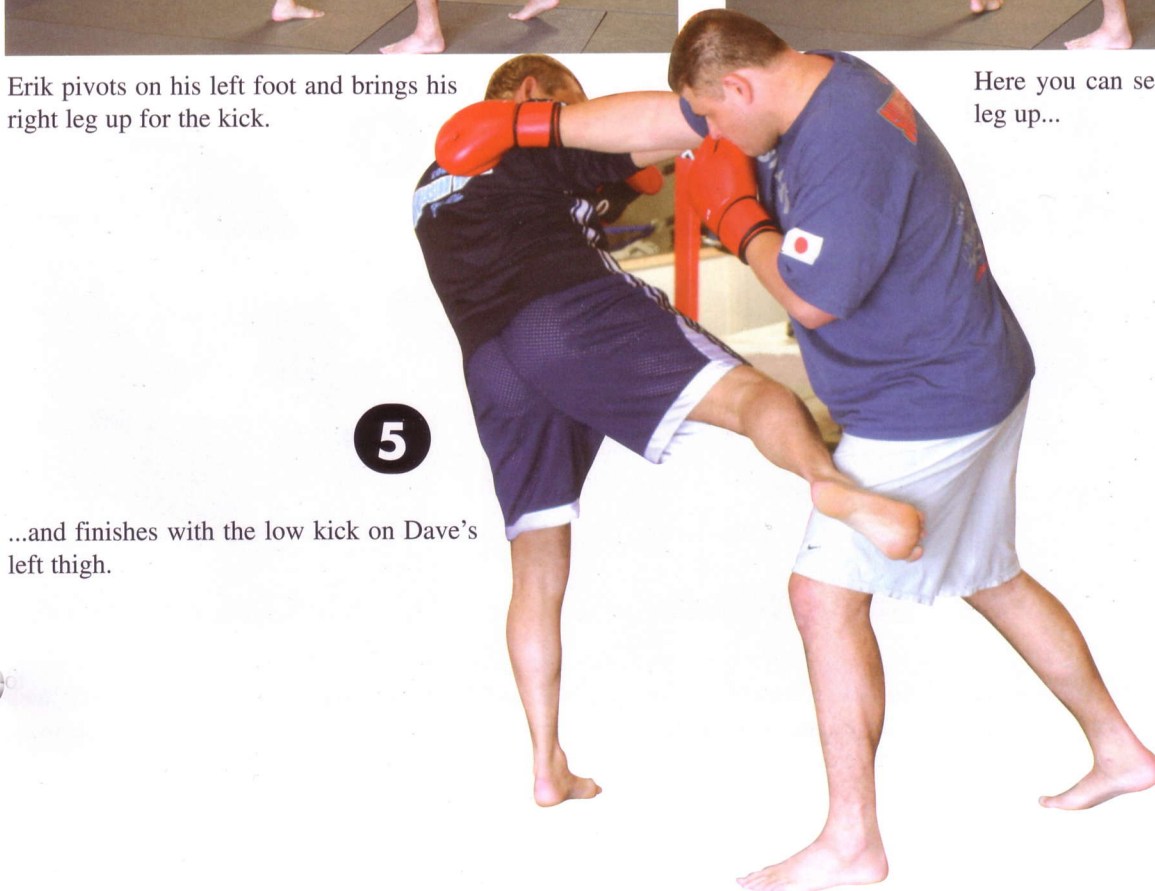
Dave throws a right cross at Erik's head. Erik steps to the left and twists his body to slip outside the punch. Notice how Erik uses his left forearm to push the punch away.



Erik pivots on his left foot and brings his right leg up for the kick.



Here you can see how Erik brings his leg up...



...and finishes with the low kick on Dave's left thigh.