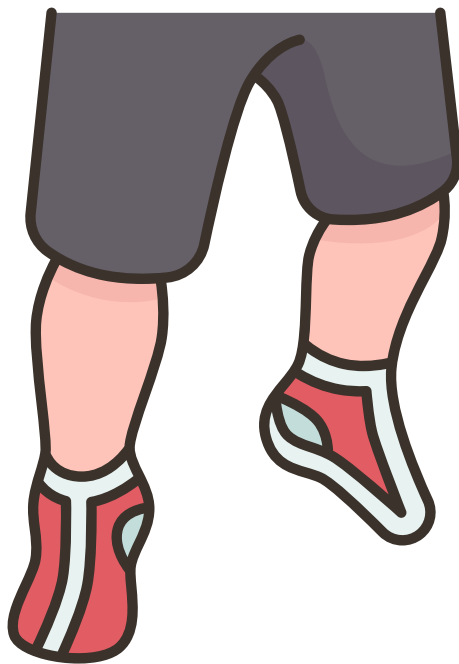


**PROGRAM SUITABLE FOR ALL  
COMBAT SPORTS**

# **THE FOOTWORK BLUEPRINT**



**A RINGSIDE REVOLUTION FOR  
ALL LEVEL FIGHTERS AND  
COACHES**

**THE 4 MAIN FOOTWORK BASES  
+56 ROUNDS OF FOOTWORK DRILLS**

**THE FOOTWORK BLUEPRINT  
FUNDAMENTALS FOR BALANCE, CONTROL & MOVEMENT.**

**THE FOOTWORK BLUEPRINT  
FIRST EDITION — 2025  
RIGA, LATVIA**

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## **WHY I WROTE THIS**

THESE ARE FOOTWORK FUNDAMENTALS I LEARNED EARLY AND CONTRIBUTED TO WINNING MY FIRST AMATEUR FIGHTS. WITHOUT THIS BASIC FOUNDATION - MOVEMENT, OFFENSE AND DEFENSE IS IMPOSSIBLE. I BELIEVE THIS E-BOOK WILL HELP A LOT OF PEOPLE SPEED UP THE IMPROVEMENT IN THEIR JOURNEY.

**- RAINERS**

**2025**

## CHAPTER 1 | INTRO

# **BOXING STANCE: THE FOUNDATION OF ATHLETICISM**

**“EVERY ELITE ATHLETE, NO MATTER THE SPORT, BEGINS WITH A STRONG, MECHANICALLY SOUND STANCE.**

LIKE THE SPRINTER WHO EXPLODES OUT OF THE BLOCKS, THE WRESTLER WHO STAYS LOW IN A BALANCED STANCE, READY TO ATTACK OR SPRAWL, THE BASKETBALL DEFENDER WHO MAINTAINS A WIDE, STABLE BASE FOR QUICK LATERAL MOVEMENT, THE TENNIS PLAYER WITH HIS SPRING-LOADED READY POSITION ON THE BALLS OF THE FEET. IN EACH CASE, SUCCESS STARTS FROM AN ATHLETIC BASE THAT OPTIMIZES POWER, BALANCE, AND MOBILITY.

AS ONE COACH PUT IT,

**“HAVING A GOOD STANCE IS THE FOUNDATION TO YOUR SUCCESS.”**

**KEEP THIS PRINCIPLE IN MIND THROUGHOUT YOUR TRAINING – IT ALL BEGINS FROM THE GROUND UP.**

## **STANCE BASICS:**

**STAND IN FRONT OF A MIRROR WITH YOUR FEET AT LEAST SHOULDER - WIDTH APART. PICK THE WIDTH OF YOUR STANCE DEPENDING ON HOW COMFORTABLE YOU FEEL.**

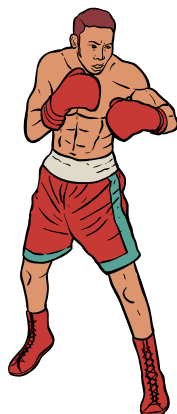
**DISTRIBUTE YOUR WEIGHT EVENLY ON BOTH LEGS. KEEP YOUR KNEES SLIGHTLY BENT, MAINTAINING BALANCE.**

**YOUR LEAD LEG IS ON THE SAME SIDE AS YOUR LEAD HAND. THIS CREATES A NATURAL ALIGNMENT FOR YOUR PUNCHES AND DEFENSIVE MOVES.**

**REAR HAND AND LEG:**

**THE REAR LEG CORRESPONDS TO YOUR REAR HAND, FORMING THE BASE OF YOUR STANCE.**

**TRY IT FROM BOTH ORTHODOX  
(TRADITIONAL, RIGHT HAND AS THE REAR)  
AND SOUTHPAW (LEFT HAND AS THE REAR) STANCES.  
BEING VERSATILE CONFUSES YOUR OPPONENT AND GIVES YOU A STRATEGIC  
ADVANTAGE.**



## **FOOTWORK CONNECTION:**

**EVERY STEP BEGINS WITH A SOLID STANCE.  
WHETHER MOVING FORWARD, BACKWARD, LEFT, OR RIGHT,  
MAINTAIN YOUR FOUNDATIONAL POSITION.  
YOUR STANCE IS YOUR LAUNCHPAD FOR EFFECTIVE  
FOOTWORK.**

**MOVE WITH PURPOSE, KEEPING YOUR FEET WITHIN THE  
BOUNDARIES OF THE WIDTH OF YOUR STANCE.  
BALANCING MOBILITY ENSURES SWIFT TRANSITIONS AND  
QUICK RESPONSES.  
THIS CREATES A WELL-ROUNDED FIGHTER WITH ENHANCED  
ADAPTABILITY**

**STAY AWARE OF YOUR STANCE IN EVERY MOMENT.  
IT'S THE FOUNDATION FOR ALL MOVEMENTS,  
OFFENSE, AND DEFENSE.**



# Punches:

IN THE FOOTWORK BLUEPRINT, WE USE NUMBERED CALLOUTS TO SIMPLIFY PUNCHES TO QUICKLY COMBINE FOOTWORK WITH SPECIFIC STRIKES. IT KEEPS TRAINING EFFICIENT AND EASY TO FOLLOW - EVERY NUMBER HAS A PURPOSE, AND EVERY DRILL BUILDS FROM IT.

## Jab Callout - 1:

- The jab is your lead hand's straight punch (extend straight forward, retract straight back).
- It's your sniper shot, disrupting your opponent's rhythm and gauging distance.

## Rear Cross Callout - 2:

- The rear cross is your power punch, thrown with your rear hand.
- Twist your hips and shoulders, launching your rear hand straight through the center-line of your stance.

## Lead Hook - 3:

- The lead hook is your curved punch with the lead hand.
- It's a versatile tool, targeting the sides of your opponent's face.
- Perfect for creating angles and catching opponents off guard.

## Lead Body Hook - 4:

- The lead body hook digs into your opponent's midsection.
- It's a body shot, sapping their energy and weakening their defenses.
- Bend your knees slightly and turn your lead foot for leverage.

## Rear Uppercut - 5:

- The rear uppercut is an upward punch with your rear hand.
- It slides under your opponent's guard

## CHAPTER 2

# 4 Bases: The Drills

# **Steps: Crafting the Footwork Symphony**

## **STEPPING WHILE IN YOUR FIGHT STANCE.**

**STEPS ARE THE FOUNDATION OF FOOTWORK — BUT MOST FIGHTERS SKIP THEM.**

**MANY GYMS ASSUME YOU ALREADY KNOW HOW TO MOVE IN EVERY DIRECTION. BUT THE STEPPING SKILL IS IN THE DETAILS: BALANCE, FOOT DISTANCE, AND CONTROL AFTER EVERY STEP. EVERY TIME YOU MOVE, YOU SHOULD LAND BACK IN YOUR STANCE - SAME SPACING, SAME STRUCTURE. YOU CAN SEE THIS IN ANY ELITE LEVEL FIGHTER.**

**STEPS ALSO SET UP STRATEGY. YOU CAN USE THEM TO SHIFT AWAY FROM YOUR OPPONENT'S POWER HAND, CLOSE DISTANCE, OR CREATE YOUR OWN ANGLE.**

# Steps base training workout:

## Keep your perfect fight stance during the entire round!

**Round 1:** - Steps Forward, Left, Backward, Right (going in a square)

**Round 2:** - Steps Forward, Left, Backward, Right (going in a square)

**Round 3&4:** Same as Round 1&2 in the opposite stance.

For the next drill, put an object in the center of the area where you train - imagine that is your opponent positioning. Keep your lead foot facing the "opponent" during the next 4 rounds.

**Round 5:** Steps moving left in a circle, facing the opponent, moving around the opponent to the left. Step-by-step, keeping the perfect stance and distance between feet after moving. Conscious movement.

**Round 6:** Steps moving right in a circle, facing the "opponent", moving around to the right.

**Round 7&8:** Same as Round 1&2 in the opposite stance.

**Round 9:** Same as Round 5, but Add a jab on each step while moving left. Jab in a straight line - moving your arm forward and back, without telegraphing while synchronizing your lead step with the punch.

**Round 10:** Same as Round 6, but add a jab on each step while moving right.

**Round 11&12:** Same as Round 9&10 in the opposite stance.

**Round 13:** Move in a square - same as Round 1, now layering punch combos to

each direction.

When you step forward - throw 1-2 (Jab on lead step, twist hips and throw 2 on rear step) When moving left add 1-2-1 synchronizing steps When moving right throw 2-2 (fully reset in your perfect stance with each punch) When moving back simultaneously put your lead hand out (as if you were pushing back with the first step), then plant and throw the 2.

This way you drill consciously moving around the ring Forward, Left, Backward and Right while getting used to being switched on with active footwork.

**Round: 14:** Same as Round 13.

**Round 15&16:** Same as Round 13&14 in the opposite stance.

**Round 17:** Mix everything together. Move in all directions adding offense and defense while synchronising with footwork.

**Round 18:** Same as Round 17 in the opposite stance.

Steps Base rounds are more than just repetitions—they are the **cornerstone of your playbook. A system, customizable to your needs and aspirations**, use this as the opening warmup in your group training, setting the stage with agility, or dedicate an entire workout to your steps base with all 18 rounds.

# Galloping:

## ALSO KNOWN AS

- **SKIP STEP**
- **HOP STEP**
- **LATERAL SHUFFLE**
- **SKATER STEP**

FOOTWORK TECHNIQUE USED TO QUICKLY COVER DISTANCE OR SHIFT ANGLES USING A KIND OF SKIPPING OR HOPPING MOTION.

- ONE FOOT PUSHES OFF, AND THE OTHER FOLLOWS QUICKLY
- A CONTROLLED SKIP - NOT A LEAP
- THE FIGHTER STAYS IN STANCE (NOT CROSSING FEET)

# Galloping base workout:

## Keep your perfect fight stance during the entire round!

**Round 1:** Galloping forward and backward, keeping distance between feet and not bringing feet together

**Round 2:** Same as Round 1, in the opposite stance.

**Round 3:** (In Orthodox stance) Galloping in a semi-circle backwards and to the right

**Round 4:** Galloping in a semi-circle forwards and to the left

**Round 5&6:** Same as Round 3&4, in the opposite stance.

**Round 7:** Galloping forward and backward, throwing the jab on each gallop while keeping the rear hand in front of your face for defense. Training timing and offensive/defensive positioning while moving.

**Round 8:** Same as Round 7, in the opposite stance.

**Round 9:** Gallop forward; stop and plant your feet; raise your lead hand as if you would block an incoming 2, then throw your own counter 2-3-2 and gallop backward - continue like this for the whole round.

**Round 10:** Same as Round 9, in the opposite stance.

**Round 11:** Same as Round 9 but add your jab while galloping - mixing it together.

**Round 12:** Same as Round 11, in the opposite stance.

**Round 13:** Galloping all directions, adding offense and defense.

**Round 14:** In opposite stance same as Round 13.

The Galloping Base rounds unfold your artistic expression in combat sports. Mix the pace, adjust the number of rounds, fine-tune the defensive strategies, blend in varied combinations, or introduce callouts as your secret weapon - just like you would in a fight. Each round - a layer in the cake of your game, with the ability to mold and refine until it perfectly suits your taste. **Now you know how your favorite fighter got that finish and closed the distance so quick!**

# Pivoting: Crafting Angles, Dictating Rhythm

Pivoting, the art of crafting angles and dictating the rhythm of the fight. Take a small, purposeful step in the direction you want to pivot, on the balls of your feet, twist 45-180 degrees, creating an angle against your opponent. Start slow, get to know your foot positioning, and understand the balance required for this pivotal movement. Think of it as creating a quick escape route or setting up the perfect angle for your next attack. Pivoting isn't about speed, it's about precision. So, take that initial step into the world of pivoting.

# Pivoting base workout:

## Keep your perfect fight stance during the entire round!

**Round 1:** From Orthodox stance - pivoting inside

**Round 2:** From Orthodox stance - pivoting outside

**Round 3:** From Southpaw stance - pivoting inside

**Round 4:** From Southpaw stance - pivoting outside

**Round 5:** Pivot outside, throw a lead hook and pivot outside

**Round 6:** Pivot inside, throw a lead hook and pivot inside

**Round 7&8:** Same as round 5&6, in the opposite stance.

**Round 9:** Pivot outside, throw a lead hook, pivot inside

**Round 10:** Pivot inside, throw a lead hook, pivot outside

**Round 11&12:** Same as round 9&10 in the opposite stance.

**Round 13:** Mix all together, add and customise more punches or defense.

**Round 14:** Same as round 13, in the opposite stance.

**This is your foundation** for sparring, leveling up, and achieving unmatched agility in the ring. Repetition is the key – these rounds act as a programming language for your subconscious, ensuring that balance and agility become second nature. As you step out of this workout, you're not just a boxer - you're a strategic dancer, high IQ and ready to create angles and control the narrative of the fight.

# Pendulum Step: Dance on Your Toes

The pendulum step base, a favored technique by elite fighters like the Klitschko brothers, Usyk, Lomachenko, and more.

**THE PENDULUM STEP IS A FORWARD–BACKWARD BOUNCE WHERE YOU PUSH OFF YOUR REAR FOOT TO LAND ON YOUR LEAD FOOT, THEN QUICKLY PUSH OFF THE LEAD TO BOUNCE BACK REPEATEDLY.**

# Pendulum base workout:

## Keep your perfect fight stance during the entire round!

**Round 1:** Pendulum bouncing forward and backward - practice carrying the inertia while staying loose

**Round 2:** Same as Round 1, in the opposite stance

**Round 3:** Two to three bounces forward, one to two bounces backward

**Round 4:** Same as Round 3, in opposite stance

**Round 5:** Jabbing while pendulum bouncing, using momentum jabbing when bouncing forward and backward, don't jab on every jump - mix the rhythm of attack

**Round 6:** Same as Round 5, in the opposite stance

**Round 7:** Pendulum step, carry inertia and throw the 2, when you plant your feet. Add jabs to build inertia. While using pendulum base - you can throw the jab while being in the air, but for the 2 you have to set your feet to twist your hips and shoulders.

**Round 8:** Same as Round 7, in the opposite stance

**Round 9:** Combine all together, mix the timing of bounces, speed, timing and amount of punches and feints.

**Round 10:** same as round 9 in the opposite stance.

Number of rounds can be changed and adjusted to develop the more needed aspect or muscle group. Doing two rounds of each exercise doubles the input in your subconscious base. Customise all the base drills, do them with a partner or your coach and **reap benefits every single time.**

# Awareness: Filming Your Ascent to Mastery

THE FASTEST WAY TO IMPROVE WHILE SOLO TRAINING IS TO FILM YOURSELF WHILE TRAINING. WATCHING FROM A THIRD-PERSON VIEW MAKES MISTAKES LIKE DROPPED HANDS, LAZY STEPS, BREAKS IN RHYTHM OBVIOUS - THINGS YOU WON'T CATCH IN THE MOMENT. AWARENESS IS YOUR EDGE. REVIEW, ADJUST, AND REPEAT. THAT'S HOW HIGH-LEVEL FIGHTERS TRAIN. LISTEN TO YOUR COACH, EDUCATE YOURSELF AND READ MY OTHER GUIDES TO STUDY PRO BOXERS, BREAK DOWN MOVEMENT PATTERNS, AND LEVEL UP.

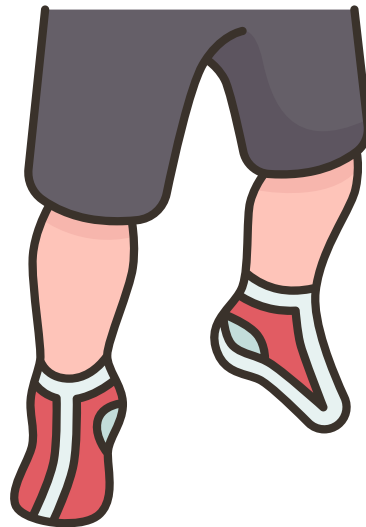
FOLLOW TWO MAIN RULES:

1. STICK TO ONE THING
2. LAYER IT WHEN YOU GET BETTER
3. IMPROVE EVERY SESSION (IF YOU DO THIS, IT'S IMPOSSIBLE TO FAIL)



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