



COMMAND SHEET

Quarter 4 Year 2 combinations

WARM UP

35 push ups
35 sit ups
35 jump jacks
Shadow boxing
Skipping - 2 minutes
Knees - 2 minutes

LINE DRILLS

Step in - cross - hook
Uppercut - hook - cross
Left spike elbow - spin horizontal elbow
Leg shield - round kick (kick through)
Fake hop step - round kick
Yang Sam Khum with elbows - forwards and backwards

THAI PAD DRILLS

17 count
Dekker 15 count

DRILL 1 (2 minutes)

Double jab - sweep - round kick

DRILL 2 (2 minutes)

Clinch shrug to defend clinch
Uppercut - hook - cross
Low round kick

DRILL 3

Pad holder throws a jab (parry) then a rear hook - elbow cover check defence
Left elbow - right knee - right mid body round kick

DRILL 4

Elbow from 50/50 clinch
Clinch shrug to armbar

FREESTYLE THAI PAD ROUNDS

2 x 2 minute rounds to include all techniques (basic solid techniques)

CONDITIONER (THAI PADS)

1. 50/50 clinch with right knee & switch knee - 2 minute round
2. 50 round kicks each leg (fast)