



COMMAND SHEET

Quarter 1 Year 3 combinations

WARM UP

35 push ups
35 sit ups
35 jump jacks
Shadow boxing
Skipping – 2 minutes
Knees – 2 minutes
Clinch with knee rounds

LINE DRILLS

Jab – rear uppercut – left horizontal elbow – Right horizontal elbow
Left horizontal elbow – spin elbow
Lead teep – rear round kick (kick through)
Step in – inside cut kick

Glove Drills

Catch round kick into sweep
Catch round kick with throw
4/3/2/1 Kick shield drill (see rear of sheet)

KNEE COUNTERS

Hip in
Neck & arm pull
Off balance towards the knee
Off balance away from the knee

THAI PADS

LONG 4 COUNT

Right round kick – Lead hook – Cross – Left round kick
Right round kick – Lead hook – Cross – Right round kick
Left round kick – Cross – Lead hook – Right round kick
Left round kick – Cross – Lead hook – Left round kick

SHORT 4 COUNTS

Right knee – Left elbow – Right elbow – Left knee
Left knee – right elbow – Left elbow – Left knee
Right knee – Left elbow – Right elbow – Right knee
Left knee – Right elbow – Left elbow – Left Knee

SPARRING

3 x 2 minute rounds of sparring

CONDITIONER (THAI PADS)

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

4/3/2/1 Kick Shield Drill

- 1. Low rear round kick**
- 2. Step across and transfer to lead leg low round kick (attacking back leg)**
- 3. Switch cut kick (inside lead leg attack)**
- 4. Step forward cut kick (inside lead leg attack)**
5. Lead leg mid round kick (on the spot)
6. Rear leg mid round kick
7. Switch step mid round kick
- 8. Lead leg teep**
- 9. Rear leg teep**
10. Shuffle in high rear leg round kick (kick all the way through)