



# COMMAND SHEET

## Quarter 4 Year 3 combinations

### WARM UP

- 35 push ups
- 35 sit ups
- 35 jump jacks
- Shadow boxing
- Skipping – 2 minutes
- Knees – 2 minutes
- Clinch with knees with partner – 3 minutes

### LINE DRILLS

- Jab – cross – jump rear round kick
- Left horizontal elbow – right horizontal elbow – spinning elbow
- Jab – cross – rear knee – switch knee
- Lead feint push kick – lead teep

### FOCUS PAD DRILLS

- 25 count boxing drill (see separate sheet)

### GLOVE DRILLS

#### Push front feints

1. Lead feint push kick – jab – switch mid round kick
2. Lead feint push kick – jab – inside foot sweep – cross
3. Rear round kick – lead teep – lead feint push kick – step out – lead hook – Rear mid round kick – rear push kick

- Long guard defence drill
- Catch knee & throw from clinch
- Catch & wipe defence against teep

### KNEE ENTRY DRILLS 1 TO 6

1. Jab
2. Jab – Cross
3. Lead Hook
4. Rear round
5. Rear teep
6. Front teep

### SPARRING

- Knee
- Boxing

### CONDITIONER (THAI PADS)

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

## 25 count boxing drill

1. Jab
2. Jab
3. Cross
4. Hook
5. Cross
6. Lead Uppercut
7. Lead Hook
8. Cross
9. Bob & Weave Right (Holder Feeds A Lead Hook)
10. Cross
11. Hook
12. Cross
13. Slip Right (Holder Feeds A Jab)
14. Slip Left (Holder Feeds A Cross)
15. Bob & Weave Right (Holder Feeds A Lead Hook)
16. Cross
17. Hook
18. Cross
19. Shoulder Roll Right (Holder Feeds A Right Cross)
20. Rear Uppercut
21. Lead Hook
22. Cross
- Step & 1/4 Turn Left*
23. Jab
24. Jab
25. Cross