

Year 3 – Quarter 1

Combinations –

- Jab - cross - switch step cross
- Jab - cross - lead uppercut - bob weave a lead hook - rear hook - lead hook - rear mid round kick
- Lead side kick – step through side kick
- Double jab (head & body) - cross - rear low round kick - switch high round kick
- Jab - cross - jump double round kick

Basics –

- Inside cut kick
- Lead and rear elbow covers

Glove drills –

- Lead front kick – jab – cross (10)
- Lead front kick – jab – rear uppercut (11)
- Lead front kick – jab – rear overhand (12)

4 count combos –

- Lead leg shield (against low kick) - cross - lead hook - rear leg mid round kick
- Inside cut kick - cross - body hook - rear leg mid round kick
- Jab - rear leg mid round kick – cross – switch mid round kick
- Switch mid round kick - jab - rear leg mid round kick - cross

Sparring –

- Sparring will be light contact and full protective gear must be worn (head guard, gum shield, gloves, groin guard, shins and insteps, feet pads)
- 4 x 2-minute rounds

Fitness Test –

- 30 press ups
- 30 sit ups
- 50 jump jacks
- 30 burpees
- Shuttle runs including in above