



COMMAND SHEET

Quarter 2 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

- Cross – lead hook – rear round kick
- Jab – left horizontal elbow – superman cross
- High front teep – rear leg low round kick
- Jab – cross – jump knee

THAI PAD DRILLS

- Jab – cross – lead hook – cross – lead uppercut – rear uppercut – lead hook – cross – lead shovel hook – rear overhand – jab – jab

2-3 (Cross-Hook Series) - Finish each set with 3 punches to a kick

1. Cover Cover
2. Parry Cover
3. Slip Bob & Weave
4. Parry Wedge
5. Scoop Cover

18 count drill (see separate sheet)

SPARRING

- Knee
- Boxing
- Full

CONDITIONER (THAI PADS)

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

18 count drill

1. Left leg shin block from a right leg round kick
2. Left cut kick
3. Bring the left leg back, round kick
4. Cross
5. Hook
6. Right leg round kick
7. Pad holder throws lead leg front teap, scoop the teap with the lead hand
8. Right leg round kick (take the leg back)
9. Left leg round kick
10. Right cross
11. Left hook
12. Right leg round kick
13. Pad holder throws right cross, shoulder stop the cross with a lead hand
14. Right cross
15. Left hook
16. Right horizontal elbow
17. Right knee
18. Right round kick