

17 count drill

1. Left foot jab
2. Left round kick
3. Right cross
4. Left hook
5. Right knee (defence against a right cross)
6. Left elbow
7. Right elbow
8. Right knee (defence against a right cross)
9. Right round kick
10. Left hook
11. Right cross
12. Left round kick
13. Right knee
14. Right round kick
15. Left hook
16. Right cross
17. 6 skip knees