



COMMAND SHEET

Quarter 1 Year 2 combinations

WARM UP

35 push ups
35 sit ups
35 jump jacks
Shadow boxing
Skipping - 2 minutes
Knees - 2 minutes

LINE DRILLS

Jab - lead hook - right round kick
Right spike elbow - right diagonal elbow
Rear teep - switch left round kick
Yang Sam Khum with leg shield - forwards and backwards

THAI PAD DRILLS

Low Kick Defence Set (6) *see separate sheet*

Teep Set (6)

1. Lead teep
2. Rear teep
3. Switch step lead teep
4. Lead step with rear teep
5. Hopping lead teep
6. Scissor switch rear teep

Short Power Combos (4)

1. Jab/cross/left horizontal elbow/downward right elbow
2. Upper cut/hook/right horizontal elbow/left horizontal elbow
3. Rear uppercut/lead uppercut/cross/lead hook
4. Lead hook/cross/lead uppercut/cross

GLOVE DRILLS

DRILL 1 (2 minutes)

Jab/Cross - defend with a rear or lead teep (belly pad)

DRILL 2 (2 minutes)

Hook punch defend with swan neck catch (right or left punch)

DRILL 3

Defend body clinch with throw

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)

Low Kick Defence Set (6)

Rear leg low round kick

Leg shield
Left round kick
Cross - hook
Rear leg round kick

Lead leg low round kick

Leg shield (rear)
Rear leg round kick
Hook - cross
Switch left round kick

Rear leg low round kick

Cut kick
Left round kick
Cross - hook
Rear leg round kick

Lead leg low round kick

Cut kick (right to right)
Rear leg round kick
Hook - cross
Switch left round kick

Rear leg round body kick

Catch the kick - cut kick standing leg - then right knee the kicking leg -
push
Left round kick
Cross - hook
Rear leg round kick

Lead leg round body kick

Catch the kick - cut kick standing leg - then left knee the kicking leg -
push
Rear leg round kick
Hook - cross
Switch left round kick