



COMMAND SHEET

Quarter 3 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 – tornado round kick
- Leg shield – Left horizontal elbow – spinning elbow
- Lead push kick – cross – hook – rear leg double round kick
- Lead hook – cross – lead overhand – rear leg low round kick

GLOVE DRILLS

Intercept series

- Cut kick – double round kick
- Teep leg – double round kick
- Teep body – double round kick
- Teep kicking leg – double round kick

FROM CLINCH

- Over arm lock and single neck clinch
- Step up and turn from above clinch

SPIN HEEL KICK COUNTERS

1. Lean back
2. Cut kick
3. Long foot jab
4. Shield

SPARRING

- 3 x 2 minute sparring rounds

CONDITIONER (THAI PADS)

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