



COMMAND SHEET

Quarter 3 Year 2 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 - round kick
Left horizontal elbow - switch left knee - cross
Front teep - jab - cross - high round kick
Teep with heel
Jump knee

THAI PAD DRILLS

Leg shield - jab - cross - spin heel kick
Lead tight cover off rear hook - cross - lead hook - jump round kick
Catch right round kick - right knee - left elbow - right elbow - left push - 2
x right round kicks
Catch left round kick - left knee - right elbow - left elbow - right push - 2
x left round kicks

GLOVE DRILLS

DRILL 1 - round kick defence

Round kick - catch the kick, turn and slip
Round kick - switch grip and sweep
Round kick - with stamp

DRILL 2 - Partner glove drills

Jab - low round kick
Cross - switch left round kick (body)
Cross - lead hook - low round kick
Jab - rear uppercut - switch left round kick

CONDITIONER (THAI PADS)

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