



COMMAND SHEET

Quarter 2 Year 1 combinations

Warm up

25 push ups

25 sit ups

25 jump jacks

Knees 2 minutes

Line drills

Jab - cross

Cross - right horizontal elbow

Left spike elbow - right horizontal elbow

Teep

Peck kick

DRILL 1

Low level to mid-level round kick

Hard ride the returned round kick

Left hook - right cross - right low round kick (leg check/shield)

DRILL 2

Defence against low rear round kick

1 - Cross - rear mid round kick/left hook/cross/switch left round kick

2 - Cut kick - cross/hook/switch left round kick

3 - Teep kicking leg - cross/hook/ switch left round kick

4 - Teep standing leg - cross/hook/ switch left round kick

DRILL 3 (BELLY PAD)

Teep to the chest - switch jab cross - inside leg kick followed by

1.J C LE RE RKN

2.J C LE RE LKN

3.J C RE LE RKN

4.J C RE LE LKN

DRILL 4 (BELLY PAD)

Right round kick - defend with a teep to the body

Cross - right elbow - right knee

Glove Drills

Clinch sparring with knees

Conditioner (Thai Pads)

1. 50/50 clinch with right knee & switch knee - 2 minute round
2. 30 round kicks each leg (fast)