



COMMAND SHEET

Quarter 1 Year 1 combinations

Start grading

Hand wraps on within 5 minutes

Warm up

25 push ups

25 sit ups

25 jump jacks

Knees 2 minutes

Foot work

Yang Samm Khum - 3 steps forward

Thai pads

1. 8 count elbow sets with movement
2. 50/50 clinch with right knee & switch knee - 2 minute round
3. Overhand - uppercut - right elbow (5)
4. 5 Count combo - knee to clinch - to knee to the leg to set up body knee

Glove drills

1. Jab return drill
2. Jab - cross into clinch - knees to defend with throw
3. Defend full clinch with throw
4. 5 Count combo - knee to clinch - to knee to the leg to set up body knee

Conditioner (thai pads)

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