



COMMAND SHEET

Quarter 4 Year 1 combinations

Thai pads

1. Leg evasion (1) slide lead leg - cross - rear round kick
2. Leg evasion (1) slide lead leg - lead teep - lead hook - cross - rear round kick
3. Jab/cross - cut kick - rear round kick
4. Hook/cross - cut kick - switch round kick
5. Switch knee drill - Jab/Cross - **Throw switch left knee** - clinch - right elbow - right knee - right round kick
6. Front teep - jump punch
7. Front teep - jump elbow

Knee progression

1. Shuffle in with the jab - lift left knee and place back down - right knee to pad
2. Shuffle in with Jab/cross - step forward with the right foot - left knee to pad
3. Shuffle in with jab/cross/left hook (don't over rotate with the left hook) - lift left knee and place back down - right knee to pad
4. Shuffle in with jab/cross/left hook/cross - switch left knee (raising the left hand to the opponent's head to enforce the opponents head movement)

Glove drills

1. Jab/Cross - **Parry punches into a body clinch** - defend body clinch - into 50/50 clinch sparring (instructor shouts break and switch over the drill)

2. **Rear round kick** – block round kick – lead hook – right cross – right round kick – **catch the kick and throw & counter with a low leg kick** (start the drill again)