

Year 2 – Quarter 4

Footwork/Stance –

- Demonstration of all previous footwork

Combinations –

- Lead back fist - rear hook - rear round kick - spin hook kick
- Jab - cross - fake rear round kick to same leg side kick
- Jab - cross - weave (lead hook) - cross - lead hook - rear knee
- Double jab (head & body) - cross - rear low round kick - switch high round kick
- Jab - cross - jump double round kick

Basics –

- Step in hook kick
- Superman punch

Slip Series –

- Jab - cross - hook
- Cross - hook - cross
- Uppercut - hook - cross

Sparring –

- Sparring will be light contact and full protective gear must be worn (head guard, gum shield, gloves, groin guard, shins and insteps, feet pads)
- 2 rounds will be light continuous rules (all strikes above the belt)
- 2 rounds will be contact rules WITHOUT THE HEAVY CONTACT (leg kicks will be allowed)
- 4 x 2-minute rounds in total

Fitness Test