

Year 2 – Quarter 2

Footwork/Stance –

- Demonstration of all previous footwork

Combinations –

- Jab - Cross - step over spin hook kick
- Jab - cross - slip (cross) - lead body hook - lead head hook
- Parry (jab) - cover (rear hook) - rear elbow - rear knee - rear round kick
- Cross - hook - cross - lead front kick - superman punch
- Cross - hook - lead leg foot sweep
- Double jab - cross - jump back kick

Basics –

- Superman punch
- Jump round kick
- Level changes (head, body, leg)

Glove Drills –

- Double jab – rear leg mid round kick (4)
- Double jab – cross (5)
- Lead hook – cross (6)

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