

Year 2 – Quarter 1

Footwork/Stance –

- Demonstration of all previous footwork

Combinations –

- 6 Count (Jab - cross - hook - hook - uppercut - uppercut)
- Jab - body cross - lead hook - back kick
- Backfist - cross - rear leg axe kick
- Backfist - cross - switch axe kick
- Lead overhand - rear uppercut - lead overhand
- Rear overhand - lead uppercut - rear overhand

Basics –

- Parrying & body covers
- Overhands
- Leg kicks & shin blocks
- Hopping side kicks

Glove Drills –

- Cross - hook (1)
- Hook - cross (2)
- Jab - cross - rear leg mid round kick (3)

Back Kick Variations –

- On the spot
- Jump
- Step over
- Step over jump (foot stepping over doesn't touch the floor until after you've jumped)

Fitness Test