

Year 2 – Quarter 3

Footwork/Stance –

- Demonstration of all previous footwork

Combinations –

- Double lead leg side kick - spin hook kick
- Switch axe kick- cross - lead hook - rear leg low round kick
- Jab - cross - lead overhand - rear uppercut - lead overhand
- Rear uppercut – lead hook – cross – rear front kick (land forwards) – back kick

Basics –

- Back kick
- Parrying & body covers
- Leg kicks & shin blocks

Glove Drills –

- Cross - switch mid round kick (7)
- Cross - hook - cross (8)
- Hook - cross - hook (9)

10 count boxing drill –

1. Jab
2. Jab
3. Cross
4. Hook
5. Cross
6. Lead uppercut
7. Lead hook
8. Cross
9. Bob & weave right (holder feeds a lead hook)
10. Cross

Front Kick Variations –

- Shuffle front kick (lead leg kicks)
- Step in front kick
- Jump front kick (back leg)