



# COMMAND SHEET

## Quarter 2 Year 2 combinations

### WARM UP

35 push ups  
35 sit ups  
35 jump jacks  
Shadow boxing  
Skipping - 2 minutes  
Knees - 2 minutes

### Line drills

Jab - cross  
Cross - right horizontal elbow  
Left spike elbow - right horizontal elbow  
Teep  
Peck kick

### THAI PAD DRILLS

Punch defence sets (4)  
Boxing to elbows (3)  
Overhand sets (5)  
Body shot combos (4)

### GLOVE DRILLS

#### DRILL 1 (2 minutes)

Jab/Cross/round kick - defend with parries & heal teep (counter with spin backfist)

#### DRILL 2

Defend body clinch with throw

### PADS

Freestyle thai pad rounds x 2

### CONDITIONER (THAI PADS)

1. 50/50 clinch with right knee & switch knee - 2 minute round
2. 50 round kicks each leg (fast)

## Boxing to elbows

1. Jab, cross, left hook, right up elbow, left side elbow, right down elbow
2. Jab, left liver shot, right up elbow, right side elbow, left hook, cross
3. Jab, right uppercut, left side elbow, right spinning elbow

### **Punch defence sets**

1. Parry Jab, Cover Overhand-Cross, Hook, Rear Kick
2. Parry Cross, Cover Hook-Hook, Cross, Lead Kick
3. Rear Body Cover-Rear Uppercut, Hook, Cross, Lead Kick
4. Lead Body Cover- Lead Uppercut, Cross, Hook, Rear Kick

### **Body shot combos**

1. Lead push kick - cross - hook - cross (body)
2. Rear round kick - left round kick - hook - cross (body)
3. Switch left round kick - right knee - lead uppercut - cross (body)
4. 2x rear round kick - lead hook - cross - cross (body)

### **Overhand combos**

1. Jab - cross - hook - cross - overhand
2. Jab - hook - cross - uppercut - overhand
3. Cross - left switch knee - right horizontal elbow - push - overhand
4. Jab - cross - hook - right knee - right elbow - push - overhand
5. Jab - right knee - right spike elbow - left horizontal elbow - right horizontal elbow - push -overhand