



# COMMAND SHEET

## Quarter 3 Year 1 combinations

### WARM UP

25 push ups  
25 sit ups  
25 jump jacks  
Knees 2 minutes

### LINE DRILLS

Jab - cross - hook - uppercut  
Left spike elbow - right horizontal elbow  
Switch round kick (kick through)  
Leg shield - both legs  
Spin horizontal elbow  
Spin diagonal elbow (upward)

Yang Sam Khum with shin blocks - forwards and backwards

### DRILL 1 (2 minutes)

Jab - cross - round kick

### DRILL 2 (2 minutes)

#### Defence against low rear round kick

Leg shield - jab/cross/hook/ Spin horizontal elbow (2 minutes)  
Leg shield - jab/cross/hook/ Spin diagonal elbow (upward) (2 minutes)

### DRILL 3

#### Defence against low rear round kick

Leg shield - return with a double round kick (rear or lead (pad feeder determines which side)

### DRILL 4 (BELLY PAD)

Pad feeder throws jab/cross (defend with parries)  
Jab/cross  
Pad feeder throws cross (defend with a rear thrusting knee)

### FREESTYLE THAI PAD ROUNDS

2 x 2 minute rounds to include all techniques (basic solid techniques)

### CONDITIONER (THAI PADS)

1. 50/50 clinch with right knee & switch knee - 2 minute round
2. 30 round kicks each leg (fast)