



COMMAND SHEET Quarter 3 Year 1

Warm up

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

Line drills

- Jab – rear downward diagonal elbow
- Cross – hook
- Leg shield – cross – rear leg low round kick
- Lead vertical elbow – right horizontal elbow
- Rear teep – hook – cross – switch round kick

DRILL 1

- Low level to mid-level round kick
- Hard ride the returned round kick
- Left hook – right cross – left switch round kick

DRILL 2

Defence against low rear round kick

- 1 – Cross – rear mid round kick/left hook/cross/switch left round kick
- 2 – Cut kick – cross/hook/switch left round kick
- 3 – Teep kicking leg – cross/hook/ switch left round kick
- 4 – Teep standing leg – cross/hook/ switch left round kick

DRILL 3

Teep to the chest – switch jab cross – inside leg kick followed by

- 1 J C LE RE RKN
- 2 J C LE RE LKN
- 3 J C RE LE RKN
- 4 J C RE LE LKN

Glove drills

Clinch sparring with knees

Conditioner (THAI PADS)

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