



COMMAND SHEET

Quarter 3 Year 3

WARM UP

35 push ups
35 sit ups
35 jump jacks
Shadow boxing
Skipping – 2 minutes
Knees – 2 minutes
Clinch with knees with partner – 3 minutes

GLOVE DRILLS

Intercept series

Cut kick – double round kick
Teep leg – double round kick
Teep body – double round kick
Teep kicking leg – double round kick

3 Count Return Drills

Left switch kick
Leg check
Left switch kick
Left hook
Right round kick

Right round kick
Rear leg check
Right round kick
Cross
Switch left round kick

SHORT COMBOS (THAI PADS)

1. Jab/cross/left horizontal elbow/downward right elbow
2. Upper cut/hook/right horizontal elbow/left horizontal elbow
3. Rear uppercut/lead uppercut/cross/lead hook
4. Lead hook/cross/lead uppercut/cross

FROM CLINCH

Over arm lock and single neck clinch
Step up and turn from above clinch

SPARRING

3 x 2 minute sparring rounds

CONDITIONER (THAI PADS)

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