



COMMAND SHEET

Quarter 2 Year 2

WARM UP

35 push ups

35 sit ups

35 jump jacks

Shadow boxing

Knees – 2 minutes

Clinch with knees with partner – 3 minutes

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

OVERHAND SETS

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

GLOVE DRILLS

DRILL 1 - PUNCH DEFENCE SET

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

DRILL 2

Defend body clinch with throw

PADS

Freestyle Thai pad rounds x 2

CONDITIONER (THAI PADS)

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