



COMMAND SHEET

Quarter 1 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

THAI PAD DRILLS

Teep Set

1. Lead teep
2. Rear teep
3. Switch step lead teep
4. Lead step with rear teep
5. Hopping lead teep
6. Scissor switch rear teep

GLOVE DRILLS

DRILL 1 - Hook punch defend with swan neck catch (right or left punch)

DRILL 2 - Defend body clinch with throw

DRILL 3 - Low Kick Defence Set (*See rear of sheet*)

SPARRING

3 x 2 minute rounds of sparring

CONDITIONER (THAI PADS)

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

Low Kick Defence Set

Rear leg low round kick

Leg shield
Left round kick
Cross – hook
Rear leg round kick

Lead leg low round kick

Leg shield (rear)
Rear leg round kick
Hook – cross
Switch left round kick

Rear leg low round kick

Cut kick
Left round kick
Cross – hook
Rear leg round kick

Lead leg low round kick

Cut kick (right to right)
Rear leg round kick
Hook – cross
Switch left round kick

Rear leg round body kick

Catch the kick - cut kick standing leg – then right knee the kicking leg – push
Left round kick
Cross – hook
Rear leg round kick

Lead leg round body kick

Catch the kick - cut kick standing leg – then left knee the kicking leg – push
Rear leg round kick
Hook – cross
Switch left round kick