



COMMAND SHEET

Quarter 1 Year 1

Warm up

25 push ups

25 sit ups

25 jump jacks

Knees 2 minutes

Thai pads

1. 8 count elbow sets with movement
 - Horizontal elbow – left
 - Diagonal elbow (down) – left
 - Diagonal elbow (up) – left
 - Spike elbow – left
 - Vertical elbow – left
 - Diagonal elbow (down) – right
 - Horizontal elbow – right
 - Spin elbow – right
2. Overhand – uppercut – right elbow (5)
3. 5 Count combo (Jab/Cross/Hook/Cross/Rear Knee) – knee to clinch – to knee to the leg to set up body knee

Glove drills

1. Jab return drill
 - Jab
 - Parry jab - return with jab/cross
 - Parry jab/cross – return with cross/lead hook
 - Parry cross/shield the hook – return lead hook/right uppercut
 - Shield the hook/tight cover for uppercut – return lead uppercut/right lower round kick
2. Jab – cross into clinch – knees then defend with a throw
3. Defend full clinch with throw

Conditioner (THAI PADS)

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