



COMMAND SHEET

Quarter 3 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

Catch right round kick – right knee – left elbow – right elbow – left push – 2 x right round kicks

Catch left round kick – left knee – right elbow – left elbow – right push – 2 x left round kicks

FOCUS PAD DRILL

Dekker 15 count

BODY SHOT COMBOS

1. Lead push kick – cross – hook – cross (body)
2. Rear round kick – left round kick – hook – cross (body)
3. Switch left round kick – right knee – lead uppercut – cross (body)
4. 2x rear round kick – lead hook – cross – cross (body)

GLOVE DRILLS

DRILL 1 – CATCH KICK COUNTERS

Round kick – catch the kick, cross

Round kick – catch the kick, turn and slip

Round kick – catch the kick, turn and use heel teep to release

Round kick – catch the kick, clinch to shin wedge, use knee to chest to release

DRILL 2

Jab – low round kick

Cross – switch left round kick (body)

Cross – lead hook – low round kick

Jab – rear uppercut – switch left round kick

CONDITIONER (THAI PADS)

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