



# COMMAND SHEET

## Quarter 1 Year 3

### WARM UP

35 push ups  
35 sit ups  
35 jump jacks  
Shadow boxing  
Skipping – 2 minutes  
Knees – 2 minutes  
Clinch with knee rounds

### GLOVE DRILLS

4/3/2/1 Kick shield drill (see rear of sheet)

### Catch set

Catch round kick into sweep  
Catch round kick then step in and throw  
Catch knee & throw from clinch  
Catch lead teep – pull - cross  
Catch & wipe defence against teep

### KNEE COUNTERS

Hip in  
Neck & arm pull  
Off balance towards the knee  
Off balance away from the knee

### THAI PADS

#### Long 4 count

Right round kick – Lead hook – Cross – Left round kick  
Right round kick – Lead hook – Cross – Right round kick  
Left round kick – Cross – Lead hook – Right round kick  
Left round kick – Cross – Lead hook – Left round kick

#### Short 4 counts

Right knee – Left elbow – Right elbow – Left knee  
Left knee – right elbow – Left elbow – Left knee  
Right knee – Right elbow – Left elbow – Right knee  
Left knee – Left elbow – Right elbow – Left Knee

### 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)

### **4/3/2/1 Kick Shield Drill**

- 1. Low rear round kick**
- 2. Step across and transfer to lead leg low round kick (attacking back leg)**
- 3. Switch cut kick (inside lead leg attack)**
- 4. Step forward cut kick (inside lead leg attack)**
5. Lead leg mid round kick (on the spot)
6. Rear leg mid round kick
7. Switch step mid round kick
- 8. Lead leg teep**
- 9. Rear leg teep**
10. Shuffle in high rear leg round kick (kick all the way through)