



COMMAND SHEET

Quarter 4 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

17 count

DRILL 1

Double jab – sweep – round kick

DRILL 2

Left switch kick – Leg check – Left switch kick – Left hook – Right round kick

GLOVE DRILLS

DRILL 1

50/50 clinch - clinch shrug to armbar – knees – pull into sweep

DRILL 2

Clinch shrug to defend clinch
Uppercut – hook – cross
Low round kick

DRILL 3

Pad holder throws a jab (parry) then a rear hook – elbow cover check defence
Left elbow – right knee – right mid body round kick

FREESTYLE THAI PAD ROUNDS

2 x 2 minute rounds to include all techniques

CONDITIONER (THAI PADS)

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