



COMMAND SHEET

Quarter 2 Year 3

WARM UP

- 35 push ups
- 35 sit ups
- 35 jump jacks
- Shadow boxing
- Skipping – 2 minutes
- Knees – 2 minutes
- Clinch with knees with partner – 3 minutes

THAI PAD DRILLS

Catch & Counter

- Catch rear round kick
- Cross
- Drop & switch the foot
- Rear jump round kick

- Catch switch round kick (left hand under)
- Swing and drop the foot
- Left hook – cross
- Switch round kick

GLOVE DRILLS

2-3 (Cross-Hook Series) - Finish each set with 3 punches to a kick

1. Cover Cover
2. Parry Cover
3. Slip Bob & Weave
4. Parry Wedge
5. Scoop Cover

18 count drill (see separate sheet)

SPARRING

- Knee
- Boxing
- Full

CONDITIONER (THAI PADS)

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

18 count drill

1. Left leg shin block from a right leg round kick
2. Left cut kick
3. Bring the left leg back, round kick
4. Cross
5. Hook
6. Right leg round kick
7. Pad holder throws lead leg front teap, scoop the teap with the lead hand
8. Right leg round kick (take the leg back)
9. Left leg round kick
10. Right cross
11. Left hook
12. Right leg round kick
13. Pad holder throws right cross, shoulder stop the cross with a lead hand
14. Right cross
15. Left hook
16. Right horizontal elbow
17. Right knee
18. Right round kick