



COMMAND SHEET

Quarter 4 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

FOCUS PAD DRILLS

25 count boxing drill (see separate sheet)

GLOVE DRILLS

Push front feints

1. Lead feint push kick – jab – switch mid round kick
2. Lead feint push kick – jab – inside foot sweep – cross
3. Rear round kick – lead teep – lead feint push kick – step out – lead hook – Rear mid round kick – rear push kick

Shovel hook combos

1. Jab – cross – shovel hook – low leg round kick
2. Cross – lead hook – shovel hook – low leg round kick
3. Lead hook – rear overhand – shovel hook – low leg round kick

Long guard defence drill

KNEE ENTRY DRILLS 1 TO 6

1. Jab
2. Jab – Cross
3. Lead Hook
4. Rear round
5. Rear teep
6. Front teep

SPARRING

Knee
Boxing

CONDITIONER (THAI PADS)

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

