



COMMAND SHEET Quarter 4 Year 1

Thai pads

1. Leg evasion (1) slide lead leg – cross – rear round kick
2. Jab/cross – cut kick – rear round kick
3. Hook/cross – cut kick – switch round kick
4. Front teep – jump punch
5. Front teep – jump elbow

Knee progression

1. Shuffle in with the jab – lift left knee and place back down – right knee to pad
2. Shuffle in with Jab/cross – step forward with the right foot – left knee to pad
3. Shuffle in with jab/cross/left hook (don't over rotate with the left hook) – lift left knee and place back down – right knee to pad
4. Shuffle in with jab/cross/left hook/cross – switch left knee (raising the left hand to the opponent's head to enforce the opponents head movement)

Glove drills

1. **Rear round kick** – block round kick – lead hook – right cross – right round kick – **catch the kick and throw & counter with a low leg kick**
2. **Jab/cross** – parry jab & cross into 50/50 clinch – **Switch left knee** – pivot to avoid switch knee – right elbow – right knee – right round kick

Glove drills

Clinch sparring with knees

Conditioner (THAI PADS)

1. Full clinch with right knee & switch knee – 2 minute round
2. 30 round kicks each leg (fast)