



## COMMAND SHEET Quarter 2 Year 1

### WARM UP

25 push ups  
25 sit ups  
25 jump jacks  
Knees 2 minutes

### LINE DRILLS

Jab – cross  
Jab – cross – hook – cross  
Left spike elbow – right horizontal elbow  
Lead uppercut – overhand  
Front teep – jab - right horizontal elbow

### DRILL 1

Jab – cross – round kick

### DRILL 2

#### Defence against low rear round kick

Leg shield – jab/cross/hook/ Spin horizontal elbow  
Leg shield – jab/cross/hook/ Spin diagonal elbow (upward)

### DRILL 3

#### Defence against low rear round kick

Leg shield – return with a double round kick (rear or lead (pad feeder determines which side))

### DRILL 4

Pad feeder throws jab/cross (defend with parries)  
Jab/cross  
Pad feeder throws cross (defend with a rear thrusting knee)

### FREESTYLE THAI PAD ROUNDS

2 x 2 minute rounds to include all techniques (basic solid techniques)

### CONDITIONER (THAI PADS)

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