



STRIKING SKILLS

KNOWLEDGE • CONTROL • CONFIDENCE

Technique	Variations	JULY 2021			AUGUST 2021		
		Monday	Wednesday	Friday	Monday	Wednesday	Friday
Footwork	<ul style="list-style-type: none"> • Drag Steps Forward/Backward • Drag Steps Left/Right • Drag Steps Circling • Shuffle in/out • Shuffle Right/Left • Pivot Clockwise • Pivot Counterclockwise 			2 KICK	2 PUNCH	4 PUNCH	6 KICK
		5 PUNCH	7 KICK	9 PUNCH	9 PUNCH	11 KICK	13 PUNCH
Hand Strikes	<ul style="list-style-type: none"> • 1 – Jab • 1p - Jab Pivot • 2 – Cross • 2o – Overhand • 2s - Superman Punch • 3 - Hook, 3b - Left Hook (body) • 4 - Right Hook • 5- Left Jolt • 6 - Right Jolt • Elbow • Elbow 45° • Spinning Back Fist 	12 PUNCH	14 KICK	16 PUNCH	16 PUNCH	18 KICK	20 PUNCH
		19 KICK	21 PUNCH	23 PUNCH	23 KICK	25 PUNCH	27 PUNCH
Leg Strikes	<ul style="list-style-type: none"> • Lead Push Kick • Rear Push Kick • Lead Round Kick • Rear Round Kick • Lead Knee • Rear Knee • Flying Knee • Lead Spinning Back Kick • Rear Spinning Back Kick • Pisaõ Offensive • Pisaõ Defensive • Lead Side Kick • Lead Foot Sweep • Rear Door Sweep 	26 KICK	28 PUNCH	30 KICK	30 KICK	1 PUNCH	3 KICK
Take Downs	<ul style="list-style-type: none"> • Double Leg Takedown • Single Leg Takedown 						
Counters	<ul style="list-style-type: none"> • Parrys • Slip • Weave • Rolls • Shields • Checks 						

STRIKING TIPS

- 1. SWEAT:** Increase your fitness
- 2. CO-ORDINATION:** Own the movement of your feet and your hands
- 3. FLUENCY:** Get fluid with your defensive movements
- 4. TRAIN SMART:** Focus on the fundamentals
- 5. FOCUS on 4R's:** Range, Rotation, Retraction, and Recovery

ATTIRE

PUNCH CLASS – 16oz
Gloves

KICK CLASS – Knee
Pads and 16oz Gloves