



# STRIKING SKILLS

KNOWLEDGE • CONTROL • CONFIDENCE

Technique	Variations	November 2021			December 2021			
		Monday	Wednesday	Friday	Monday	Wednesday	Friday	
Footwork	<ul style="list-style-type: none"> <li>• Drag Steps Forward/Backward</li> <li>• Drag Steps Left/Right</li> <li>• Drag Steps Circling</li> <li>• Shuffle in/out</li> <li>• Shuffle Right/Left</li> <li>• Pivot Clockwise</li> <li>• Pivot Counterclockwise</li> </ul>			29 Oct PUNCH		29 NOV PUNCH	1 KICK	3 PUNCH
		1 KICK	3 PUNCH	5 PUNCH		6 KICK	8 PUNCH	10 PUNCH
Hand Strikes	<ul style="list-style-type: none"> <li>• 1 – Jab</li> <li>• 1p - Jab Pivot</li> <li>• 2 – Cross</li> <li>• 2o – Overhand</li> <li>• 2s - Superman Punch</li> <li>• 3 - Hook, 3b - Left Hook (body)</li> <li>• 4 - Right Hook</li> <li>• 5- Left Jolt</li> <li>• 6 - Right Jolt</li> <li>• Elbow</li> <li>• Elbow 45°</li> <li>• Spinning Back Fist</li> </ul>	8 KICK	10 PUNCH	12 KICK		13 KICK	15 PUNCH	17 KICK
		15 PUNCH	17 PUNCH	19 KICK		20 PUNCH	22 PUNCH	24 - CLOSED
Leg Strikes	<ul style="list-style-type: none"> <li>• Lead Push Kick</li> <li>• Rear Push Kick</li> <li>• Lead Round Kick</li> <li>• Rear Round Kick</li> <li>• Lead Knee</li> <li>• Rear Knee</li> <li>• Flying Knee</li> <li>• Lead Spinning Back Kick</li> <li>• Rear Spinning Back Kick</li> <li>• Pisaõ Offensive</li> <li>• Pisaõ Defensive</li> <li>• Lead Side Kick</li> <li>• Lead Foot Sweep</li> <li>• Rear Door Sweep</li> </ul>	22 PUNCH	24 KICK	26 PUNCH		27 KICK	29 PUNCH	31 KICK
Take Downs	<ul style="list-style-type: none"> <li>• Double Leg Takedown</li> <li>• Single Leg Takedown</li> </ul>							
Counters	<ul style="list-style-type: none"> <li>• Parrys</li> <li>• Slip</li> <li>• Weave</li> <li>• Rolls</li> <li>• Shields</li> <li>• Checks</li> </ul>							

## 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