

EQUIPMENT		DATES TAUGHT				
Gloves						
Focus Pads						
Thai Pads						
Kick Shields						Notes
Skip Ropes						

Warm-Up			
**15% of total session duration			
	COMBINATION & EXCERSISES	TIME	COACHING FOCUS
Warm-up 1			
Warm-up 2			
Warm-up 3			
Warm-up 4			
		TOTAL	

Core Combinations			
	COMBINATION & EXCERSISES	TIME	COACHING FOCUS
Combo 1			
Combo 2			
Combo 3			
Combo 4			
		TOTAL	

Blitz Combinations			
	COMBINATION & EXCERSISES	TIME	COACHING FOCUS
Blitz 1			
Blitz 2			
Blitz 3			
		TOTAL	

Cool Down Stretches – 6 mins

EXAMPLE



EQUIPMENT		DATES TAUGHT			
Gloves	Yes	3 rd Aug			
Focus Pads	Yes	12 th Sept			
Thai Pads	No				
Kick Shields	No				Notes 45 min class format
Skip Ropes	Yes				

Warm-Up			
**15% of total session duration			
	COMBINATION & EXERCISES	TIME	COACHING FOCUS
Warm-up 1	Step FORW – 10 straight punches Step BACK – 10 straight punches	2 min	Step + drag
Warm-up 2	4 straight punches (Jab+Cross+Jab+Cross) 4 Leg Checks (front, back, front, back)	2 min	LEG CHECK: hands @ face for check, knee to elbow, oblique work
Warm-up 3	10 push-ups, 10 sit-ups, 10 squat jumps	2 min	Bend knees lots on jumps
Warm-up 4	TEACH Sprawl 4 straight punches (Jab+Cross+Jab+Cross) +Sprawl	1 min	SPRAWL: abs on, back straight
TOTAL		7m Combos + 3m Set-up = 10 min	

Core Combinations			
	COMBINATION & EXERCISES	TIME	COACHING FOCUS
Combo 1	4 straight punches (Jab+Cross+Jab+Cross) 4 Leg Checks (front, back, front, back)	2m x 2	LEG CHECK: oblique work Option: Pad Holder hits shin harder or faster into round
Combo 2	Jab+Cross+Hook x 3 Choke Defense	2m x 2	Hook: heel release
Combo 3	Push Kick (lead)+Double Jab+Cross	2m x 2	Kick: ball of foot onto pad
Combo 4	4 straight punches (Jab+Cross+Jab+Cross) x 3 +Sprawl	2m x 2	SPRAWL: abs on, back straight
TOTAL		16m Combos + 5m Set-up/Breaks = 21 min	

Blitz Combinations			
	COMBINATION & EXERCISES	TIME	COACHING FOCUS
Blitz 1	Double Jab+Cross x 5 Frog Leap to centre, Jog back	1.5m x 2	Heels down on jump, bend knees
Blitz 2	10 straight punch + 1 sprawl 20 straight punch + 2 sprawl - to 40 & down again	1m x 2	Hard & Fast
Blitz 3	Sit-up + 2 punches (everyone at once)	1m	½ way up for isolation
TOTAL		6m Combos + 2m Set-up/Breaks = 8 min	

Cool Down Stretches – 6 mins
Hammy, Quad, Hipflexor, Chest, Shoulders, Oblique