

Junior Intermediate and Advanced

Boxing Combination #1

Sticks: (1-6 will be done this cycle)

1-12 Brush-Grab-Strike

Brush-Grab-Strike is done in response to attacks from 1-12 Control

| Opponent – 1-12 Control | 1-12 Brush-Grab-Strike |
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| 1) Reference to right neck, Strike to neck | Stick reference right neck, angle to the right – slide out right leg, Brush = make an 'x', grab, strike – control |
| 2) Clear, reference to left tricep, Strike to neck | Stick reference left tricep, angle to left – stepping out left leg, Brush = make an 'x', grab, strike – control |
| 3) Clear, reference to right neck, Strike to ribs | Stick reference right neck, angle to the right – slide out right leg, Brush, grab, strike – control |
| 4) Clear, reference to left tricep, Strike to ribs | Stick reference left tricep, angle to left – stepping out left leg, Brush, grab, strike – control |
| 5) Clear, reference to right neck, Poke to stomach | Stick reference right neck, angle to the right – slide out right leg, Brush = 'Stir the soup', grab, strike - control |
| 6) Reference to right neck, Stick end to shoulder, aim for top left of opponents chest | Stick reference right neck, angle to the right – slide out right leg, Brush = 'Stir the soup tip up', grab, strike – control |

Grappling : Practice of basic moves

Nunchucks: Conditional form