

Teen/Adults (All)

Combination: Boxing Combinations

Month 1: Boxing Combo #1

Start with left leg in front and hands up by chin (left guarding block)

Jab/Jab/Cross/Bob /Cross/Hook/Bob/Hook/Cross

Month 2: Boxing Combo #2

Start with left leg in front and hands up by chin (left guarding block)

Jab/Cross/Bob/ R body Hook/ L body Hook/ L Head Hook/ R Slip/ Cross/ L Upper Cut/ 'Shoe Shine'/ Cross

Sticks: 1-12 Control

Start: Stick in right hand, referenced to right side of neck, right foot forward, left foot off ground

Month 1:

1. **Strike to neck**, hold 2 sec, reference to right side of neck
Clear – Stick end up, bring arm to front, reference to left bicep
2. **Strike to neck**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
3. **Strike to ribs**, hold 2 sec, reference to right side of neck
Clear – Stick end up, bring arm to front, reference to left tricep
4. **Strike to ribs**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
5. Stick end down, **bring end up to stomach level**, reference to neck

Month 2:

6. Stick end to **opponent shoulder, aim for top left of opponents chest**, reference to neck
Clear – Stick end up, bring arm to front, reference to left tricep
7. Stick end to **opponent shoulder, aim for top right of opponents chest**, reference to left tricep
8. **Strike to knees**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
9. **Strike to knees**, crouch and bring stick forward to strike knees, reference to neck
10. **Strike to eyes**, hold 2 sec, reference to neck
Clear – Stick end up, bring arm to front, reference to left tricep
11. **Strike to eyes**, hold 2 sec, reference to left tricep
Clear - Stick end up, bring arm to front, reference to right side of neck
12. **Strike to top of head**, hold 2 sec

END

Grappling: TBA