

New Defensive Drills for Kickboxing 2008-09

Drill for Grade Blue Singlet - Green Singlet

- Drill for left jab, - Jam, left jab back.
- Drill for right cross - Deflect across right hand to head.
- Drill for right leg front kick - Deflect across with right hand left leg low round kick.
- Drill for right leg thigh kick - Check with left leg, left leg round kick high.

Drill for Grade Green Singlet– Brown Singlet

- Drill for left hook - Weave under left hook, counter with right/ left punch to their face.
- Drill for right hand - Inside deflection with left hand, right leg round kick
- Drill for right leg front kick - Deflect across with right hand left leg low round kick to leg, right body punch left hook.
- Drill for right leg thigh kick, left leg thigh kick
- Left leg check, and left round kick, right leg check , right round kick

Drill for Grade Brown Singlet– Black Singlet

- Drill for right hand - Weave under, counter with right knee left elbow to head.
- Drill for left jab - Slip & close, left inside knee to thigh, right elbow to head
- Drill for right leg front kick - Deflect across with right hand , left knee to ribs , right knee to chest.
- Drill for right leg roundhouse kick
- step in catch and right elbow o head.

Drill for Grade Black Singlet – Black and Red Singlet

- Drill for right hand - Weave & grab neck / arm, counter with right / left knee.
- Drill for left jab - Slip & grab neck / arm, counter with left / right knee.
- Drill for right leg front kick - Left leg roll check, right knee, right elbow on top of head
- Drill for right leg roundhouse kick
- Grapple (plow), counter with 2 right knees.

Drill for Grade Black and Red Singlet and above

- Drill for right hand - Weave under lung in, counter with right leg thigh kick to rear leg.
- Drill for left jab - Slip & push away, counter with right leg shin kick to rear leg
- Drill for right leg front kick - Left hand lower deflection back slide, counter with left leg thigh kick
- Drill for right leg thigh kick - full check, switch back left leg inside thigh kick