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WARM UP & STRECHING :

BASIC :

- STANCE & FOOT WORK :

. READY POSITION

(
READY POSITION

)
FIGHTING STANCE

(
FIGHTING STANCE

)
PUNCHES : JAB CROSS HOOK UPPER CUT

PUNCHES : JAB CROSS HOOK UPPER CUT

JAB

CROSS

HOOK

UPPER CUT

KICKS : FRONT KICK SIDE KICK

FRONT KICK SIDE KICK

UNDHOUSE KICK

CRESCENT KICK

AXE KICK

AXE KICK

AXE KICK

AXE KICK

AXE KICK

AXE KICK

.....

: "..... **SPEED** :

: ".....(.....) **ENDURANCE** :

SHADOW

.....

. 00000000 00 000000 000000 000000 000 000 0000000000000000
. 00000000000 000 000000 0000 000 000000 0000 000000 00000000 00000000

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00000000 00000000 **#MATTS :** 000000 000 000000 0000000000 00000000 00 0000 000000 0000000000
. 0000000000 000000000 0 000000000 0 00000000 0 0000000000 0 000000000

00000000 0000 **#SPARRING SHIELD :** 00000000 000000 00000 000000 000000 0000 000000000 00000
00000000 0 00000000 0 000000000 0 0000000 000 000000 0000000000 00000000 000000 00000 000000000
. 00000000 000000

00000000 0000 **#PUNCHING BALL :** 00000000 0 00000000 0 000000000 000000 00000000 00000 0000
. 00000000 0000000 00000 000000000 0000000 000000 000000 00000 00000 000000000 0 000000000 000000 0000 0

00000000 0000 **#SPEED BALL :** 0 000000 000000 000000 0000 000000 0 00000000 0000 0000 000000000
. 00000000 00000000 00000000 00000000 0 000000000 000000 0000000

00000000 00000000 0000000 **#IGHT & HEAVY BAGS :** 000000000 0000 00 000000 000000
0 00000000 00000000 00000000 0000 00000 00000000 00000000 00000000 000000 0000000000
000000000 00000 0000000 000000000 0 0000000000 0 0000000000 0 0000000000 0 0000000000 0000000000

0 00000000 0 00000000 0 00000000 0 00000000 0 000000 00000000 000 00000000 00000000 .000000000
0000 00 0000000000 00000000 00000 00 00000000 00 .000000 00 000000000 0000000000 000000000
000 00000000 00000000 00000000 000 00000000 00000000
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00000000 000000 #ROPE SKIPPING :

0000 0000 0 0000000000 00000000 00 000000 00000000 00000000 000000 000000 00000000 000000 00
000 0000000 000 00000000 00 00000000 000000 0000 000000 00 00000000 000 00000 000000 00000000 00000
0 000000000 0 00000000 0 000000000 0 000000000 00000000 000000 0000 000000000 000 00000 000000 0
0000000000 0000000000 00000000 0000000000 00000 00000 000000000 00000000 00000000 00000000 0000 0 00000000000
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000000000 0000 #NUTRITION :

0000 0000 000000000 0000 000000 000000000 0000 000000 00000 0000 000000000 00000000 00000000
000 00000000000 00000000 00000 00000 000000000 00000000 000000 0000 000000000 000000 000000 000000
0 000000000000000 0 000000000000 0000 000000000 00000000 0 000000 00000000 00000000 0000
.0000000000 0000000000 00000000000000

000000000 0000000000 #FIRST AID :

0000000000 0000 0000000000 0000000000 0000000000000 00000 00000000 00000 00 000000000 0000
00 00000 00 000000 00000000 000000000 00000000 00000000 0 00000000 0 000000000 00000000 0 000000000
00000 00 0000000000 000000 00000000 0000 00000 00 000000000 00000000000 000000000 0000000000 0000
.0000000 00000000

:000000000 00000000 # 00000000 00 0000000000 00000000 0000 0000 00000 0000000000 00000000 0000
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