

KICKBOXING SPARRING DRILL:

NUMBER 1:



A -Jab to face of opponent.

B - Opponent parries with right glove and jabs back

A -Balk head back away from this jab.

B - Now off balance the opponent uses a right roundhouse kick aimed at the left thigh.

A - Leg check the roundhouse kick with the left leg – making sure shin makes contact with the foot.

- Counter with a right roundhouse kick to stomach region of the opponent.

B - Opponent switches legs (change from left leg in front to right leg) , and at the same time turn and gather their leg whilst turning 180 degrees .

B - The right arm should be placed on their right shoulder and a right knee should drive into their stomach.