

# **KICKBOXING SPARRING DRILL**

## **NUMBER TWO**



**A – Fake right**

**B – Parry down right**

**A – Left hook**

**B – Weave under hook left to right**

**B – Right punch to head**

**A – Double forearm block to head**

**B – Switch – left front kick**

**A – Right hand thumb down – Scoop leg and push left**

**A – Right roundhouse kick to head**