

SPARRING DRILL NO 3

A – Jab (left) Cross (Right)

B – Parry – Parry

A – Right roundhouse to ribs

B – Tuck left elbow down close to ribs – To block kick (Turn slightly)

B – Right punch to stomach

B – Right roundhouse to head

A – Double forearm block head kick

A – Left roundhouse inner thigh of left leg

B – Drop weight to take thigh kick

A – Right punch to jaw

B – Weave under punch right to left (Stay close to armpit)

B – Left elbow to head

B – Two hand grab to back of neck – pull down to right knee