

LEVEL 3 - Monday 4/22/2013

Equipment Needed: Thai Pads, Boxing Gloves, Small Pad, Large Pad

Key exercise: Jumping Rope

- Overhand Right
- Thai Pad Combinations
- Review: High Front Kick
- Review: Offensive Back Kick
- Heel Kick

Suggested emphasis: Using heel as striking surface at different angles (i.e. Offensive Back Kick, Heel Kick, Axe Kick, Uppercut Back Kick)

- Review: All Level 1 & Level 2 Self-Defense, Inside Defenses w/Counterattack, 360 Defenses with Counterattack

- Drill: "Circle of Death" - Defender in the middle of the room, surrounded by attackers. Attackers come from all angles with all review work from above, defender reacting and counterattacking.

Note: Do not let this become a "Bruce Lee" drill, where defender gets to finish giving counterattacks, then gets a second before next attack is put on. Attacks should be on top of each other.

LEVEL 3 - Tuesday 4/23/2013

Equipment Needed: Focus Mitts, Shin Guards, Head Gear, Boxing Gloves

Key exercise: 100 Jackknife Crunches (single leg)

- Inside Defense vs. L/R
 - Inside Defense vs. L/R (Lean Back & Trap)
 - Inside Defense vs. L/R (Forward Hand)
 - Overhand Punch in Defense vs. Right
 - Defense vs. High Round Kick (Reflexive)
 - Defense vs. Front Kick to Vertical Target (Pluck)
 - Defense vs. High Round Kick (3-Point Defense)
 - Defense vs. High Round Kick (2-Point Defense)
 - Defense vs. Front Kick to Ribs (Covering)
- Light Sparring (hands & feet), Round Robin - relative to class level

LEVEL 3 - Wednesday 4/24/2013

Equipment Needed: Focus Mitts, Training Handguns

Key exercise: 100 Straight Punches (always with a cross -- switch stance for opposite side)

- Review: Advancing Straight Punches

- Drill: Instructor's Choice

Recommended Drill: Striker, eyes closed -- mitt holder hits striker in head and holds for a right cross. Striker immediately opens eyes and bursts in with strong right cross

- Introduce handgun principle: RCAT (Redirect, Control, Attack, Takeaway)
- Handgun from Front
- [Time Permitting:] Handgun to Side of Head

LEVEL 3 - Thursday 4/25/2013

Equipment Needed: Small Pad, Thai Pads

Key exercise: 50 Side Leg Raises (per side)

- Thai Pad Combinations
- Offensive Back Kick
- Axe Kick
- Heel Kick
- Forward Roll

Review: Back Fall Break

- Leg Pull from Ground (stripping hand)
- Leg Pull from Ground (spinning in/out)
- Leg Pull from Ground (both legs, scissoring)

- Drill: Defender does a Forward Roll into Back Fall Break across the room; attacker is waiting by where defender will make the fall break and grabs one or both of defender's legs and pulls or twists. Defender makes appropriate defense, gets up ready to engage opponent.

LEVEL 3 - Friday 4/26/2013

Equipment Needed: Large Pad

Key exercise: 100 Sit-Ups

- Review: Defensive Front Kicks

- Drill: Defensive Front Kick with Approach (with pad holders increasing speed and defenders in increasingly difficult positions [sitting, legs crossed, laying on ground, prone, etc.] and shorter distance)

- Review Inside/Outside/360 Defenses + Counters

- Zombie Drill (incorporating all review defenses + Counters)

- Forward Roll

- Forward Roll/Back Fall Break

- Drill: 1 person works at a time: Defender starts at one side of room and is pushed from behind by next person in line. Defender does a Forward Roll into Back fall Break, where at least 2 additional attackers are waiting with Large Pads -- one or both of the pad holders can attack by swinging the pads at defender. Defender fights his way off the ground and must attack and control one opponent while keeping the other away.

LEVEL 3 - Saturday 4/27/2013

Equipment Needed: Thai Pads, Boxing Gloves, Small Pad, Large Pad

Key exercise: 100 Jackknife Crunches

- Thai Pad Combinations (15 minutes)
- Heel Kick
- Inside Slap Kick
- Inward Angle Knee
- Outside Slap Kick
- High Front Kick with Ball of Foot

- Kicking Combinations with new kicks:

Suggestions: 1) Left Inside Slap Kick/Right Round Kick 2) Offensive Front Kick/High Front Kick 3) Left Outside Slap Kick/Left Heel Kick

- Sparring Drills using new Kicks (Instructor Choice)

LEVEL 3 - Sunday 4/28/2013

Equipment Needed: Small Pad, Thai Pads

Key exercise: 50 Side Leg Raises (per side)

- Thai Pad Combinations
- Offensive Back Kick
- Axe Kick
- Heel Kick
- Forward Roll

• Review: Back Fall Break

- Leg Pull from Ground (stripping hand)
- Leg Pull from Ground (spinning in/out)
- Leg Pull from Ground (both legs, scissoring)

- Drill: Defender does a Forward Roll into Back Fall Break across the room; attacker is waiting by where defender will make the fall break and grabs one or both of defender's legs and pulls or twists. Defender makes appropriate defense, gets up ready to engage opponent.

