

Combatives

Drill	Attacker	Defender (Combative)
Base Drills		
1	Feed Right	Jab
2	Feed Left	Jab, Cross
3	Feed Right	Cross, Hook, Cross
4	Feed Left	Jab, Cross, Hook, Cross
5	Feed Right for Uppercut	Right Uppercut, Hook, Cross, Uppercut
6	Feed Left for Uppercut	Left Uppercut, Cross, Hook, Uppercut
Paired Drills		
7	Right Attack (to D Left)	Bob and Weave to Left, Hook, Cross, Hook
8	Left Attack (to D Right)	Bob and Weave to Right, Cross, Hook, Cross
9	Right Punch	Slip and Pass/Deflect (body shifts to Left), Right Cross (5 th Rib), Left Hook
10	Left Punch	Slip and Pass/Deflect (body shifts to right), Straight Jab (5 th Rib) Overhand Right
11	Right Hook to Kidney, Right Hook High	Cover 1 st Hook, Bob and Weave, Liver, Hook, Cross
12	Left Hook to Liver, Left Hook High	Cover 1 st Hook, Bob and Weave, Kidney, Uppercut, Jab, Cross
13	RK from Left (A's Right Leg)	Leg Block, Cross, Hook, Right RK (Low)
14	RK from Right (A's Left Leg)	Leg Block, Hook, Cross, Switch, Left RK (Low)
15	Right Attack (to D Left)	Right ES, Spin Left ES, Right ES, Grab, Knee (position 1)
16	Left Attack (to D Right)	Left Hook, Spin Right ES, Left ES, Grab, Knee (position 3)
17	Right Attack (to D Left)	#1 Leg (Left) FK, #2 RK (Right) – Replace position, Rev SK (Right)
18	Left Attack (to D Right)	#2 Leg (Right) FK – Replace position, Switch #2 RK (Left) – Replace position, Rev SK (Left) – Can Advance instead of switching

Level 1: Individual

Level 2: Alternate Paired

Level 3: Random Pairs

Level 4: Add 1-6 to Pairs

Level 5: Random