

Kickboxing workout CD information:

Definitions:

Jab – Straight head punch with front hand.

Cross – Straight head punch with rear hand.

Front Hook – Hook punch to head with front hand.

Rear Hook – Hook punch to head with rear hand.

Front Body Shot – Low hook to body with front hand.

Rear Body Shot – Low hook to body with rear hand.

Front Uppercut – Vertical hand strike to chin of target with front hand.

Rear Uppercut – Vertical hand strike to chin of target with rear hand.

Spinning Back Fist – Spinning back hand strike to head of target.

Front or Rear Knee – Knee strike aimed at either upper leg or groin of target.

Front or Rear Wheel Kick – Rounded outside kick directed at the body or head of your target.

Front or Rear Cut Kick – Rounded outside kick directed at the legs of your target.

Front or Rear Thrust Kick – Straight line kick (while facing target) to the midsection of your target with the ball of the foot.

Rear Side Kick – Side kick using rear leg targeting the legs, midsection, or head of opponent.

Rear Hook Kick – Rear sided hook kick to midsection or head of opponent.

Rear Crescent Kick – Rear crescent kick to head, shoulder, or midsection of target.

Rear Spin Kick – Rear spinning back kick to midsection of opponent.

Defense – Step back with rear foot into deep horse stance, or squat.

Sprawl – Shoot legs backwards into a wide stance and push hands down to the ground.

Bob – “U” shaped head and body movement toward the front side.

Weave – “U” shaped head and body movement toward the rear side.

1 – Jab

2 – Jab, Cross

3 – Jab, Cross, Front Hook

4 – Jab, Cross, Front Hook, Cross

Guidelines:

- On all “**hand-strike**” only combinations you will add a “**Close-the-Door**” leg strike off of the opposite side to the end of the combination. (Example: On a number “4” combo your last hand strike will be a Cross, so you would follow that up with a Front side leg strike [Kick]. On a number 3 combo your last hand strike will be a Front Hook, so you would follow that up with a Rear side leg strike [Knee].)

- If there is a leg strike called anywhere in the combo you will not add a “**Close-the-Door**” leg strike to the end of the combination.

- On all “**Close-the-Door**” leg strikes you will need to throw a leg strike that is appropriate to the proximity of your target. (Example: If you finish with a cross you should be farther away from your target, so you throw a “**Close-the-Door**” kick. <A knee would not be appropriate because you will be too far away from your target>. So, if you finish with a hook punch you should be close to your target, and therefore, a “**Close-the-Door**” knee would be appropriate. <A kick would not be appropriate because you will get jammed up being so close to the target>)

- Make sure and keep your hands up and keep moving at all times.

- Torque your body from side to side with every strike that you throw. Meaning, **NO** arm punching!!! Get your body behind your strikes!

Combo Examples:

4 – You will throw a Jab, followed by a Cross, followed by a Front Hook, followed by a Cross, followed by a Front side **“Close-the-Door”** leg strike (Front Wheel, Cut, or Thrust kick).

Rear Thrust Kick and a 2 – You will throw a Rear thrust kick, followed by a Jab, followed by a Cross. Note: There is no **“Close-the-Door”** leg strike at the end of this combo because a leg strike was called in the combo.

2 and a 3 – You will throw a Jab, followed by a Cross, followed by a Jab, followed by a Cross, followed by a Front Hook, followed by a Rear side **“Close-the-Door”** leg strike (Rear Knee or Cut kick).

Cross, Front Hook – You will throw a Cross, followed by a Front Hook, followed by a Rear side **“Close-the-Door”** leg strike (Rear Knee or Cut kick).

Jab, Two Hooks, Two Knees – You will throw a Jab, followed by a Rear hook, followed by a Front hook, followed by a Rear knee, followed by a Front knee. Note: There is no **“Close-the-Door”** leg strike at the end of this combo because a leg strike was called in the combo.

Jab, Cross, Two Body Shots, Two Knees - You will throw a Jab, followed by a Cross, followed by a Front Body Shot, followed by a Rear Body Shot, followed by a Front knee, followed by a Rear knee. Note: There is no **“Close-the-Door”** leg strike at the end of this combo because a leg strike was called in the combo.

10 (Bob and Weaves, Knees, or Body Shots) – You perform a 10 total actions. Each action counts as 1. Example: 10 Bob and Weaves. You will perform a Bob for a count of 1, then perform a Weave for a count of 2, then perform a Bob for a count of 3, and so on until 10 is reached.

Jab and a Rear Cut Kick – You will perform a Jab, followed by a Rear Cut Kick. Note: There is no **“Close-the-Door”** leg strike at the end of this combo because a leg strike was called in the combo.

3 and a rear uppercut – You will throw a Jab, followed by a Cross, followed by a Front Hook, followed by a Rear Uppercut, followed by a Front side **“Close-the-Door”** leg strike (Front Knee or Cut kick).

Bob and Weave, and a 2 – You will perform a Bob, followed by a Weave, followed by a Jab, followed by a Cross, followed by a Front side **“Close-the-Door”** leg strike (Front Wheel, Cut, or Thrust kick).

Combinations

Straight Number Calls:

1
2
3
4
1 and a 1
2 and a 1
3 and a 1
4 and a 1
1 and a 2
2 and a 2
3 and a 2
4 and a 2
1 and a 3
2 and a 3
3 and a 3
4 and a 3
1 and a 4
2 and a 4
3 and a 4
4 and a 4

Single Technique Calls:

Front Cut Kick
Rear Cut Kick
Rear Side Kick
Rear Wheel Kick
Rear Thrust Kick
Rear Spin Kick
Rear Hook Kick

Body Movement Calls:

Defense
Sprawl
Bob and Weave

Body Movement w/ Combo Calls:

Bob and Weave, and a 4
Bob and Weave, and a 2
Bob, Front Hook, Two Body Shots, Cross
Weave, Cross, Front Body Shot, Cross
Defense and a Cross
Defense and a Cross, Front Hook, Rear Uppercut

Combo w/ Hand Strike First Calls:

Jab Jab Jab
Jab, Front Hook, Rear Uppercut

Jab and a Rear Wheel Kick
Jab and a Rear Thrust Kick
Jab and a Spinning Back Fist
Jab and a Rear Cut Kick
Jab, Jab, and a 3
Jab, Jab, and a Rear Cut Kick
Jab, Jab, and a Rear Wheel Kick
Jab, Jab, and a Rear Thrust Kick
3 and a Rear Hook
3 and a Rear Uppercut
Jab, Rear Body Shot, Front Body Shot, Cross
Jab, Front Body Shot, Front Hook, Cross
Cross, Front Hook
Cross, Front Body Shot
Cross, Front Hook, Cross
Cross, Front Body Shot, Cross

Combo w/ Leg/Foot Strike First Calls:

Front Wheel Kick and a 2
Front Wheel Kick and a 3
Front Wheel Kick and a 4
Front Thrust Kick and a 2
Front Thrust Kick and a 3
Front Thrust Kick and a 4
Front Thrust Kick and a Cross
Front Thrust Kick and a Cross, Front Hook
Rear Crescent Kick to a Rear Side Kick

Combo w/ Knee Strike Calls:

Jab, Cross, Two Uppercuts, Two Knees
Jab, Cross, Two Body Shots, Two Knees
Jab, Cross, Two Hooks, Two Knees
Jab, Two Hooks, Two Knees

Repeated Combos:

10 Body Shots
10 Knees
10 Bob and Weaves