

Weeks					Monday	Wednesday	Friday
3	13	23	33	43	Lesson 1 Punch Drill Stance & Guard Punch *Jab & Cross Noodles General Sparring	Lesson 2 Kick Drill Foot Positioning Kick *Leg Kick Pad Work Touch Sparring	Lesson 3 Punch & Kick Drill Movement Punch Defence * Cover & Counter Focus Pads Touch - Hands Only
4	14	24	34	44	Lesson 4 Shadow Sparring Circle & L Step Kick Defence *Low Check & Counter Drill Partner Combos Touch Sparring	Lesson 5 Punch Drill Step Out & Drop Step Clinch *Thai Clinch The Basics Noodles Sparring - Kicks Only	Lesson 6 Kick Drill Gallop Step Knees *Straight Knees Kick Shield Sparring - Clinch w Knees
5	15	25	35	45	Lesson 7 Punch & Kick Drill Mirror Drill Kick *Push / Teep Kick Pad Work Touch Sparring	Lesson 8 Shadow Sparring Stance & Guard Punch Defence *Slip & Counter Punches Focus Pads Touch - Hands Only	Lesson 9 Punch Drill Foot Positioning Kick Defence *Parry Teeps & Counter Noodles Sparring - Kicks Only
6	16	26	36	46	Lesson 10 Kick Drill Movement Clinch *50/50 & Bicep Pummel Pad Work General Sparring	Lesson 11 Punch & Kick Drill Circle & L Step Knee Strikes *Thai Clinch Kick Shield Sparring - Clinch w Knees	Lesson 12 Shadow Sparring Step Out & Drop Step Punch *Lead Hooks Focus Pads Touch Sparring
7	17	27	37	47	Lesson 13 Punch Drill Gallop Step Punch Defence *Duck, Roll & Counter Noodles General Sparring	Lesson 14 Kick Drill Mirror Drill Kick Defence *Catch Round & Counter Pad Work Sparring - Kick & Clinch	Lesson 15 Punch & Kick Drill Stance & Guard Clinch *50/50 Clinch Takedown Drill Partner Combos Sparring - Touch

8	18	28	38	48	Lesson 16 Shadow Sparring Foot Positioning Knees *Enter Clinch From Combos Partner Combos Sparring - General	Lesson 17 Punch Drill Movement Punch *Rear Hand Uppercut Focus Pads Touch - Hands Only	Lesson 18 Kick Drill Circle & L Step Kick *Rear Body & Head Kick Thai Pads Sparring - kick Only
9	19	29	39	49	Lesson 19 Punch & Kick Drill Step Out & Drop Step Kick Defence *Trap & Counter Thai Pads Kick Sparring	Lesson 20 Shadow Sparring Gallop Step Clinch *Face Push Noodles Sparring - Clinch w Knees	Lesson 21 Punch Drill Mirror Drill Knees *Punches to Knees Thai Pads Sparring - General
10	20	30	40	50	Lesson 22 Kick Drill Stance & Guard Punches *Body Rips Focus Pads Sparring - Touch Hands Only	Lesson 23 Punch & Kick Drill Foot Positioning Kick *Lead Body & Head Kick Thai Pads Sparring - Kick Only	Lesson 24 Shadow Sparring Movement Punch Defence *Cover / Catch & Counter Noodles Sparring - General
11	21	31	41	51	Lesson 25 Punch Drill Circle & L Step Knee *Kicks to Knees Thai Pads Sparring - Clinch with knees	Lesson 26 Kick Drill Step Out & Drop Step Clinch *Pull Trip Thai Pads	Lesson 27 Punch & Kick Drill Gallop Step Punch *Overhand Focus Pads Sparring - Touch with Clinch
12	22	32	42		Lesson 28 Shadow Sparring Mirror Drill Kick *Switch Round Thai Pads Sparring - Kick Only	Lesson 29 Punch Drill Stance & Guard Punch Defence *Slip & Return Partner Combos Sparring - Touch Hands Only	Lesson 30 Kick Drill Foot Positioning Kick Defence *Cross & High Check Noodles Sparring - General