

BODYCOMBAT 78

MUSIC

01A. UPPER BODY WARMUP

01B. LOWER BODY WARMUP

02. COMBAT 1

03. POWER TRAINING 1

04. COMBAT 2

05. POWER TRAINING 2

06. COMBAT 3

07. MUAY THAI

08. POWER TRAINING 3

09. CONDITIONING

10. COOLDOWN

BONUS

03. POWER TRAINING 1

BONUS

04. COMBAT 2

BONUS

05. POWER TRAINING 2

BONUS

06. COMBAT 3

BONUS

08. POWER TRAINING 3

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MUSIC

- 01A

Savage Mode (3:09)

Kazzanova feat. Marvelus Fame

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Written by: Cortes, Fleitas
- 01B

Fogo (WRECKVGE Remix) (3:24)

Garmiani Feat. Julimar Santos

© 2018 Spinnin’ Remixes / SpinninRecords.com.
Written by: Garmiani, Santos, Björsell
- 02

Earthquake (4:28)

Hardwell feat. Harrison

© 2018 Revealed Music B.V.
Written by: Corputl
- 03

Stay (3:42)

Sigma

Courtesy of the Universal Music Group.
Written by: Ryden, Edwards, Lenzie, Harris, Getz
- 04

Stay (1:31)

Sigma

Courtesy of the Universal Music Group.
Written by: Ryden, Edwards, Lenzie, Harris, Get
- 04

Devil (3:03)

Shinedown

© 2018 Atlantic Recording Corporation.
Written by: Bass Jr, Smith
- 05

Devil (3:03)

Shinedown

© 2018 Atlantic Recording Corporation.
Written by: Bass Jr, Smith
- 05

Worth The Lie (6:00)

Muzzy, Koven & Feint

© 2017 Monstercat.
Written by: Muzzy, Koven, Feint
- 06

Lonely Boy (3:56)

Neon Nanny

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Written by: Auerbach, Carney, Burton
- 07

Dancehall Soldier (7:04)

Yellow Claw feat. Beeni Man

© 2014 Mad Decent..
Written by: Roelandschap, Davis, Titawano, Rondhuis, Oude, Taihuttu
- 08

Wings (Nu:Logic Remix) (5:12)

Birdy

© 2013 Jasmine Van Den Bogaerde under exclusive licence to Warner Music UK Limited..
Written by: Van Den Bogaerde, Tedder
- 09

Young Blood (3:23)

5 Seconds Of Summer

Courtesy of the Universal Music Group.
Written by: Tamposi, Watt, Hemmings, Hood, Irwin
- 10

Sure Don’t Miss You (2:53)

The Dip

© 2017 The Dip..
Written by: Unknown
- BONUS 03

The Siren (Camo & Krooked Remix) (5:56)

Bungle Feat. Ayah Marar

© 2011 Spearhead Records Limited
Written by: Oliveira, Marar
- BONUS 04

You’re Gonna Love Again (4:51)

NERVO

Courtesy of the Universal Music Group.
Written by: Bergling, M. Nervo, O. Nervo
- BONUS 05

Worth The Lie (6:00)

Muzzy, Koven & Feint

© 2017 Monstercat.
Written by: Muzzy, Koven & Feint
- BONUS 06

Be The One (Netsky Remix) (3:58)

Dua Lipa

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Written by: Tarrant, Digital Farm Animals, Taylor
- BONUS 08

Home (7:100)

Shock One & Reija Lee

© 2013 Viper Recordings under exclusive license to onelove
Written by: K. Thomas, R. Thomas



Presenters

L–R: Marlon Woods, Erin Maw, Dan Cohen, Rachael Newsham, Tau Siolo

Whether you’re just starting out, or you are a die-hard BODYCOMBAT warrior – Release 78 has simple levels to suit all BODYCOMBAT participants.

Mixing up rhythms in both physical movement and musical feel enhances the ability to perform strikes, moving between slow and fast. This will improve technique and overall control.

Release 78 has 3 key focuses threaded through the workout:

1. Multiple rhythm changes to challenge speed, feel and enhance technique
2. Repeat training sections to enable true authenticity in Martial Arts striking
3. New innovations subtly spread across the release to keep the variety fresh and exciting.

Give this workout everything you’ve got and the results will speak for themselves. Enjoy the songs, the feel and the motivation. Let the music drive you further than you thought you could go.

Keep it real and stay with the fight!

Dan Rach

PRESENTERS

Dan Cohen (New Zealand) is co-Program Director for both BODYCOMBAT and CXWORX™, and a passionate Mixed Martial artist based in Auckland.

Rachael Newsham (New Zealand) is co-Program Director of BODYCOMBAT and Program Director of SH’BAM™. and a Mixed Martial art enthusiast. She is based in Auckland.

Marlon Woods (USA) is a BODYCOMBAT Trainer and BODYPUMP™ Instructor. He lives in Georgia, where he also works as an intelligence analyst.

Erin Maw (New Zealand) is BODYCOMBAT, BODYATTACK™, BODYJAM™, SH’BAM, LES MILLS BARRE™ and LES MILLS GRIT™ Trainer, and a CXWORX and BODYBALANCE™/ BODYFLOW^R Instructor, and Marketing Intern at LMI. She is based in Auckland.

Tau Siolo (New Zealand) is BODYCOMBAT, BODYJAM, BODYPUMP™, CXWORX™, SH’BAM and LES MILLS GRIT Trainer, and an RPM™ Instructor. He is based in Auckland, where he is also National Group Fitness Manager for Les Mills New Zealand.

CREDITS

- Program Directors** – Dan Cohen & Rachael Newsham
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Diana Archer Mills
- Technical Consultants** – Bryce Hastings & Andrew Newmarch
- Production Coordinator** – Nicole Vendel



EXPRESS FORMATS

45–MINUTE FORMAT		45–MINUTE FORMAT WITH BONUS TRACK	
Track 1A	Upper Body Warmup	Track 1A	Upper Body Warmup
Track 1B	Lower Body Warmup	Track 1B	Lower Body Warmup
Track 2	Combat 1	Track 2	Combat 1
Track 3	Power Training 1	Track 3	Power Training 1
Track 5	Power Training 2	Track 5	Power Training 2
Track 6	Combat 3	Track 5 (Bonus)	
Track 7	Muay Thai	Track 6	Combat 3
Track 8	Power Training 3	Track 7	Muay Thai
Track 10	Cooldown	Track 8	Power Training 3
Total Time	43:58	Track 10	Cooldown
		Total Time	43:58
30–MINUTE FORMAT			
Track 1A	Upper Body Warmup		
Track 1B	Lower Body Warmup		
Track 8	Power Training 3		
Track 4	Combat 2		
Track 6	Combat 3		
Track 10	Cooldown		
Total Time	27:19		

Please note: The 30 and 45-minute class formats have been customized for this release.

KEY

AIK	Aikido	BJJ	Brazilian Jiu Jitsu
BOX	Boxing	CAP	Capoeira
KAR	Karate	KB	Kick-boxing
KF	Kung Fu	MA	Martial Arts
MMA	Mixed Martial Arts	MT	Muay Thai
TKD	Tae Kwon Do	B up	Build up
Br	Bridge (non-chorus)	C	Chorus
F&B	Forward and backward	HOH	Hands on hips
Instr	Instrumental	Intro	Introduction
L	Left	R	Right
Mins	Minutes	O/H	Over head
OTS	On the spot	Outro	Last few bars of music
PC	Pre-chorus	QC	Quiet chorus
Ref	Reference	Seq	Sequence
V	Verse	Vox	Voice
Preview			

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and do not change the choreography; teach the tracks as they were created but you can apply more modern language and terminology.



01A. UPPER BODY WARMUP

TRACK FOCUS

Work through the basic upper body strikes in the Warm-Up. Set up the mechanics and the targets for each strike, then tap into the rhythm of each block to really feel the movement.

FEEL

Big Room, Electronic, Savage

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / (Electro sounds)	1½x8	L Combat Stance	4	
0:07	V1 / Champagne spillin we just trying	1x8	Hold	8	
0:10	I don't care we don't play fair	3x8	A	L Jab	212x
0:20	Champagne spillin we just trying	4x8	A ¹	L Jab, R Cross, L Jab	4
				Pulse F, B x2	44x
0:32	PC / I'm a savage	4x8	A ²	L, R Uppercut	48x
0:45	C / (Dubstep)	8x8	A ³	L Jab, R Cross x4	8
				L, R Uppercut x2	84x
1:11	Instr /	8x8	B	L, R Hook x2	8
				Scissor R, L, R	3
				Hold	1
				Scissor L, R, L	3
				Hold with a Crunch	1
				(Finish with extra L Hook after last rep)	4x
1:37	V2 / Jeans tight, booty big, shake it like	1x8	Recover and transition to R Combat Stance		
1:39	Jeans tight, booty big, shake it like	27x8	REPEAT SEQUENCES A to B – R		8



01A. SAVAGE MODE 3:09mins

Coach core engagement throughout this track, explaining how and when your participants should feel the core firing, to help them develop kinesthetic awareness. Tuning them into their core at the start will help them to properly engage it throughout the sufficient class.

TECHNIQUE & COACHING

SINGLE JABS

Layer 1

- Left Combat Stance, single Jabs
- Elbows close in to the body
- Shift the weight forward and back as you throw the punch
- Target: Just above shoulder level- nose, lip, chin
- Corkscrew the fist as you punch. Strike with the big knuckle

Layer 2

- Nice and light

JAB, JAB, CROSS

Layer 1

- Jab, Cross, Jab, right, left, right and Pulse
- Keep stance nice and wide for a good foundation
- Rotation through the upper body
- Release the back heel on the Cross

Layer 2

- No power in the punches yet; just find the targets and feel the mechanics of the movement

ALTERNATING SLOW UPPERCUT

Layer 1

- Uppercut right, left
- Vertical strike, target under the chin
- Relax through the shoulders and drive the punch up through the middle
- Bend the knees

Layer 2

- Shoulders move in a figure 8
- Really feel the movement through the torso

COMBINATION: FAST JAB, CROSS, SLOW ALTERNATING UPPERCUTS

Layer 1

- Rhythm Change: fast Jab, Cross, right, Left 8 times then 4 Slow Alternating Uppercuts
- Warming up through the shoulders, the back and the core
- Rotate inwards on the Uppercuts to fireup the core

Layer 2

- Feel the rhythm and let the punch hit the beat
- Feel the shoulders make a figure 8 and rotate as you throw the Uppercuts
- Breathe in through the nose and out through the mouth
- Now that the muscles are warmer, reach a little further in the Jab, Cross

COMBINATION: ALTERNATING HOOKS, 3 SCISSORS (X2)

Layer 1

- Hook right and left, then Scissor left, right, Left, 3 times, hold, repeat the Scissors then back to the Hooks
- In the Scissor: hands to guard and rotate from the center of the chest to warm up the muscles of the core
- As you twist in the Scissors, soften the knees and crunch through the middle
- Hook: target between the temple and the jaw, 90 degree bend in the elbow

Layer 2

- A little wider in the Scissors on the second round
- Drop into the legs and twist as you pause in the third Scissor



01B. LOWER BODY WARMUP

TRACK FOCUS

The focus of this track is to learn and carefully execute the lower body strikes. Warm the muscles and prepare for the training session ahead by systematically practising the Knees and Kicks that you will use throughout the class.

FEEL

Electro House, Brazilian Rap, Tribal

MARTIAL ARTS

Tae Kwon Do, Kick-boxing, Karate, Muay Thai

MUSIC		EXERCISE		CTS	REPS
3:09	Intro / _ Olha coisinha	1x8	Recover and prepare for Hip Roll	8	
3:12	V1 / La na cozinha	5x8	A L Hip Roll	1	
			Step L, R, L	3	
			R Hip Roll x3	1	
			Step R, L, R	3	5x
3:28	PC / (Build up)	4x8	B L Knee to L corner	1	
			Step L, R, L	3	
			R Knee to R corner	1	
			Step R, L, R	3	4x
3:42	C / (Dubstep sounds)	4x8	B ¹ L Knee x3 to L corner	5	
			Step L, R, L	3	
			R Knee x3 to R corner	5	
			Step R, L, R	3	2x
3:56	Br / (Instr)	5x8	C L Front Kick	1	
			Step L, R, L	3	
			R Front Kick	1	
			Step R, L, R	3	5x
4:13	_ Hey! Esso	4x8	D L Side Kick	1	
			Step L, R, L	3	
			R Side Kick	1	
			Step R, L, R	3	4x
4:27	_ Oh a galera	4x8	E L Combat Stance		
			L Roundhouse Kick Setup	4	
			Pulse OTS	4	4x
4:41	PC / Eu toco pra voce, vem ca pra min	4x8	E ¹ L Roundhouse Kick	4	
			Pulse OTS	4	4x
4:54	C / (Heavy Dance sounds)	8x8	F Shuffle F	4	
			L Roundhouse Kick	4	
			Shuffle B	4	
			Cross Jack x2	4	4x
			(On last rep, Jump wide on last 4cts)		
5:22	Br / _ Hey! Esso	4x8	D R Side Kick	1	
			Step R, L, R	3	
			L Side Kick	1	
			Step L, R, L	3	4x
5:35	_ Oh a galera	4x8	E R Combat Stance		
			R Roundhouse Kick Setup	4	
			Pulse OTS	4	4x
5:49	PC / Eu toco pra voce, vem ca pra min	4x8	E ¹ R Roundhouse Kick	4	
			Pulse OTS	4	4x
6:03	C / (Heavy Dance sounds)	8x8	F Shuffle F	4	
			R Roundhouse Kick	4	
			Shuffle B	4	
			Cross Jack x2	4	4x
6:30			Jump into A pose to finish!		



01B. FOGO 3:24mins

Coach your class to start the Kicks low and then move them higher as the track progresses and participants feel warmer. Continue to coach kinesthetic awareness by bringing their attention to where/how they will feel the different lower body strikes. For example: the push/pull movement of the Side kick fires the glutes and the knees. Engage the core when you pull the arms down as you drive the knee up.

TECHNIQUE & COACHING

HIP ROLL, 3 STEPS

Layer 1

- Hip Roll, right leg; 3 Steps, left leg
- Lift your knee, circle it from in to out, loosening the hips

KNEE TO THE CORNER, 3 STEPS

Layer 1

- New move: Right Knee to the corner, step, step, step, then to the left
- Strike with the top of the knee
- Heel comes towards the butt; point the toes downward
- Target: Stomach
- Drive the hips forward

TRIPLE KNEE, 3 STEPS

Layer 1

- Multiply: 3 Knees, 3 Steps
- 3 Knees: multiply the heat in the lower body
- Pull the arms down as you drive the Knee up to engage the core

FRONT KICK, 3 STEPS

Layer 1

- Front Kick, Step, Step, Step
- Strike with the ball of the foot anywhere up the front side of your opponent's body
- Open and close the angle of the knee joint (retract the kick)
- Drive the hips forward and lean the shoulders back slightly

SIDE KICK, 3 STEPS

Layer 1

- Right Side Kick, Step, Step, Step, Left Side Kick
- Use the outside of the foot to strike
- Push and pull
- Target: Thigh just above the knee

Layer 2

- Push/pull action engages the glutes and Hamstrings

ROUNDHOUSE KICK

Layer 1

- Roundhouse setup: set the standing heel to face the front of the room then lift the shin parallel to the floor
- Then, release the kick, whipping the foot around. Foot takes a circular pathway to strike the thigh of your opponent. Strike with the lower shin.



02. COMBAT 1

TRACK FOCUS

The Double Jab/Claw/Jump Kick combination is the focus of this track. It engages the upper body, lower body, and the core, elevating the heart rate and firing up the workout.

FEEL

Big Room, Driving Beat

MARTIAL ARTS

Kick-boxing, Tae Kwon Do, Kung Fu

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1½x8	L Combat Stance		12	
0:04	PC / Jump , make the ground shake	3x8	A	L, R, L Uppercut Pulse F, B x2 👁️ R Knee, R Hop Knee (on last 4cts)	4 4	3x
0:15	C / Like an earthquake _	8x8	A¹	L, R, L Uppercut R Knee, R Hop Knee	4 4	8x
0:43	(Synth)	1x8		Freeze Guard	8	
0:46		4x8	B	L Double Jab R Claw Pulse OTS x2	2 2 4	4x
1:01	Instr /	8x8	C	R Step Left Front Kick Shuffle B (Jump Kick option after 4 reps)	4 4	8x
1:29	Like an earthquake _	12x8	D	L Double Jab, R Claw x2 L Jump Kick Shuffle B (R claw to finish after last rep)	8 4 4	6x
2:11	_ Jump, make the ground shake	2x8		Recover and transition to R Combat Stance	16	
2:18	REPEAT SEQUENCES A to D – R					



02. EARTHQUAKE 4:28mins

Carefully coach the Claw so that your participants understand how to execute the movement for maximum core engagement. Once you set up the technique on the first side, let them dig in and feel it on the second side. Coach the Hop on the Double Knee as an option to increase the cardiovascular training effect.

TECHNIQUE & COACHING

ALTERNATING UPPER CUT (X3)

Layer 1

- Uppercuts 3- times- right, left, right- then Pulse
- Feet wide and knees soft
- Target: Under the chin
- Vertical Punch to chin level
- Bend the knees; drop down, then drive the punch up

ALTERNATING UPPER CUT (X3), 2 BACK KNEES

Layer 1

- Add on 2 Back Knees: one small, one with a Hop
- Pull the hands down as you drive the knee up
- Chest lifted in the Knees

Layer 2

- OPTION: Hop on the Knee or stay grounded
- Hop on the Knees lifts the heart rate
- Feel a ricochet in the Uppercut
- Actively rip the hands down towards the hip on the Knees and crunch the core
- Reach the hands a little higher and pull down a little harder on the second Knee

DOUBLE JAB, CLAW

Layer 1

- Double Jab, Claw, right, right, left, Pulse
- Claw: shoot the back arm forward like a Cross, then pull the back shoulder forward and diagonally across the body

Layer 2

- Claw: engage the abs and obliques as you pull the Claw diagonally across the body



JUMP KICK

Layer 1

- Step Front Kick, then Shuffle Back
- Front Kick: shoot the hips forward, strike with the ball of the foot, and retract the Kick
- Feet wide as you shuffle back
- OPTION: Step Kick
- Step Kick for power, Jump Kick for more cardio

Layer 2

- Jump long and low
- Swing the arm of the kicking leg through
- Swing the back leg up to initiate the Jump Kick
- Second round on the Step Kick: Push off the back foot and generate force forward with a Kick

COMBINATION: DOUBLE JAB, CLAW, DOUBLE JAB, CLAW, JUMP KICK

Layer 1

- Put it all together: Double Jab, Claw twice, then add the Jump Kick

Layer 2

- Crank it up: make the Jab powerful
- If you Step Kick: power and stability as you drive the Step Kick through with purpose
- Big swing of the leg!

Layer 3

- Kiah on the Jump Kick!
- Big Kick!
- Big Claw!



03. POWER TRAINING 1

TRACK FOCUS

The focus of this track is ring craft: moving around the ring and learning how to move and strike.

Combination training helps build your Boxing skills and simultaneously drives you to your first cardio peak.

FEEL

Dance/Electronic, Energized, Triumphant

MARTIAL ART

Boxing

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	4x8		Prepare L Combat Stance facing L side	32	
0:10	V1 / Possible we break apart	8x8	A	L Walking Jab x4 to L side	8	
				L, R Jab, L Hook x2 to front	8	
				Repeat to R side	16	2x
0:32	QC / _ Give me all of your love	8x8	A ¹	L Jab x2 to L side	4	
				L, R Jab, L Hook to front	4	
				Repeat to R side	8	4x
0:54	C / _ Give me all of your love	8x8	B	Front Stance		
				L, R Jab	2	32x
1:16	Br /	8x8	A ¹	L Jab x2 to L side	4	
				L, R Jab, L Hook to front	4	
				Repeat to R side	8	4x
1:38	V2 / _ Never felt this way like I'm	8x8	B	Front Stance		
				L, R Jab	2	32x
				Punch L fist to ceiling after last rep		
2:00	(Quiet breakdown)	4x8		Recover	32	
2:11	B up / Oh,oh,oh	8x8		L, R Run OTS (Level 2 after 16reps)	2	32x
2:33	C / _ Give me all of your love	8x8	C	L Combat Stance		
				L Jab, R Cross x4	8	
				L Uppercut x4	8	4x
				👁 L Jab, R Cross x2		
				L Uppercut x2		
				L Jab, R Parry, L Jab x2 (on last rep – 16cts)		
2:55		8x8	C ¹	L Jab, R Cross x2	4	
				L Uppercut x2	4	
				L Jab, R Parry, L Jab x2	8	4x
3:17	V3 / _ Never felt this way like I'm	8x8	D	L Jab, R Cross (L Jab to finish after last rep!)	2	32x
3:39		2x8		Recover	16	
3:44	B up / Oh, oh, oh	7x8		L, R Run OTS (Level 2 after 12reps)	2	6x
4:03				REPEAT SEQUENCES C to D – R		



03. STAY 5:13mins

The Runs provide a perfect moments to connect with your class and let them focus on the 'feel' of the whole track. Help them to tap into the triumphant feeling in the music. Keep your coaching clear and concise, particularly on the second side once they have learned the combinations, so that your class can drive their intensity and experience the BODYCOMBAT euphoria!

TECHNIQUE & COACHING

COMBINATION: 4 WALKING JABS, FRONT STANCE, JAB, JAB, HOOK, JAB, JAB, HOOK

Layer 1

- 4 Walking Jabs to the right, then face front, Jab, Jab, Hook, Jab, Jab, Hook. Switch sides. Walking Jabs to the left
- Jabs come straight out in front to target your opponent's face. Keep the elbows soft
- Hook: 90-degree bend in the elbow, just above shoulder level
- Knees soft and feet wide in Front Stance

COMBINATION: 2 WALKING JABS, FRONT STANCE, JAB, JAB, HOOK

Layer 1

- Cut it in half and bring the power: 2 Jabs, one combo Jab, Jab, Hook
- Hook: target between the jaw and the temple
- Release the heel and drive the Hook around

Layer 2

- Power shots: power comes from the floor. Bend your knees, stay low, and push off from the back foot
- Engage the core as you drive the Hook around the corner
- Big twist around on the Hook

FRONT STANCE JABS

Layer 1

- Front Stance
- Bend your knees
- Relax your shoulders
- Targets: Nose, lip, chin
- Let the shoulders roll

Layer 2

- Breathe
- Punch straight down the middle
- Bring intensity into the core as you rotate through the shoulders

RUNS

Layer 1

- Knees up
- Chest lifted

COMBINATION: JAB, CROSS (X8), UPPERCUTS (X4)

Layer 1

- Jab, Cross, 8, then 4 Uppercuts
- To fireup the core: roll in on the Uppercut, then roll up as you drive the punch vertically
- Uppercut target: Under the chin with the big knuckle
- Uppercut: Vertical punch to chin height

Layer 2

- Combinations to build Boxing skills
- Roll forward on the Uppercuts and engage the core

COMBINATION: JAB, CROSS (X4), UPPERCUTS (X2), JAB, PARRY, JAB (X2)

Layer 1

- Jab, Cross, 4, then 2 Uppercuts, Jab, Parry, Jab
- Parry: push your opponent's punch out of the way. Bring your head to a 45-degree angle, engage the core, and bring the power up from the floor and through the core

Layer 2

- When you parry, feel tension in your abs. Body moves, front, back, front
- Jab, Parry, Jab: reach further on the second Jab

JAB, CROSS

Layer 1

- Jab, Cross
- Sit down into your legs
- One focus: straight down the mid-line

Layer 2

- Punch harder to drive to your cardio peak!
- Take the arms up a little higher
- Reach long through the punch

Layer 3

- 16 more !





04. COMBAT 2

TRACK FOCUS

Moving slow and then fast and then back into slow will improve both the feeling and the technique of each movement. This is specially highlighted in the Advancing Side Kick sequence. Spend time coaching the Layer 1 cues to ensure the movement has been set up correctly.

FEEL

Rock, Aggressive, Fierce

MARTIAL ARTs

Karate, Kick-boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Drums)	2x8	Front Stance – Wide with fists to waist		16	
0:06	V1 / Pick up the phone	8x8	A	L, R Karate Punch	2	8x
				L Rising Block	2	
				R, L Karate Punch	2	
				R Rising Block	2	
0:37	PC / So now you pack your bags	4x8	B	L Advancing Side Kick	4	2x
				Pulse OTS	4	
				R Advancing Side Kick	4	
				Pulse OTS	4	
				👁️ L Front Kick (on last 4cts)		
0:52	C / It's about to get heavy	6x8	B ¹	L Advancing Side Kick	4	3x
				R Front Kick	2	
				Jump wide	2	
				Repeat on R side	8	
1:15	V2 / The silence, the silence	4x8	A	L, R Karate Punch	2	4x
				L Rising Block	2	
				R, L Karate Punch	2	
				R Rising Block	2	
1:30	PC / So now you pack your bags	4x8	B	L Advancing Side Kick	4	2x
				Pulse OTS	4	
				R Advancing Side Kick	4	
				Pulse OTS	4	
				👁️ L Front Kick (on last 4cts)		
1:45	C / It's about to get heavy	4x8	B ¹	L Advancing Side Kick	4	2x
				R Front Kick	2	
				Jump wide	2	
				Repeat on R side		
				(L Side Kick to finish after last rep!)		
2:00	(Breakdown)	2x8	Recover and set up L Combat Stance			
2:07	Br /	6x8	C	L Jab, R Cross x2	4	6x
				Pivot Turn to R side (pivot on L foot)	2	
				Turn B to face front	2	
				👁️ L Uppercut to R side on the pivot turn (last rep)		
2:30	C / It's about to get heavy	4x8	C ¹	L Jab, R Cross x2	4	4x
				Pivot Turn, L Uppercut	2	
				Turn B to face front	2	
				👁️ R Power Knee to R side (on last 2cts)		
2:45	Heavy , yeah the devil's in the next	4x8	C ²	L Jab, R Cross x2	4	4x
				Pivot Turn, L Uppercut	2	
				R Power Knee to R	2	
3:00	(Fade out)	2½x8	Recover and transition to Front Stance – Wide with fists to waist		20	

3:10

REPEAT SEQUENCES A to C² – R



04. DEVIL 6:06mins

Carefully coach Layer 1 to ensure that the movements for each strike have been set up correctly for your participants. As they move through the sets in this track. If their technique is set up correctly, then they can add power and truly feel the benefits. Coach the different feel of the Karate versus the Kick-boxing movements.

TECHNIQUE & COACHING

KARATE PUNCHES, RISING BLOCK

Layer 1

- Wide Front Stance. Abs braced. Fists to waist
- 2 Karate Punches, 1 Rising Block then change
- Sink low into your legs to ground yourself into the floor. Upright posture
- Rising Block: greater than 90-degree bend in the elbow (fist is above head), lift the chest, and tense the muscles at the end of the block

Layer 2

- Clear start and stop for each movement
- Relaxed until the point of impact
- Reset and sink low into your stance as you start the second side
- As you punch, turn the thumb down (rotate the fist) to engage the muscles of the chest
- Squeeze your abs and lift the chest
- Don't neglect the Punches: for powerful strikes Rotate through the core

Layer 3

- Fast change on the Punches
- Feel the rhythm. Quick Punches with a snap!
- Find a new level of intensity on the final set!
- Back muscles are on FIRE!



ADVANCING SIDE KICK/FRONT KICK

Layer 1

- OPTION: Advancing Side Kick or Standard Side Kick
- Advancing Side Kick: step behind the kicking leg; rotate the heel of the stepping leg towards the target (in the direction you are moving), then fire the Side Kick
- Drop the toes of the kicking leg
- Set your arm for balance
- Strike with the side (blade) of the foot to thigh or hip of your opponent
- Look in the direction that you are kicking

Layer 2

- Drive the hips forward on the Front Kick
- Add POWER to the Kicks!
- Swing the arm of the kicking leg through on the Front Kick

Layer 3

- Add a KIAH on the Kick!
- Commit to the Kick! No turning back!
- Last round through the Kicks: What are you going to do to dial UP the intensity?

JAB, CROSS, JAB, CROSS, QUARTER TURN

Layer 1

- Kick-boxing feel: chin tucked in and hands up
- Jab, Cross, Jab, Cross, Quarter Turn to the left by moving the back foot and pivoting on the front foot. Lift the front heel so you can pivot on the ball of that foot (to protect the knee)
- Exaggerate the turn of the left shoulder. Keep your hands up in Guard position and get out of the way
- Knees stay soft throughout the Pivot Turn

Layer 2

- Tuck your chin tight





04. DEVIL 6:06mins

JAB, CROSS, JAB, CROSS, PIVOT TURN UPPERCUT

Layer 1

- Add on a skill: short Uppercut on the pivot

Layer 2

- The power in the Uppercut comes from the muscles of the back

JAB, CROSS, JAB, CROSS, PIVOT TURN UPPERCUT, POWER KNEE

Layer 1

- Add on: Power Knee from the back leg!
- Drive the back knee up after the Uppercut
- The Knee will bring you back to Combat Stance
- Pull your arms down as you drive the knee up
- OPTIONS: Jump or no Jump on the Knee

Layer 2

- When you pull your arms down, pull your elbows past your waist to engage the core
- If you are jumping, jump from both feet then drive the knee through from the back to the front at the last second



05. POWER TRAINING 2

TRACK FOCUS

This track has a strong focus on Mixed Martial Arts circuit training, which combines interacted core strength and endurance. This will enhance our type two muscle fibers (fast twitch) as these are the muscles that allow us to move us faster and burn fat.

FEEL

Drum ‘n’ Bass

MARTIAL ART

MMA

MUSIC			EXERCISE		CTS	REPS
0:04	V1 / _ Calling you out now	4x8		Recover and introduce track	32	
0:14	As we’re caught in a	4x8	A	L, R Run OTS Transition to L Combat Stance (on last 4cts)	2	16x
0:25	PC / Everything’s the same now	8x8	B	L Jab, R Cross L Hook	2 2	16x
0:47	B up / Was it worth the lie_	16x8	B ¹	L Jab, R Cross, L Hook x2 Modified Sprawl 👁 Modified Sprawl into Vertical Leap on 4th rep	8 8	8x
				<u>OPTION</u> Jumping Jack x4 (instead of Modified Sprawl)		
1:31	Br / _ Everything’s the same now	8x8	A	High Knee Run OTS	2	32x
1:53	C / Was it worth the lie _	8x8	B ¹	L Jab, R Cross, L Hook x2 Modified Scrawl into Vertical Leap	8 8	4x
				<u>OPTION</u> Jumping Jack x4 (nstead of Modified Sprawl)		
2:15	Br / (Quiet breakdown)	8x8		Recover and transition to Pushup position		64
2:37	(Instr)	8x8	C	Pushup (3/1 Tempo) Down Up	6 2	8x
2:58	PC / _ Everything’s the same now	8x8	C ¹	Triple Pulse Pushup L, R Power Climber	8 8	4x
3:20	B up / Was it worth the lie _	8x8	C ²	Pushup x2 (1/1 Tempo) L, R Power Climber 👁 L, R Mountain Climber (on last rep)	8 8 4	4x
3:42	C / (Dubstep drop)	16x8	C ³	Pushup x2 (1/1 Tempo) L, R Mountain Climber x4 <u>OPTION</u> Pushup x2 (1/1 Tempo) L, R Power Climber	8 8 8 8	8x
4:27		2x8		(Note: Hold Plank position after last rep for 8cts then jump to feet for 8cts)	16	
4:32	Br /	2x8		Recover and transition to R Combat Stance	16	
4:37	REPEAT SEQUENCE B to 2nd B¹ – R (note - first A1 sequence is for only 6 reps)					



05. WORTH THE LIE 6:00mins

Be sure to coach your class on how to manage their energy output during this track. Make sure they know the options and understand what to do when they hit fatigue. Carefully coach the options while also using Layer 3 cues to help them push through to the end of this challenging track.

TECHNIQUE & COACHING

JAB, CROSS, HOOK

Layer 1

- Jab, Cross, Hook

Layer 2

- *Don't neglect the Punches: for powerful Strikes Rotate through the core*

Layer 3

- *"This is where the line is drawn between what you want and what you are prepared to work for. Are you prepared to push yourself?"*

JAB, CROSS, HOOK, JAB, CROSS, HOOK, SPRAWL

Layer 1

- 2 sets Jab, Cross, Hook then Sprawl
- Sprawl: Squat, shoot the legs back, then stand up again
- In the Sprawl, take the standing game to the floor, escape your hips from a strike
- ADVANCE: Add a Jump as you come up from the Sprawl
- OPTION: or the Sprawl: Jack your feet

Layer 2

- *The Sprawl is Dynamic Core Training: your core has to fire to stabilize as the legs come out and back in. Brace the abs*
- *Explode up out of the Sprawl and take the chest to the ceiling as you jump!*
- *Don't neglect the Punches: for powerful strikes rotate through the core*

Layer 3

- On the last one, jump as high as you can!
- Give me 4 of your best ones!
- 4 more reps: is it worth it?



RUN

Layer 1

- This Run is not a sprint, but not a recovery
- Keep the tempo of the Run in time with the beat of the music
- Drive the knees up
- Lift the chest

Layer 2

- Spike the heart rate!

PUSHUPS

Layer 1

- Upper body training for powerful Punches, then we add a core exercise
- 3, 2, 1, Pushup
- Shoulder comes to elbow level
- Push through your feet into the floor
- Feel some tension through your glutes
- Engage your abs

Layer 2

- OPTION: If it gets too intense, return to the knees for a recovery

TRIPLE PULSE PUSHUP, SLOW MOUNTAIN CLIMBER

Layer 1

- Triple Pulse at the top, then Power Climber Knee, right, left
- In Power Climber: keep your butt down and the drive your knee through the center, right leg, and then left leg
- Keep your shin close to the floor as the knee comes through the middle.
- Keep the abs engaged throughout the exercise
- OPTION: When it gets too intense, come out of it for a quick recovery



SINGLE PUSHUPS, MOUNTAIN CLIMBERS

Layer 1

- 2 single Pushups, then Mountain Climbers
- Push the floor away
- Shoulders over your hands
- Core braced
- Glutes engaged
- Keep the hips steady: no bouncing
- OPTIONS: Slow or fast on the Mountain Climbers

Layer 2

- Muscles trained: shoulders, chest, and triceps

Layer 3

- 4 more! Dig deep!
- Hold the Plank at the end!



06. COMBAT 3

TRACK FOCUS

The focus in the track is on quick reactions through using agility exercises, as this creates urgency and fun. Notice how you must stay wide and low as we shuffle forward and back prior to the Triple Jab sequence, this will ensure your stance is correct as you perform the Back Kick.

FEEL

Rock, Blues, Fun

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Guitar)	2x8	Front Stance	16	
0:05	(Guitar and drums)	2x8	A L, R Uppercut	4	4x
0:11	(Full percussion)	4x8	A ¹ L Uppercut x2 R Uppercut x2	4 4	4x
0:22	Br /	4x8	A ² Shuffle L L Uppercut x2 Shuffle R R Uppercut x2	4 4 4 4	2x
0:33	V1 / Well I'm so above you	4x8	B L Combat Stance L Jab – head L Jab – body L Jab – head Pulse F, B x2 👁️ R Back Kick (on last rep)	1 1 2 4	4x
0:45	So you pulled my heart out	4x8	B ¹ L Jab – head L Jab – body L Jab – head R Back Kick	1 1 2 4	4x
0:57	C / Oh,oh, oh, oh,I got a love	8x8	B ² Shuffle F Shuffle B L Jab – head L Jab – body L Jab – head R Back Kick	4 4 1 1 2 4	4x
1:19	Br /	4x8	A ² Front Stance Shuffle R R Uppercut x2 Shuffle L L Uppercut x2	4 4 4 4	2x
1:31	V2 / Well your mama kept you	16x8	B REPEAT SEQUENCES B to B²– R		
2:17		2x8	A ² Front Stance Shuffle L L Uppercut x2 Shuffle R R Uppercut x2 👁️ R Uppercut, L Jab, R Uppercut (on last 4cts)	4 4 4 4	
2:24		6x8	A ³ Shuffle L L Uppercut, R Jab, L Uppercut Shuffle R R Uppercut, L Jab, R Uppercut	4 4 4 4	3x



06. COMBAT 3

MUSIC			EXERCISE		CTS	REPS
2:40	C / Oh, oh, oh, oh, I got a love	8x8	B ²	L Combat Stance		
				Shuffle F	4	
				Shuffle B	4	
				L Jab – head	1	
				L Jab – body	1	
				L Jab – head	2	
				R Back Kick	4	4x
3:03	Br /	1x8		Freeze	8	
3:06	(Guitar and drums)	8x8	A ³	Front Stance		
				Shuffle R	4	
				R Uppercut, L Jab, R Uppercut	4	
				Shuffle L	4	
				L Uppercut, R Jab, L Uppercut	4	4x
3:29	C / Oh, oh, oh, oh, I got a love	8x8	B ²	R Combat Stance		
				Shuffle F	4	
				Shuffle B	4	
				R Jab – head	1	
				R Jab – body	1	
				R Jab – head	2	
				Back Kick	4	4x



06. LONELY BOY 3:56mins

Coach your participants to stay wide and low as they quickly shuffle forward and back prior to the Triple Jab sequence. Keeping your feet wide in the Shuffle will ensure that your stance is correct as you perform the Back Kick.

TECHNIQUE & COACHING

FRONT STANCE UPPERCUTS

Layer 1

- Front Stance Uppercut, right, and left
- Then Double right, Double left
- Target: Under the chin

SHUFFLE, DOUBLE UPPERCUT

Layer 1

- Shuffle right, Double Uppercut right, then Shuffle left, Double Uppercut left
- Feet wide and light on the feet
- Drop the shoulder then drive the punch vertically

JABS (HEAD, BODY, HEAD)

Layer 1

- Right foot forward, 3 Right Jabs: Head, body, head, then pulse

Layer 2

- Focus on the Squat: use the legs to drop down and deliver the second strike to the body
- Find the different levels: high then low

JABS (HEAD, BODY, HEAD), BACK KICK

Layer 1

- Lean into the punch and add on a Back Kick
- Back Kick: square the hips and look over your shoulder. Toes are down, heel is up and strike with the heel.

Layer 2

- Use the legs to guide the punch and get the second strike low and into the body
- Drive the Back Kick with the heel

COMBINATION: SHUFFLE FORWARD & BACK, JABS (HEAD, BODY, HEAD), BACK KICK

Layer 1

- Move off the spot: Shuffle Forward, Shuffle Back, then add on head, body, head, back Kick. Repeat.

Layer 2

- Light and agile on your feet in the Shuffle
- Challenge your agility in the Shuffle: freeze at the top of the shuffle, then Shuffle back
- Lean into the Jabs and use your body weight
- Use this combo to develop speed and technique

Layer 3

- Reactive and playful!
- Move fast! Think fast!
- React!
- Good vibes and high energy!

COMBINATION: SHUFFLE, UPPERCUT, JAB, UPPERCUT

Layer 1

- Shuffle, Uppercut, Jab, Uppercut

Layer 2

- Roll through the shoulders and fire through the back of the body
- Add power to these punches





07. MUAY THAI

TRACK FOCUS

The focus for this track is based on short intense blocks, spiking the heart rate and preforming powerful strikes during the Knee sequence. Coach the Roundhouse Knees to move in a cutting diagonal motion, as this will stimulate the obliques and raise the heart rate. The new move in this track is the Half Guard; coach this slow as per the choreography, and offer this as the option before moving at speed.

FEEL

Trap, Future Bass, Relentless

MARTIAL ART

Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Steel drums)	4x8	Recover and introduce track	32	
0:11	V1 / I'm a dancehall soldier	8x8 A	Front Stance L Roundhouse Knee x8 R Roundhouse Knee x8	16 16	2x
0:32	PC / Hands in the air if you're ready	4x8 A ¹	L Roundhouse Knee x4 R, L Knee x2 – to front R Roundhouse Knee x4 L, R Knee x2 – to front 👁️ L, R Running Man Knee x2 – to front on (last 8cts)	8 8 8 8	
0:46	C / (Air horn _)	8x8 A ²	L Roundhouse Knee x4 R, L Running Man Knee R Roundhouse Knee x4 L, R Running Man Knee x2	8 8 8 8	2x
1:09	V2 / Whether you're white or	8x8 B	L Combat Stance Plyo Push R Descending Elbow Pulse OTS x2 👁️ L Knee, L Front Kick (last 4cts)	2 2 4	8x
1:33	PC / Hands in the air if you're ready	4x8 B ¹	Plyo Push R Descending Elbow L Knee, L Front Kick Pulse F, B x4	2 2 4 8	2x
1:44	C / (Air horn _)	8x8 B ²	Plyo Push R Descending Elbow L Knee, L Front Kick	2 2 4	8x
2:08	Br /	4x8 C	R, L Knee	4	8x
2:19		4x8 C ¹	R, L Running Man Knee	4	8x
2:31	(Steel drums)	8x8 D	L Combat Stance L Jab, R Cross L Half Guard R Cross	4 2 2	8x
2:55	PC / Hands in the air if you're ready	4x8 D ¹	L Jab, R Cross L Half Guard R Cross Pulse OTS x2	2 1 1 4	4x
3:06	C / (Air horn _)	8x8 D ²	L Jab, R Cross L Half Guard R Cross	2 1 1	16x
3:31	(Steel drums)	4x8	Recover	32	
3:43	V3 / I'm a dancehall soldier	REPEAT SEQUENCES A to D ² – R			



07. DANCEHALL SOLDIER 7:04mins

The new move in this track is the Half Guard. Coach the slow tempo (as per the choreography) so that your class can understand the basics of the new movement before increasing the speed. Offer the slow tempo as an option for the entire set.

TECHNIQUE & COACHING

ROUNDHOUSE KNEES

Layer 1

- 8 reps, Roundhouse Knee
- Turn your toes of the standing leg out slightly; the inside of your shoe should face the front of the room
- Upper body tips to the side so that you can target the ribs of your opponent
- Pull your arms down towards your thigh

Layer 2

- Pull your arms down hard to feel the activation through your core
- Keep your body off-center

COMBINATION: 4 ROUNDHOUSE KNEES, 4 SINGLE ALTERNATING KNEES

Layer 1

- Cut it in half: 4 Roundhouse Knees, 4 Single Alternating Knees down the middle
- Set it up, then drill it!
- Running Man Knee: Shoulders forward, hips back and pull the arms down hard as the knee drives up
- OPTION: Alternating Knees

Layer 2

- Roundhouse Knee, swing heavy on the bag
- The pull of the arms: this is essential because it helps you leverage power and engage the core

Layer 3

- BODYCOMBAT: 55-minute ab workout!
- Drill it! Go big! Test yourself!

PLYO PUSH, DESCENDING ELBOW

Layer 1

- New move: Plyo Push, Descending Elbow with the back Arm
- Plyo Push: Push your opponent away. To initiate the movement, pull the shoulders back and feel a stretch across the chest. Then power your weight forward and drive the push through the palms
- Descending Elbow: Target is the bridge of the nose or the eyebrow. Lift the elbow then drop it and bring it diagonally across

Layer 2

- Crunch your abs as you drop the Descending Elbow down
- How much can you push forward on the Plyo Push?

COMBINATION: PLYO PUSH, DESCENDING ELBOW, FRONT KNEE, FRONT KICK

Layer 1

- Add on: 1 Front Knee, 1 Front Kick

Layer 2

- Drill it for 20 seconds!
- Increase the intensity as you drill it and apply everything you're learned!
- Two power moves and 2 flow moves

Layer 3

- Test yourself!
- You built the skills, now drill them



RUNNING MAN KNEES

Layer 1

- Right Knee, Left Knee
- Running Man Knee: shoulders forward, hips back, and drive the knee up as you pull the arms down
- OPTION: Stay low



07. DANCEHALL SOLDIER 7:04mins

COMBINATION: JAB, CROSS, HALF GUARD, CROSS

Layer 1

- Jab, Cross, Half Guard, Cross
- Half Guard: Open your hand, roll away from the punch, bring your arm up to protect your face and absorb the punch, and look through the gap. Release the front heel and roll the hip in as you do the Guard
- OPTION: Keep the slow tempo throughout the set

Layer 2

- Drill it for 20 seconds!
- Drop the back knee and bring the elbow over the top on the second Cross of the combination
- Half Guard: shoulder protects the jaw

Layer 3

- When seconds count on the clock, don't hold back!





08. POWER TRAINING 3

TRACK FOCUS

Endurance, stamina and punching power will be tested in this track. The focus is on coaching a level of intensity to ensure both technique and form stay strong. The highlight of the track comes in two parts, the jumping power Hook and the 164-Jab Cross sequence. Start at a level that can be increased incrementally so you have energy to go ‘all out’ on the last block.

FEEL

Drum ‘n’ Bass, Euphoric, Exhilarated

MARTIAL ART

Boxing

	MUSIC		EXERCISE	CTS	REPS
0:00	V1 / <i>Sunlight comes creeping in</i>	2x8	Recover and prepare to run	16	
0:05	_ <i>We watch the day go by</i>	6x8	L, R Run OTS	2	24x
0:22	PC / _ <i>Under a trillion stars</i>	8x8	L, R Run OTS – level 2 (Knees higher) 👁️ Transition to Front Stance L, R Jab x2 last 8cts)	2	28x
0:44	C / Oh lights go down	8x8	A Front Stance L, R Jab 👁️ L, R Jab x2 Cross Jack x2 (on last 8cts)	2	32x
1:06	Oh damn these walls	8x8	A ¹ L, R Jab x2 Cross Jack x2	4 4	8x
1:28	Oh lights go down	8x8	A L, R Jab 👁️ L, R Jab x2 Cross Jack x2 (on last 8cts)	2	32x
1:50	Oh damn these walls	8x8	A ¹ L, R Jab x2 Cross Jack x2	4 4	8x
2:12	For the rest of our lives	8x8	A L, R Jab L fist to sky to finish!	2	32x
2:35	V2 / <i>I’m in a foreign state</i>	2x8	Recover and prepare to run	16	
2:40	PC / _ <i>My words are leaving me</i>	6x8	L, R Run OTS	2	24x
2:56	Oh lights go down	8x8	B L Combat Stance L Hook x2 Pulse F, B x2 👁️ L Hook, L Advancing Hook (on last rep)	4 4	8x
3:18	Oh damn these walls	8x8	B ¹ L Hook, L Advancing Hook Pulse B x2	4 4	8x
3:40	For the rest of our lives	16x8	C L Jump Jab F x2 L Jump Jab, R Cross, L Jab L, R Run B x4 (Level 2 after 4 eps)	4 4 8	8x
4:24	Oh lights go down	16x8	D L Jab, R Cross L fist to eiling to finish!	2	64x
5:09	(Fade Out)	3x8	Recover and prepare to run	24	
5:17	V3 / _ <i>My words are leaving me</i>	6x8	R, L Run OTS	2	24x
5:34	REPEAT SEQUENCES B to 4th D – R				



08. WINGS 7:51mins

This is the final Boxing track after an intense training session. Find a way to connect to your class in this track and motivate them to challenge themselves to the very end. Find new ways to motivate and inspire your class each time you teach this track; keep it fresh. Be authentic and true to yourself in how you deliver your Layer 3 cues.

TECHNIQUE & COACHING

FRONT STANCE JABS

Layer 1

- Front Stance, Jabs
- Knees soft, feet wide
- Straight down the middle to the face
- Shoulders rotating
- Abs firing
- Chin tucked in

Layer 2

- Use the core to add power to your punches
- Reach a little further

Layer 3

- Smiles ON!
- *"Be present. Be here with us... by our side."*
- *"Take charge of your life. Write your own story."*

JABS, CROSS JACK

Layer 1

- First combination: 4 Jabs, 2 Cross Jacks
- **OPTION:** for the Jacks: Squat. Sit back, push the knees out and keep the chest up
- Jack: Hands up in Guard position, heels down

Layer 2

- Feel the combination each time you punch
- Turn the shoulders and brace the core

HOOKS, PULSE

Layer 1

- 2 big Hooks and a Pulse
- The Hook comes up and around: lift the elbow and lift the front heel
- Rotate from the sternum

Layer 2

- Whip the hip around on the Hook
- Imagine you are hitting a heavy bag. Feel your knuckles strike the bag

ADVANCING HOOKS

Layer 1

- New move: Advancing Hook, move forward as you hook
- Target moves forward and you go after it

Layer 2

- Lift the elbow and feel the deltoids engage

Layer 3

- If you want it, go after it!
- Be willing to take a chance, to try, and to go for it!

JUMP JAB (X2), JAB, CROSS, JAB, RUN BACK

Layer 1

- 2 Jump Jabs forward, then Jab, Cross, Jab, and Run back
- Momentum takes you forward on the Jump Jabs, then stand your ground on the Jab, Cross, Jab
- Lift the back heel on the Cross

Layer 2

- Push your weight forward on the Jump Jab
- Power in the punches on the Jump Jab

Layer 3

- Stay by our side through good and bad!

JAB, CROSS

Layer 1

- 164 Jab, Cross
- Chin tucked. Strike to the opponent's face

Layer 2

- Squeeze the fist tighter
- Rotate the body more
- Take the fists above shoulder level to increase intensity

Layer 3

- Hit harder!
- Finish the round!
- Dig deep!
- Empty the tank!
- You are right where you need to be!
- Stay with us!
- Fight from the heart, not the head!



09. CONDITIONING

TRACK FOCUS

Train the core in multiple directions in this track to target both the bbs and the obliques.

FEEL

Pop, Soulful

	MUSIC			EXERCISE	CTS	REPS
0:00	V1 / Remember the words you told	4x8		Lie on back, side-on to front Feet on floor, hip-width apart – knees bent, Fingertips to temples	32	
0:16	Yeah, you used to call me baby	6x8	A	Crunch 2/2	8	6x
0:40	C / Young blood	4x8	B	Cross Crawl F, B, F hold B, F, B hold 👁️ Reach opposite hand out on the hold (on last rep)	4 4	4x
0:56	Young blood	4x8	B¹	Cross Crawl F, B, F hold, reach hand out B, F, B hold, reach hand out	4 4	4x
1:12	C / Lately our conversations	8x8	A	Crunch 2/2	8	8x
1:44	Young blood	4x8	B	Cross Crawl F, B, F hold B, F, B hold 👁️ Reach opposite hand out on the hold (on last rep)	4 4	4x
2:00	Young blood	4x8	B¹	Cross Crawl F, B, F hold, reach hand out B, F, B hold, reach hand out	4 4	4x
2:16	Br / You push and you push and I’m pulling	4x8	C	Set up Hover , on knees or toes. Forearms stacked parallel (“Haka’ position) Roll to Side Hover – facing F	28 4	
2:32	C / Young blood	4x8	C¹	Hip Lift – facing front Roll to face B	2 2	15x
2:48	Young blood	4x8		Hip Lift – facing B Transition to Hover	2 2	15x
3:04	You push and you push and I’m pulling	4x8	D	Hover – Wide Climber Front Knee Back Knee	2 2	8x



09. YOUNGBLOOD 3:23mins

Coach the options in each exercise to make sure that it is accessible for participants of all levels of ability.

TECHNIQUE & COACHING

CRUNCH

Layer 1

- Hands by the temples
- 2/2 Crunch up and down
- Ribs slide towards the hips
- Eyes gaze in between the legs
- Chin tucked slightly in to protect the neck

Layer 2

- Peel the upper back up off of the floor and as you lift pull the elbows wide.
- Imagine you are training with a partner and the medicine ball is coming at you. Brace your core for impact.
- Keep the movement smooth



CROSS CRAWL

Layer 1

- Cross Crawl, front leg: 1, 2, 3 hold; repeat
- Legs go to 45-degrees
- The shoulder comes forward and across to the opposite knee
- Opposite arm reaches forward
- Rotate from the center of the chest (sternum should move, not just the elbows)
- OPTION: Tap the toes down and keep the knees bent or extend one leg



HOVER

Layer 1

- Flip over to a Hover: arms parallel, forearms on the floor. Core braced. Long neutral spine (keep the hips in line with the body)
- Squeeze the glutes.
- OPTION: on the toes or on the knees

SIDE HOVER WITH HIP LIFT

Layer 1

- Turn to face the front of the room. Elbow under shoulder. Bottom knee on the floor; top leg extended
- Spine neutral
- Square the hips to the front of the room
- Lift the hips
- OPTION: both legs straight in a side hover

Layer 2

- Switch sides. Re-square the hips to the front
- Brace the core, squeeze the glutes as you lift the hips



HOVER WITH SIDE CLIMBER

Layer 1

- Hover with Side Climber: front leg then back leg
- Set your Hover position: spine neutral, hips square to front
- Alternate the Side Climber: bring the knee to the outside of the elbow
- OPTION: On knees
- Squeeze the glutes and engage the core





10. COOLDOWN

TRACK FOCUS

Relax and recover from an awesome workout! Slowly sink into the stretches of the lower body to release any tension accumulated during the kicking tracks.

FEEL

R ‘n’ B, Soul

MUSIC		EXERCISE		CTS
0:00	C / Some day, I might miss you	4x8	Childs Pose	32
0:18	V1 / It took me a while, to get	2x8	R Hip Flexor Stretch – rest L arm on L thigh and reach R hand to floor	16
0:27	I was ashamed that I could	2x8	R Kneeling Adductor Stretch – turn R foot under, lift chest and sink into stretch	16
0:36	C / Hey, someday I might miss	4x8	L Kneeling Hamstring Stretch – hips B and hands reach to floor	32
0:55	V2 / When you out me down	2x8	L Hip Flexor Stretch – rest R arm on R thigh and reach L hand to floor	16
1:04	Well now I see the light	2x8	L Kneeling Adductor Stretch – turn L foot under, lift chest and sink into stretch	16
1:14	C / Hey, some day I might miss	4x8	R Kneeling Hamstring Stretch – hips B and hands reach to floor	32
1:32	Br / _Some nights	4x8	L Quadricep Stretch	32
1:51	But I know this	4x8	R Quadricep Stretch	32
2:10	C / _Some day, I might miss you	2x8	R ITB Stretch	16
2:19	I was blue as a man could be	2x8	L ITB Stretch	16
2:28	_Someday, I might miss you	1x8	L Shoulder Stretch	8
2:33	But I sure don’t miss you right	1x8	L Tricep Stretch	8
2:38	I was blue as a man could be	1x8	R Shoulder Stretch	8
2:42	But I sure don’t miss you right	1x8	R Tricep Stretch	8
2:47	Outro / Noooooooooow	1x8	Feet together, open arms down, L fist to R palm and take a bow!	8



10. SURE DON'T MISS YOU 2:53mins

Relax and recover from an awesome workout! Slowly sink into the stretches of the lower body to release any tension accumulated during the kicking tracks.

TECHNIQUE & COACHING

CHILDS POSE

Layer 1

- Knees wide, toes together, and sit the hips back.
- Arms stretched long, out in front of the body
- Stretch through the hips and back
- Relax through the upper back and the shoulders

HIP FLEXOR STRETCH

Layer 1

- Right leg comes forward
- Turn the knee out and turn the toes out slightly
- Keep the knee on top of the ankle (don't push it past the toes)
- Push the hips forward to feel the Hip Flexor Stretch

KNEELING ADDUCTOR STRETCH

Layer 1

- Tuck the back toes under and rotate the back leg at the hip joint
- Lift the chest
- Open the front thigh and feel a stretch through the inner thigh



HAMSTRING STRETCH

Layer 1

- Re-square the hips to the front then pull back into a Hamstring stretch. And lean into it."
- Really feel the stretch through the back of the leg to release the work from kicking



QUADRICEP STRETCH

Layer 1

- Come up to standing. Reach back for the foot.
- Push the hips forward. Keep the knee beneath the hip
- Feel the stretch through the front of the leg

IT BAND STRETCH

Layer 1

- Step the foot behind. Reach the arm up and over and feel the stretch down the side of the body

SHOULDER/TRICEPS STRETCH

Layer 1

- Bring the arm across to stretch the shoulder. Then bring it up and over head to stretch the tricep.



BONUS

03. POWER TRAINING 1

Bonus track 3 choreographed by Taine Phillips. Taine has been a BTM choreographer for the last 4 years. He is a Taekwon-Do International Federation Black Belt. Currently Taine is based in Dunedin.

FEEL
Drum ‘n’ Bass, Driving, Unrelenting

MARTIAL ART
Boxing

TRACK FOCUS
This track has three sections of Boxing training. Focus on speed, power and agility. These combinations will drive you to your first cardio peak of the class.

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro / (Dance and piano sounds)	1x8		Recover and prepare to run	8	
0:03		7x8		L, R Run OTS	2	28
0:21	V1 / I’m letting go	8x8	A	Front Stance L, R Jab 👁️ L, R Jab x2 L, R Body Rip (on last 8cts)	4	16x
0:43	PC / Never know what you want	8x8	A ¹	Front Stance L, R Jab x2 L, R Body Rip 👁️ Weave into R Combat Stance R Jab, L Cross Weave into L Combat Stance L Jab, R Cross (on last 8cts)	4 4	8x
1:05	C / I’ve got to be alone , alone, alone	16x8	A ²	Front Stance L, R Jab x2 L, R Body Rip Weave into R Combat Stance R Jab, L Cross Weave into L Combat Stance L Jab, R Cross (Level 2 after 4reps)	4 4 2 2 2 2	8x
1:49	I’m letting goooooo	8x8	B	L Combat Stance L Jab, R Cross L Hook Switch to R Combat Stance R Jab, L Cross R Hook Switch to L Combat Stance <u>OPTIONS</u> : Jump Switch or stay low	2 2 4 2 2 4	4x
2:11	Br / (Distorted lyrics)	4x8		Recover	32	
2:22		4x8		L, R Run OTS	2	16
2:34	I’ve got to be alone	4x8	A	Front Stance L, R Jab	4	8x
2:44	B up /	4x8	A ¹	L, R Jab x2 L, R Body Rip	4 4	4x
2:55	C / I’ve got to be alone , alone, alone	16x8	A ²	L, R Jab x2 L, R Body Rip Weave into R Combat Stance R Jab, L Cross Weave into L Combat Stance L Jab, R Cross (Level 2 after 4reps)	4 4 2 2 2 2	8x



BONUS

03. POWER TRAINING 1

MUSIC		EXERCISE		CTS	REPS
3:40	I'm letting goooooooo	8x8	B	L Combat Stance	
				L Jab, R Cross	
				2	
				L Hook	
				2	
				Switch to R Combat Stance	
				4	
				R Jab, L Cross	
4:01	Br / (Distorted lyrics)	4x8		2	
				R Hook	
				2	
				Switch to L Combat Stance	
				4	
				4x	
				<u>OPTION</u> : Tuck knees up and jump higher, small jump or stay low)	
				L Hook to finish!	
4:12		4x8		Recover	
				32	
4:23				REPEAT SEQUENCES 2nd A to 2nd B	
4:12		4x8		2	16



BONUS

03. THE SIREN 5:56mins

Coach the Weave combination with simple, succinct language. This will help your participants to understand the sequence, technique and timing of this movement from the very first set.

TECHNIQUE & COACHING

FRONT STANCE JABS

Layer 1

- Front Stance, Jab, right, left
- Chin tucked in. Shoulders forward
- Targets: Nose, lip, chin of your opponent
- Strike with the two big knuckles
- Shoulders turn and release the heel as you punch

Layer 2

- Round 2: drive up the energy

4 JABS, 2 BODY RIPS

Layer 1

- Rhythm change: 4 quick Jabs, 2 Body Rips
- Speed in the Jabs, power in the Rips
- Body Rip: palms turn towards the ceiling, elbows in, and target the body

Layer 2

- Use a twist to add more power to the Rips
- Bend your knees

COMBINATION: 4 JABS, 2 BODY RIPS, WEAVE, JAB, CROSS, WEAVE, JAB, CROSS

Layer 1

- Add on: Weave, Jab, Cross, Weave, Jab, Cross
- Speed on the Jabs, power on the Rips, agility in the Weave Sequence

Layer 2

- Bend your knees in the Weave to stay agile
- Strike to the body on the Rips
- Feel the rhythm: on the beat, then power in the Rips, then fast with the Jab, Cross
- Weave your head and get out of the way
- Level 2: Take it bigger!
- The knee bend in the Weave helps you move your body

Layer 3

- Push to your next level NOW!
- Find your cardio peak!

JAB, CROSS, HOOK, SWITCH

Layer 1

- Right Combat Stance: Jab, Cross, Hook, Switch, then repeat on the other side.
- Switch: Feet wide and land softly
- Options: Stay low, jump, or jump with a tuck
- Hook: turn the hip, turn the heel, and drive the punch to the jaw

Layer 2

- Choose your option at any time
- Land with bent knees

Layer 3

- Go for it!



BONUS

04. COMBAT 2

Bonus track 4 choreographed by Taine Phillips. Taine has been a BTM choreographer for the last 4 years. He is a Taekwon-Do International Federation Black Belt. Currently Taine is based in Dunedin.

FEEL
Big Room/Progressive, Ethereal

MARTIAL ART
Tae Kwon Do

TRACK FOCUS
This track focuses on the Kick Katas: they will strengthen your legs and core as well as challenge your balance and stability.

MUSIC		EXERCISE		CTS	REPS
0:00		2x8	Front Stance – Boxing Guard	16	
0:08	V1 / _ Take a chance on a broken	8x8 A	Squat/Side Kick Combo Step L foot out into Squat Step R foot in and stand up L Side Kick – lift knee and kick slowly Retract and drop L foot down repeat R side	2 2 8 4 16	2x
0:38	Hearts run right to the end	4x8 A ¹	Squat/Side Kick Combo – Faster Step L foot out into Squat Step R foot in and stand up L Side Kick – lift knee and kick slowly Retract and drop L foot down repeat R side	2 2 2 2 8	2x
0:54	PC / (Dance sounds)	4x8 B	L Front Kick Step L, R, L R Front Kick Step R, L, R	1 3 1 3	4x
1:09	C / (Big beat dance music)	8x8 C	Kick Kata L Side Kick, step out, in x2 R Front Kick Step R, L, R L Front Kick Step L, R, L repeat R side	8 1 3 1 3 16	2x
1:39	Br /	2x8	Recover	16	
1:47	V2 / _ Everybody has their fears	22x8	REPEAT SEQUENCES A to C (note – sequence B is for only 2 reps)		
3:12	Br /	2x8	Recover	16	
3:18	_ Everybody has their fears	22x8	REPEAT SEQUENCES A to C (Note – sequence B is for only 2 reps)		
4:42	Outro /	1x8	Arms open into A-Frame to finish!	8	



BONUS

04. YOU'RE GONNA LOVE AGAIN 4:51mins

The combinations in this track alternate the leading leg ,so be sure to clearly coach which leg is the kicking leg or stepping leg so that your participants understand which leg begins each combination.

TECHNIQUE & COACHING

SQUAT, SLOW SIDE KICK

Layer 1

- Squat, step in, then a slow Side Kick
- When you step in, set the heel of your standing leg towards your target
- Extend the Kick slowly, then retract it before you bring it down
- Squat: abs braced, hips sit back, chest up, push the knees out
- Turn the toes down on the Kick to strike with the blade of the foot

Layer 2

- Recruit all of the muscles of the lower bodyand feel the control
- Find your balance and stability

SQUAT, SIDE KICK (FASTER)

Layer 1

- Speed up the sequence
- Set the arms for balance: the arm sets the direction of the Kick and then the Kick follows

Layer 2

- Drop in the Squat, then push/pull in the Side Kick
- Feel the retraction on the Side Kick

FRONT KICK, STEP, STEP

Layer 1

- Front Kick, Step, Step
- Retract the Kick by pulling the toes back in after the leg extends
- Strike with the ball of the foot

Layer 2

- Find the rhythm
- Add power to the Kick

COMBINATION: 2 SIDE KICKS, FRONT KICK, 3 STEPS, FRONT KICK, 3 STEPS

Layer1

- 2 Side Kicks right side, Front Kick left, Step, Step, Step, then Front Kick right, Step, Step, Step
- Combo alternates leading leg

Layer 2

- Recruiting the muscles of your legs and core
- Feel the Side Kick in your g lutes

Layer 3

- You will love the feeling in your legs and core!
- Get results!



BONUS

05. POWER TRAINING 2

TRACK FOCUS

Drill the classic Boxing combinations in this track to perfect your technique, then drive the intensity to your second cardio peak of the class.

FEEL

Drum 'n' Bass, Contrasting, Passionate

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:04	V1 / _ Calling you out now	2x8	Recover and introduce track		16	
0:09	And you're feeding your own mind	14x8	L, R Run OTS (Transition into L Combat Stance on last 4cts)		2	56x
0:47	B up / Was it worth the lie _	8x8	A	Combo 1		
				L Jab, R Cross, L Hook x2	8	
				Pulse F, B x4	8	
				Combo 2		
1:09	(Dubstep drop)	8x8	A ¹	L Jab, R Cross, L Uppercut x2	8	
				Pulse F, B x4	8	2x
				Combo 1		
				L Jab, R Cross, L Hook x2	8	
1:31	C / _ Everything's the same now	8x8	B	Combo 2		
				L Jab, R Cross, L Uppercut x2	8	4x
				L Jab, R Cross	2	32x
1:53	Was it worth the lie _	8x8	A ¹	Combo 1		
				L Jab, R Cross, L Hook x2	8	
				Combo 2		
				L Jab, R Cross, L Uppercut x2	8	4x
2:15	Br / (Instr)	4x8	Recover		24	
2:26		12x8	L, R Run OTS		2	52
2:59	PC / _ Everything's the same now	8x8	C	L Walking Jab x3, R Cross to L corner	8	
				R– L Run B x4 -turn to face R	8	
				R Walking Jab x3, L Cross to R corner	8	
				L– R Run B x4 -turn to face L	8	2x
3:21	B up / Was it worth the lie _	16x8	C ¹	L Walking Jab x3, R Cross to L corner	4	
				L Power Jab x2 to L corner	4	
				R– L Run B x4- turn to face R	8	
				R Walking Jab x3, L Cross to R corner	4	
				R Power Jab x2 to R corner	4	
				L, R Run B x4- turn to face L	8	4x
				(Level 2 after 2reps)		
4:05	(Instr)	8x8	D	Front Stance	2	32
				L, R Jab		
				L fist to ceiling to finish!		
4:27	Br /	2x8	Recover and transition to R Combat Stance		16	



05. POWER TRAINING 2

MUSIC				EXERCISE	CTS	REPS
4:32	B up /	4x8	A	Combo 1		
				R Jab, L Cross, R Hook x2	8	
				Pulse F, B x4	8	
				Combo 2		
4:44		10x8	A ¹	R Jab, L Cross, R Uppercut x2	8	
				Combo 2		
				R Jab, L Cross, R Uppercut x2	8	5x
				(1st rep level 1 as a practice)		
5:11	C / _ Everything's the same now	8x8	B	R Jab, L Cross	2	32x
5:33	Tell me was it worth the lie _	8x8	A ¹	Combo 1		
				R Jab, L Cross, R Hook x2	8	
				Combo 2		
				R Jab, L Cross, R Uppercut x2	8	4x
				R Hook to finish!		



BONUS

05. WORTH THE LIE 6:00mins

As you run, coach the 45-degree angle of the Walking Jabs so that your participants can head in the correct direction from the first set of that combination. Set up great technique at the start of each block then clearly coach the options, particularly in the Walking Jab combination.

TECHNIQUE & COACHING

RUN

Layer 1

- Run right and left
- Lift your chest
- Lift your knees
- Pump your arms
- Breathe

COMBO #1: JAB, CROSS, HOOK

Layer 1

- Combo #1: right foot forward, Jab, Cross, Hook, twice, then pulse forward and back
- Target the face (Jab, Cross) and then the Jaw
- Release your heel on the Hook

Layer 2

- Your whole body twists on the Hook
- Elbow just above shoulder level on the Hook

COMBO #2: JAB, CROSS, UPPERCUT

Layer 1

- Combo #2: Jab, Cross, Uppercut, twice, then pulse forward and back
- Target the face (Jab, Cross) then under the chin (Uppercut)

Layer 2

- Drop the shoulder down at the start of the Uppercut and then drive the punch vertically.

COMBINATION: COMBO #1 (X2) AND COMBO #2 (X2)

Layer 1

- Put the two together and take out the Pulse. Jab, Cross, Hook, twice. Then, Jab, Cross, Uppercut, twice
- Nonstop punching: roll the shoulders as you strike.

Layer 2

- Feel the intensity in your core as you roll your shoulders forward
- Add power on the second round
- Feel the muscles of the back engage as you drive the Uppercut out vertically
- Heavy strikes
- Drop under on the Uppercut
- Move fast. Think fast. React fast.
- Keep the knees bent

JAB, CROSS

Layer 1

- Jab, Cross only
- Tuck in the chin
- Rotate the shoulders

Layer 2

- Endurance: punch higher than your opponent's shoulders
- Add more Power
- Amplify your power as you get to the end of the set

Layer 3

- You are the difference! Make a difference!

COMBINATION: WALKING JAB (X3), CROSS, RUN BACK, SWITCH SIDES

Layer 1

- 3 Walking Jabs on the 45-degree angle, then a Cross and Run Back
- Release your heel on the Cross

Layer 2

- Add more power as you work through the set



BONUS

05. WORTH THE LIE 6:00mins

COMBINATION: TRIPLE JAB, CROSS, POWER JABS (X2) TO THE CORNER, RUN BACK, SWITCH SIDES

Layer 3

- Speed it up and add on: Triple Jab, add on 2 Power Jabs, Run Back with high knees
- High knees on the Run Back
- Feel the speed on the first part of the combination then throw the Power Jabs with power and force behind them

FRONT STANCE JABS

Layer 1

- Front Stance Jabs
- Bent knees
- Breathe
- Rotate the shoulders

Layer 2

- Punch harder!
- You are almost there!



BONUS

06. COMBAT 3

Bonus track 6 choreographed by Taine Phillips. Taine has been a BTM choreographer for the last 4 years. He is a Taekwon-Do International Federation Black Belt. Currently Taine is based in Dunedin.

FEEL
Synth-Pop, Uplifting

MARTIAL ARTS
Karate, Tae Kwon Do

TRACK FOCUS

Fatigue the legs in the low Karate stance at the start of the track, then continue to challenge the lower body with the Jump Kick combination.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Wide Front Stance – fists to ribs	32	
0:10	V1 / I see the moon , I see the moon	8x8	A	L Karate Punch	4	
				R Karate Punch	4	
				L Knife Strike – to L side	4	
				L Knife Strike – to front	4	
				Repeat R side	16	2x
0:32	PC / Oh, but when you’re gone , when you’re	8x8	A ¹	L Karate Punch	2	
				R Karate Punch	2	
				L Knife Strike – to L side	2	
				L Knife Strike – to front	2	
				Repeat R side	8	4x
				 L Combat Stance		
				L Knee x2, L Front Kick (on last 8cts)		
0:54	QC / Oh baby, come on, let me get to know you	8x8	B	L Combat Stance		
				L Knee x2	4	
				L Front Kick	4	
				Pulse F, B x4	8	4x
				 L Jump Kick, Shuffle B (on last 8cts)		
1:16	C / I could be the one	16x8	B ¹	L Knee x2	4	
				L Front Kick	4	
				L Jump Kick	4	
				Shuffle B	4	8x
				(Option: Step Kick instead of Jump Kick)		
				Transition to Wide Front Stance – fists to ribs (on last 4cts)		
2:00	V2 / I see in blue , I see in blue			REPEAT SEQUENCE A to B¹ – R		



BONUS

06. BE THE ONE 3:58mins

Help your participants feel the contrast between the Karate and the Tae Kwon Do movements in this track by coaching the essence of these Martial Arts.

TECHNIQUE & COACHING

COMBINATION: KARATE PUNCH (X2), KNIFE STRIKE TO THE SIDE, KNIFE STRIKE TO THE FRONT

Layer 1

- Wide front stance. Sink down. Knees out. Fists to ribs
- Karate Punch right, Punch left, then strike to the right, strike to the front. Then Punch left, Punch right, strike to the left, then to the front
- Increase the tempo: double time
- Stay in a grounded position, weight drops through your heels and keep the chest up
- On the strike to the side: palm down. On the strike to the front: palm up.

Layer 2

- Karate: A clear start and finish to every strike
- Posture is upright
- Sink low into the legs and stay low
- Use your breath

2 KNEES, 1 FRONT KICK, PULSE

Layer 1

- 2 Front Knees, 1 Front Kick
- Stay light, Tae Kwon Do- style Guard

Layer 2

- Stay relaxed for speed and agility
- Drive the knee up and pull the arms down

TWO KNEES, ONE FRONT KICK, JUMP KICK

Layer 1

- Add the Jump Kick
- OPTION: Step Kick for power
- Pull the arms down to the outside of the thigh on the Knee
- Pull the arm through on the Front Kick to release the hip

Layer 2

- Stay light on the Jump Kick
- Sweep the back leg up to initiate the Jump Kick
- Choose the Step Kick for power or the Jump Kick for agility



BONUS

08. POWER TRAINING 3

Bonus track 8 choreographed by Taine Phillips. Taine has been a BTM choreographer for the last 4 years. He is a Taekwon-Do International Federation Black Belt.

Currently Taine is based in Dunedin.

FEEL

Drum ‘n’ Bass, Energized, Euphoric

MARTIAL ART

Boxing

TRACK FOCUS

Combinations of speed, power and agility, to drive your heart rate and train your skills in this energizing final Boxing track.

MUSIC		EXERCISE		CTS	REPS
0:00		4x8	Recover and introduce track	32	
0:10		12x8	L, R Run OTS	2	48x
0:43	<i>Home to the streets back to</i>	16x8 A	L Combat Stance L Jab x1, L Uppercut x1 (x3) L Jab Switch to R Combat Stance R Jab x1, R Uppercut x1 (x3) R Jab Switch to L Combat Stance (Level 2 after 2 reps) (Jump into Front Stance on last 2cts)	12 2 2 12 2 2	4x
1:27	<i>(dance music)</i>	8x8 B	L Walking Jab x2 to L side L, R, L Uppercut to front R Walking Jab x2 to R side R, L, R Uppercut to front	4 4 4 4	4x
1:49		8x8 B ¹	L Power Jab x2 to L side L, R, L Uppercut to front R Power Jab x2 to R side R, L, R Uppercut to front	4 4 4 4	4x
2:11	<i>Coming home, I've been away so long</i>	16x8 C	L Combat Stance L Walking Jab x3, R Cross to front L Walking Jab x3, R Cross to front L, R Run B x4 Front Stance L, R Uppercut x7 repeat to R side <u>OPTION:</u> On 2nd rep Superman Punch instead of Cross	8 8 8 8 32	2x
2:55	<i>(dance music)</i>	8x8 B ¹	L Power Jab x2 to L side L, R, L Uppercut to front R Power Jab x2 to R side R, L, R Uppercut to front	4 4 4 4	4x
3:17		8x8 D	Front Stance L, R Jab L Jab to finish!	2	32x
3:39	<i>(fade out)</i>	4x8	Recover	32	
3:50		8x8	L, R Run OTS	2	32x
4:12	<i>The storm shadows over</i>		REPEAT SEQUENCE A to D (Note – sequence A is for only 3reps)		



BONUS

08. HOME 7:10mins

Coach the option on the Superman Punch so that your participants understand how to manage their intensity when they get to this part of the track.

TECHNIQUE & COACHING

COMBINATION: JAB, UPPERCUT, JAB, UPPERCUT, JAB, UPPERCUT, JAB, SWITCH

Layer 1

- Right leg forward, Jab, Uppercut, Jab, Uppercut, Jab, Uppercut, Jab, and Switch.
- Round 1: Light and fast
- Knees soft, feet wide on the Switch
- Uppercut: Vertical Punch

Layer 2

- Keep it light and breathe
- As you move through the set, add more power
- Land with knees soft on the Switch

COMBINATION: 2 WALKING JABS, FRONT STANCE ALTERNATING UPPERCUTS (X3)

Layer 1

- 2 walking Jabs right, then face front and 3 quick Uppercuts
- Hands up. Target the face on the Jab
- Uppercut: Short and sharp
- Then take the Walking Jabs to Power Jabs

Layer 2

- Power is in the legs: push off from the back foot
- Add speed to the Uppercut
- Power through the front of the legs and engage the core

Layer 3

- Add power!
- Level 2!
- One more!

COMBINATION: 3 JABS MOVING FORWARD, 1 CROSS (SUPERMAN PUNCH), 3 JABS MOVING FORWARD, 1 CROSS (SUPERMAN PUNCH), RUN BACK, FRONT STANCE UPPERCUTS

Layer 1

- New combination: 3 Jabs moving forward, 1 Cross; do that one more time. Then, run back, and quick Uppercuts. Switch to the other leg.
- Advanced: Add a Superman Punch on the Cross or stay with the Cross
- Quick Uppercuts
- Target under the chin on the Uppercuts

Layer 2

- Lean your body weight forward as you come up and through on the Superman Punch
- Choose your option
- Drive the hip and shoulder through on the Superman Punch

FRONT STANCE JABS

Layer 1

- Front Stance Jabs: stand and bang!

Layer 2

- Push now!
- TOGETHER with finish!



THE HISTORY OF MARTIAL ARTS

THE HISTORY OF BOXING

Boxing is a combat sport where two participants, generally of similar weight, fight each other with only their fists. Boxing is supervised by a referee and is typically performed inside a ring with rounds lasting 1 to 3 minutes. There are three ways to win:

Victory is achieved if the opponent is knocked down and unable to get up before the referee counts to 10 seconds; this is called a knockout or KO.

If the opponent is deemed too injured to continue, this is called a technical knockout or TKO.

If there is no stoppage of the fight before an agreed number of rounds, a winner is determined either by the referee's decision or by judges' scorecards.

There are four basic punches in Boxing: Jab, Straight Right/Cross, Hook and Uppercut.

THE HISTORY OF KARATE

Karate is a Martial Art that is centuries old and essentially Japanese. The translation of 'kara' is open and the translation of 'te' is hand. So Karate means 'empty hand'.

- Karate training is commonly divided into three sections:
- Kihon (the basics or fundamentals)
- KATA (forms)
- Kumite (sparring).

THE HISTORY OF MUAY THAI

Muay Thai is referred to as 'The Art of Eight Limbs', as the hands, shins, elbows and knees are all used extensively in this art. A practitioner of Muay Thai (nak muay) thus has the ability to execute strikes using eight 'points of contact', as opposed to 'two points' (fists) in Western Boxing and 'four points' (fists, feet).

Muay Thai is the national sport of Thailand.

THE HISTORY OF KUNG FU

Kung Fu consists of a number of fighting styles that were developed over many centuries.

Essentially this is a Chinese Martial Art, practised by Shaolin monks. Those fighting styles are identified as 'families' or schools. Examples of these styles are physical exercises that mimic movements from animals.

There are five animal forms:

- The Dragon
- The Snake
- The Tiger
- The Crane
- The Leopard or Panther.

THE HISTORY OF TAE KWON DO

Tae Kwon Do is a Korean Martial Art. The word 'tae' means 'to strike or break with foot'; 'kwon' means 'to strike or break with fist'; and 'do' means 'way', 'method', or 'art'. So, 'Tae Kwon Do' may be loosely translated as 'the way of the foot and fist' or 'the way of kicking and punching'.

Tae Kwon Do is a flamboyant Martial Art that is agile, fast and precise; it is 90% feet and only 10% hands.



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

